

## CHAPTER 1: FUNDAMENTALS

### 1. Identify the following terms:

- Anglican [p. 5]
- Liturgical [p. 5]
- Spirituality [p.6]
- Daily Office [p.6]
- Ascetical Theology [p. 12]
- Rule of Life [p.18]
- Three kinds of services: Pastoral services, the liturgical round, & ordaining and consecrating the clergy [p.21]
- Temporal cycle and sanctoral cycle of time [p. 23]
- Catechetical and mystagogical [p. 24]
- Periscopes [p.24]
- Book of Hours, prymer, and Sarum breviaries [p.27]
- Seven types of Prayer: adoration, praise, thanksgiving, penitence, oblation, intercession, and petition [p. 31]
- Pascha nostrum [p. 36] referring to the BCP p. 83]

### 2 Deepening Our Understanding

- i. “The heart of the prayer book system [p. 23] as described on pg.13 of the BCP, is in a section called “Concerning the Service of the Church.” What are the two parts of the system and how are they related?
- ii. On pg. 25-26, Olsen writes about the primary goal of liturgical spirituality. What is that goal and how does the BCP help achieve that goal?
- iii. On pg. 27, “The Daily Office pattern in the prayer book is often described as taking the books of the clergy and allowing the laity to use them. However, it is just as fair—and perhaps more accurate—to say that these prayer book offices were the regular devotions of the laity with more room provided for the scripture and the psalm.”
  1. Why is this particular point important?
  2. How does this tie into the actions and desired goal of Thomas Cranmer upon the death of Henry VII [p.7?]
- iv. The primary point of worship [p.33] is praise and adoration, but it also must be formational. What is meant by that? How is the formation that we experience in worship meant to play out as we return to secular living?
- v. [p. 35] “One of the most fruitful teachings of repetition comes through exhaustion.” Have you found this to be true in your life? How does this tie into what is called “the discipline of prayer?” [p.36]

- vi. [p. 38] “Whenever we pray and worship...our prayer and worship is never strictly an individual thing.” What is meant by that?
  - 1. This picks up on a theme discussed on pg. 15: “The Christian enterprise isn’t just about us individually.”
- vii. [p.49] In speaking about the spiritual discipline of memorization [p49], Olsen says that it’s easier to be attentive [another spiritual discipline on p. 45] to words that are already a part of us.” Is this true for you?
- viii. In writing about the spiritual discipline of Diligence, Olsen quotes Will Durant, [p51] “who offered this summary of Aristotle’s ethics: ‘We are what we repeatedly do. Excellence, then, is not an act, but a habit.’ The same is true of spirituality.”
  - 1. How does this relate to Olsen’s statement that we have to approach the spiritual life as a marathon, not as a sprint?
- ix. Bonus Question: [p.58]: Three particular components of the Prayer Book’s implied rule of life that fit together are the Calendar of the Church Year, the Daily Office, and the Holy Eucharist.
  - 1. How do they fit together? [The answer is on page 23]