

The Incarnational Tradition¹

Notable Figures

Significant Movements

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Jesus of Nazareth

(c. 4 B.C. - c. A.D. 29)

Flavia Domtilla (?-c. 100)	
Origen (c. 185-254)	
Monica (c.331-c. 387)	Eastern Orthodox Iconography (4th century to the present)
Aurelius Prudentius Clemens (348-c. 410)	
Oswald (c. 605-642)	
Hunna (?-c. 679)	
Caedmon (658-680)	
Vincent Madelgarius (c. 615-c. 687)	
Waldetrude (?-c. 688)	
John of Damascus (c. 675-749)	
Gottschalk (c. 803-869)	
Alfred the Great (849-899)	
Adelaide (?-999)	
Olga (c. 890-969)	
Vladimir the Prince (979-1015)	
Stephen of Hungary (c. 970-1138)	

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Isidore the Farmer (1070-1130)	
Dante Alighieri (1265-1321)	
Geoffrey Chaucer (c. 1340-1400)	Renaissance (14th - 16th centuries)
Leonardo da Vinci (1452-1519)	
Nicolas Copernicus (1473-1543)	
Michelangelo (1475-1564)	
Rembrandt Harmenszoon van Rijn (1606-1669)	
John Milton (1608-1674)	
Isaac Newton (1642-1727)	Classical Movement (17th - 18th centuries)
Susanna Wesley (1669-1742)	
Johann Sebastian Bach (1685-1750)	
George Frideric Handel (1685-1759)	
Samuel Johnson (1709-1784)	Romantic Movement (18th - 19th centuries)
Samuel Taylor Coleridge (1772-1834)	
John Henry Newman (1801-1890)	
Fyodor Dostoyevsky (1821-1881)	Russian Novelists (19th century)
James Hudson Taylor (1832-1905)	
Pilgrim (19th century)	
T.S. Eliot (1888-1965)	
Dag Hammarskjöld (1905-1961)	Professional Christian Societies (20th century to the present)
Aleksandr Solzhenitsyn (1918-)	
Flannery O' Conner (1925-1964)	

¹*Streams of Living Water* by Richard J. Foster, p. 236

Practicing the Sacramental Life: The Incarnational Tradition²

1. Choose a day this week to do everything in honor of God. Drive your car, answer the telephone, conduct the staff meeting, greet people, and enter data in the computer to an audience of One.
2. Receive the sacrament of Communion or Eucharist. Attend a church that will be serving communion.
3. Read *One Day in the Life of Ivan Denisovich*. Aleksandr Solzhenitsyn integrates his faith into the warp and woof of *One Day*, following in the tradition of novelists Fyodor Dostoyevsky and Leo Tolstoy.
4. Remove the barrier that keeps God outside. Imagine that you are wearing full-body armor that keeps God's spirit out of the innermost parts of you being. Remove it, invite God in, and wait until you feel that the work is complete, giving thanks at the end.
5. Help your church organize an art show. Some of the greatest artists ever were Christians.
6. Read *The Journal and Major Essays of John Woolman*. Woolman's life is a stellar example of how the Incarnational Tradition works.
7. Attend a service at a synagogue on the Sabbath. It is difficult to understand many of the stories in the Gospels unless we become familiar with the Jewish faith.
8. Attend a Christian church outside of your tradition. Participate fully, feeling and absorbing the presence of God in the songs, prayers, sermon or homily, and sacraments.
9. Bring the presence of God to the ill. Contact a nursing home and make arrangements to visit the patients. As you converse with a patient, place your hand on his or her arm or hand, open yourself to God, and ask God to fill the patient with his presence.
10. Listen to Handel's *Messiah*. This glorious oratorio has endured for over two hundred years and broken down the sacred/secular walls in the world of music.
11. Bring God into your workplace by asking him to help you solve problems. This communication does not need to be formal; quick, silent prayers spoken before or during a telephone conversation or meeting are heard by God too.
12. Bless your home. If you have not already done so, walk through your house and bless each room.
13. Visit with children. If children live in your neighborhood, make a special effort to engage them in conversation. Young children are so transparent that they help us to see God.
14. Take God with you wherever you go. During the next few days make a special effort to be a "tabernacle" where God dwells. Cooperate with God to bring good wherever you walk - in the park, in your home, in your church - by praying for those you meet.
15. Invite God to you mealtimes. For one week, make a special effort to sense the presence of the risen Lord during your mealtimes with other people. It is important to open a meal with prayer; prayer that takes place *during* a meal should be silent unless special concerns are voiced that would benefit from prayer.

²*A Spiritual Formation Workbook*, p. 97