

GST Regula

The GST yearns to develop and embody a robust spirituality grounded in the Christian story. Its *regula* is formulated with this goal in mind. The aim is not to be burdensome or oppressive. Rather, it is to free the community to order its life, foster healthy practices of the Christian life, and attend to the presence of God within a seminary setting. Such a commitment translates into recognizing the presence of God in our study, our work, our worship, and our leisure. Consequently, we invite you to participate in a set of practices that enable the transformation of thought, character, behavior, and relationship. In attending to the rhythms of the spiritual life, we seek the integration of heart, mind, and action. Out of this commitment, we will engage in the following practices:

Sabbath

A time for rest, relaxation, and reflection (e.g. solitude, silence, prayer) in order to discern what matters most and therefore regulate our lives accordingly. The aim is to set aside time in regular cycles (weekly, monthly, yearly) to keep things in perspective.

Obedience

To think of our activities as forms of obedience to God and one another. To exercise respect and appropriate submission towards one another. This involves learning to listen to what others say and responding appropriately.

Simplicity

To pursue an uncluttered, integrated, and focused life. To keep the interior and exterior aspects of the Christian life in correspondence, resulting in honesty, sincerity, selflessness, integration.

Discipline

To master complex practices and ideas within a variety of fields (e.g. church history, theology, ministry), thereby achieving the requisite goals in each of these areas. To exercise a mature level of self-control, take responsibility for oneself, and pursue habits of growth.

Community

Taking time to engage in communal activities with one another and others (including worship, meals, outreach, corporate ministry).

Prayer

Attentiveness to the ways on which God is present in all we do; to practice consistent habits of devotion that will help us discern distractions and temptation and will enable us to redirect our focus.