

Note to Students: First class will be on January 21st

Please e-mail al.thiessen@prov.ca to receive updates and class handouts

COURSE SYLLABUS (Tentative Syllabus)

COURSE DESCRIPTION

The course is an in-depth exploration of the biblical-theological foundations and practice of Christian spirituality and its pivotal role in deepening our awareness of and enlivening our love for God, others, and self. The developmental stages and themes related to the personal and professional growth and maturity of the student in their chosen vocation will be a particular focus. The theoretical and experiential approach to the course will include formal instruction, critical reflection on some classics of Christian spirituality, and participation in spiritual habits of the soul such as prayer, lectio divina or reading of scripture, silence and solitude, retreat, spiritual direction, corporate worship and service.

COURSE OBJECTIVES

Spiritual Formation Objectives

1. The student will be able to integrate knowledge of Christian spirituality into his/her ministry.
2. The student will be familiar with a variety of individual and group “habits of the soul” for the purpose of deepening awareness of God-self relation and facilitating counselling effectiveness.
3. The student will be competent to lead others in one spiritual discipline
4. The student will be familiar with the methodology and practice of spiritual direction.
5. The student will understand and be able to articulate their current stage of faith in light of an accepted schema.
6. Student will reflect on the spiritual practices which make up their current *Rule of Life*, evaluate the adequacy of their current practices and articulate the changes they would like to make.

Personal Formation Objectives

7. The student will be able to recognize instances where the one’s own life experiences may compromise their effectiveness in ministry.
8. The student will be able to recognize instances where their life’s experiences may enhance ministry effectiveness.
9. The student will be able to identify early signs of vocational burnout in oneself and those to whom they minister. The student will gain knowledge regarding self-intervention strategies to respond effectively to vocational burnout.

Professional Formation Objectives

10. The student will be able to understand and articulate their current professional developmental stage in light of an accepted professional developmental schema
11. The student will understand the developmental themes and challenges related to each stage of professional development.

REQUIRED COURSE TEXTS & READINGS

Calhoun, A. (2005). *Spiritual disciplines handbook*. Downers Grove, IL: IVPress.

Demarest, B. (1999). *Satisfy your soul*. Colorado Springs, CO: NavPress.

Hagberg, J. & Guelich, R. (2004). *The critical journey: Stages in the life of faith* (2nd ed.). Salem, WI: Sheffield Books.

Scazzero, P. (2006). *Emotionally healthy spirituality: Unleash the power of authentic life in Christ*. Nashville, TN: Integrity Publishers.

COURSE REQUIREMENTS

1. ***Attendance and Participation:***

Students will attend all sessions, participate actively in class activities, and do the necessary preparation as required for group participation.

2. ***Guided Spiritual Retreat Day:*** Date: TBA
(cost to student appx. \$35.00 Location: TBA.

Students unable to attend that day will arrange their own guided retreat with a spiritual director, with approval of professors).

(Grade for this component of the course 5%)

3. ***Spiritual Companions:*** Students will engage in personal spiritual journey conversations with another fellow student over the course of the semester. Selection will be done in class and the students will meet 8 times for 1 hour. Students will turn in a contract with scheduled meeting times to the professors (due date TBA). A two-page double spaced-typed reflection of the experience will be due last class.

(Grade for this component of the course 5%)

4. ***Practice of Personal Spiritual Discipline (two thirty day time periods)***

- First thirty days students will participate in a 30 day journaling experience
- Second thirty days students will choose a spiritual discipline/practice not currently used on a regular basis and record your daily experience. Students need to turn in a written choice of discipline for pre-approval of professors by (TBA)
- Students will turn in two five page (maximum) summaries of key discoveries about themselves and God.
 - First thirty days (TBA) summary due: (February)
 - Second thirty days (TBA) summary due: (March)

(Grade for this component of the course 20%)

5. ***Reading Log and Book Reviews and Integration Assignment:***

(Grade for this component of the course 30%)

6. ***Spiritual Disciplines Application:***

Students will lead a group or individual in the practice of a spiritual discipline experience.

- Students leading a group will do a minimum of *two* 1 ½ hour sessions.
 - First session would include a teaching component and practical component. The second session would build on the first and allow for a longer time for the practical application of the discipline.

- The discipline may be one from the Calhoun text or one of the student's choice (with the professor's prior approval). For example, Lectio Divina, Centering Prayer, The Jesus Prayer, Examen, Journaling, Spiritual/Contemplative Reading, Praying in Nature, etc.
- Students should have a clear outline for the teaching/leading component, and handouts for participants (to be turned in).
- Students leading an individual will do a minimum of 4 sessions (2 meetings with two different individuals). 1 hour first session and ½ hour second session.

(Grade for this component of the course 15%)

7. **Rule of Life Assignment:**

Students will integrate their discoveries from course readings, course assignments and class into the construction of their own Rule of Life'

Students will reflect on their 'Rule of Life' and submit a 6 page maximum paper. In preparation for this assignment, read the Scazzero text (*Rule of Life* is outlined in this book), the article, The Practice of the Presence of God by Brother Lawrence (e-mail attachment) and read the following chapters on reserve in Library by Dallas Willard.

*** on reserve in library***

- *Willard, D. (2002). Introducing spiritual formation. In D. Willard, *Renovation of the heart: Putting on the character of Christ* (pp. 13-26). Colorado Springs, CO: NavPress.
- *Willard, D. (2002). The heart in the system of human life. In D. Willard, *Renovation of the heart: Putting on the character of Christ* (pp. 27-44). Colorado Springs, CO: NavPress.
- *Willard, D. (1988). Some main disciplines for the spiritual life. In D. Willard, *The spirit of the disciplines: Understanding how God changes lives* (pp. 156-192). New York: HarperSanFrancisco.

(Grade for this component of the course 25%; due date April , 2009).

(Grade for this component of the course 25%)

Areas to cover:

- a. Your current Rule of Life – In this part, go through the 12 aspects of Scazzero's *Rule of Life* (see pp. 198-207) and describe what you currently do in those different areas. If you do not think you are doing anything in a particular area, skip that area. Also, add other areas that you believe are important aspects of your *Rule of Life* which are not in those areas but discussed in other spiritual formation literature.
- b. An assessment of your current Rule of Life – In this part, you will evaluate the appropriateness of your current Rule of Life. How could you strengthen your Rule of Life?

- c. A plan for strengthening your Rule of Life – In this section, I want you to develop a six-month plan for strengthening your Rule of Life. Be realistic. This may mean only changing a few things.

GRADING

Spiritual Retreat Day	5%
Spiritual Companions	5%
Practice of Personal Spiritual Discipline	20%
Reading Log and Book Reviews:	30%
Spiritual Disciplines Application	15%
Rule of Life Assignment	25%

PLEASE NOTE:

- ❑ All counseling students must use the APA format for citing resources. (http://webster.comnet.edu/apa/apa_index.htm). Other students should follow the guidelines of Kate Turabian's A Manual for Writers of Terms Papers, Theses, and Dissertation, 6th Edition, or those set forth by the seminary.
- ❑ **Students will be asked to submit a attendance record and assess their participation in class the end of the semester. Absences will be deducted 2% per class unless arrangements are made to do make up work.**
- ❑ The professor reserves the right to change class outlines and assignments in collaboration with the class.

Recommended Reading List:

- Baker, H. (1998). *Soul keeping: Ancient paths of spiritual direction*. Colorado Springs, CO: NavPress.
- Barry, W. A., & Connolly, W. J. (1982). *The practice of spiritual direction*. New York: Seabury Press.
- Barton, R. H. (2004). *Invitation to solitude and silence: Experiencing God's transforming presence*. Downers Grove, IL: InterVarsity Press.
- Barton, R. H. (2006). *Sacred rhythms: Arranging our lives for spiritual transformation*. Downers Grove, IL: InterVarsity Press.
- Benner, D. G. (1998). *Care of souls: Revisioning Christian nurture and counsel*. Grand Rapids, MI: Baker Books.
- Benner, D. G. (2002). *Sacred companions: The gift of spiritual friendship & direction*. Downers Grove, IL: InterVarsity Press.
- Benner, D. G. (2003). *Surrender to love: Discovering the heart of Christian spirituality*. Downers Grove, IL: InterVarsity Press.
- Benner, D. G. (2004). *The gift of being yourself: The sacred call to self-discovery*. Downers Grove, IL: InterVarsity Press.
- Benner, D. G. (2005). *Desiring God's will: Aligning our hearts with the heart of God*. Downers Grove, IL: InterVarsity Press.
- Boa, K. (2001). *Conformed to His image: Biblical and practical approaches to spiritual formation*. Grand Rapids, MI: Zondervan.

- Boa, K. (2005). *The heart of God: Praying the Scriptures to expand your vision*. Grand Rapids, MI: Baker Books.
- Casey, M. (1996). *Toward God: The ancient wisdom of Western prayer* (Rev. ed.). Liguori, Mo.: Triumph Books.
- Demarest, B. A. (2003). *Soul guide: Following Jesus as spiritual director*. Colorado Springs, CO: NavPress.
- Foster, R. J. (1988). *Celebration of discipline: The path to spiritual growth* (Rev. 1st ed.). San Francisco: Harper & Row.
- Foster, R. J. (1992). *Prayer: Finding the heart's true home* (1st ed.). San Francisco: HarperSanFrancisco.
- Foster, R. J. (1995). *Richard Foster's treasury of Christian discipline*. New York: Prince Press.
- Foster, R. J. (2005a). *Devotional classics* (Rev. ed.). San Francisco, CA: HarperSanFrancisco.
- Foster, R. J. (2005b). *Freedom of simplicity: Finding harmony in a complex world* ([Rev. ed.]). San Francisco: HarperSanFrancisco.
- Foster, R. J., & Griffin, E. (Eds.). (2000). *Spiritual classic: Selected readings for individuals and groups on the twelve spiritual disciplines* (1st ed.). San Francisco: HarperSanFrancisco.
- Gire, K. (1998a). *Reflections on the Word: Devotional: Meditating on God's word in the everyday moments of life*. Colorado Springs, CO: Chariot Victor Pub.
- Gire, K. (1998b). *Reflections on your life: Discerning God's voice in the everyday moments of life*. Colorado Springs, CO: Chariot Victor Pub.
- Gire, K. (2000). *Reflections on the movies: Hearing God in the unlikeliest of places*. Colorado Springs, Colo.: Victor.
- Gire, K. (2003). *The divine embrace*. Wheaton, IL: Tyndale House Publishers.
- Johnson, J. (1996). *Enjoying the presence of God: Discovering intimacy with God in the daily rhythms of life*. Colorado Springs, CO: NavPress.
- Johnson, J. (1998). *Listening to God: Using scripture as a path to God's presence*. Colorado Springs, Colo.: NavPress.
- Johnson, J. (1999). *When the soul listens: Finding rest and direction in contemplative prayer*. Colorado Springs, CO: NavPress.
- Johnson, J. (2003). What happens in solitude? *Conversations*, 1:2, 67-70.
- Johnson, J. (2004). *Savoring God's word: Cultivating the soul-transforming practice of scripture meditation*. Colorado Springs, CO: NavPress.
- Lonsdale, D. (2000). *Eyes to see, ears to hear: An introduction to Ignatian spirituality* (Rev ed.). Maryknoll, N.Y: Orbis Books.
- Manning, B. (1994). *Abba's child: The cry of the heart for intimate belonging*. Colorado Springs, CO: NavPress.
- Moon, G. W., & Benner, D. G. (2004). *Spiritual direction and the care of souls: A guide to Christian approaches and practices*. Downers Grove, IL: InterVarsity Press.
- Mulholland, M. R. (1993). *Invitation to a journey: A road map for spiritual formation*. Downers Grove, IL: InterVarsity.
- Mulholland, M. R. (2005). *The deeper journey: The spirituality of discovering your true self*. Downers Grove, IL: InterVarsity Press.

- Ortberg, J. (1997). *The life you've always wanted: Spiritual disciplines for ordinary people*. Philadelphia: Miniature Editions.
- Scazzero, P., & Bird, W. (2003). *The emotionally healthy church: a strategy for discipleship that actually changes lives*. Grand Rapids, Mich.: Zondervan.
- Silf, M. (1999). *Inner compass: An invitation to Ignatian spirituality*. Chicago: Jesuit Way.
- Silf, M. (2005). *Companions of Christ*. Grand Rapids, MI: Wm. B. Eerdmans Publishing Co.
- Silf, M. (2005b). *The gift of prayer: Embracing the sacred in the everyday*. New York: Blue Bridge.
- Silf, M. (2002). *Going on retreat: A beginner's guide to the Christian retreat experience*. Chicago, Ill.: Loyola Press.
- Sittser, G. L. (2007). *Water from a deep well: Christian spirituality from early martyrs to modern missionaries*. Downers Grove, Ill.: IVP Books.
- Thompson, M. J. (2005). *Soul feast: An invitation to the Christian spiritual life*. Louisville, Ky.: Westminster John Knox Press.
- Willard, D. (2000). Spiritual formation In Christ: A perspective on what it is and how it might be done. *Journal of Psychology and Theology*, 28(4), 254-258.
- Willard, D., & Johnson, J. (2004). *Hearing God through the year*. Downers Grove, IL: InterVarsity Press.
- Willard, D., & Simpson, D. (2005). *Revolution of character: Discovering Christ's pattern for spiritual transformation*. Colorado Springs, CO: NavPress.
- On Reserve:**
- *Barton, R. H. (2006). *Sacred rhythms: Arranging our lives for spiritual transformation*. Downers Grove, IL: InterVarsity Press.
- *Willard, D. (2002). *Renovation of the heart: Putting on the character of Christ* (Interactive student edition. ed.). Colorado Springs, CO: NavPress.
- *Willard, D. (1988). *The spirit of the disciplines: Understanding how God changes lives* (1st ed.). San Francisco: Harper & Row.