

SYLLABUS: SPIRITUAL FORMATION (Evan. 516)

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Spring semester, A quad, 2005
Monday evenings: 6:30 to 9:45 p.m.
Room: 250, BGC

Course Description:

"SPIRITUAL FORMATION" is a popular concept that stems from ancient roots. The term describes the dynamic process of growth and change in one's spiritual development. A variety of subjects, methodologies, disciplines and theologies coexist within this framework.

This course will explore the nature of spiritual formation within the various traditions of spirituality and their implications for ministry today. Models for soul care are examined and their potential for deepening one's personal experience of God are addressed. The discipline of spiritual direction and the balance it can bring to the body of Christ today is also considered.

Course Objectives:

1. To be conversant with the history and unique characteristics of various traditions and models of spiritual formation. (Ignatian, Benedictine, charismatic, evangelical, etc.)
2. To become familiar with literature and authors in the field of spiritual formation and spiritual direction
3. To explore one's own spiritual development and God's movement in one's life
4. To consider spiritual direction as a potential tool for soul care in the evangelical community
5. To relate historic practices of soul shaping to ministry today

Course Requirements:

1. Attend all sessions, arriving on time for each and participate in classroom discussions.
2. Students will read 1000 pages. (Four credit students will read 1800 pages.) Read from the texts **not previously read**.
3. Keep a spiritual journal, reflectively interacting with the assigned reading. *Due February 21.*
4. Write *two* (2 credit) or *three* (4 credit) autobiographical essays, 2-3 pages in length, exploring the following questions: (*Everyone will do "a," due January 24. Other essay(s) due February 7.*)
 - a. What factors have influenced your spiritual development? How has your faith tradition impacted you? What spiritual disciplines have formed and informed you? How do you

measure progress in your journey? (*birth to present*)

b. When and how have you encountered God in your life?

c. Who is God to you?

d. How has your faith evolved over the *last five years*? How do you currently practice your faith?

e. Which model of spiritual formation are you currently working/living from?

Describe how this model has been expressed in your context, noting strengths and weaknesses of the model as you see them.

5. Write a Rule for Life for yourself; include a description of the process of forming the rule. You may be asked to share your rule in class. ***Due February 14.***

6. ***Prior to February 7***, each student should determine his/her Myers-Briggs temperament type (ENFJ, ISTP, etc.). You may take the Myers-Briggs Type Indicator at the following website: www.humanmetrics.com or you may do a simple measure published in the book ***Please Understand Me*** by David Keirse and Marilyn Bates.

7. Each student will be required to do a 3-4 hour private, silent retreat outside of class time. (Suggested times are Monday, January 17 or weekend preceding the beginning of Lent, February 5,6.) This time should be uninterrupted and in a place other than your home. You may choose to go to a retreat center near Wheaton [The Cenacle (393-1231) or Loretto Convent (653-7918)] and use their grounds or perhaps use your own church building. Materials to guide your retreat will be distributed and explained during the first class period. A written reflection on your time apart is to be turned in on ***February 14.***

8. Write a 4-5 page paper on your understanding of *one* of the models of spiritual formation and how it can be applied in a personal or ministry setting. Has your understanding and/or application of this model been impacted by what has been learned in the class. If so, how? ***Due February 28.***

9. Four credit students: Prepare a project (*8-12 pages*), developing and designing a spiritual formation model for your personal or ministry context. Include a brief description of the model's historic practice and why it is appropriate to your setting. How does it differ from the model currently in use? How will you introduce and present this tool to your constituency? How will you be prepared to handle resistance to your proposal? What is your time frame? What can people expect by way of personal growth? What training is necessary in implementing it? How will you evaluate its effectiveness? ***Due February 28.***

Grading:

JOURNAL: Grade is based on the number of books/pages read and how significantly you interacted with the texts. The books should be listed and number of pages totaled and signed, accompanied by your journal. (Does not need to be typed.)

PAPERS: Two of the papers in (4) above are subjective by design and should demonstrate true reflective thought. They are designed to help you examine how your experience of God has shaped who you are and how it may become a source of strength for future life and ministry. These papers should indicate a deep research of God in your life.

FINAL PAPER (2 credit) OR PROJECT (4 credit): These papers/projects should demonstrate a sincere grappling with the content of the course and how it may/may not affect personal spiritual life and/or ministry in the future.

All written assignments will be graded with the following criteria in mind: 1) clarity; 2) writing style, including spelling, grammar, etc.; 3) reflective awareness presented and 4) how nearly the paper or project fulfills the assignment required.

FINAL GRADE WILL BE WEIGHTED AS FOLLOWS:

Papers	}	40%
Rule for Life		
Project		35%
Journal/reading		20%
Class participation		5%

Texts: The **required** texts are marked with a cross (†), those strongly recommended with an asterisk (*).

SPIRITUAL DIRECTION:

Bakke, Jeanntte. Holy Invitations: Exploring Spiritual Direction. Baker, 2000.

Barry, William A. and William J. Connolly. The Practice of Spiritual Direction. Seabury Press, 1982.

*Guenther, Margaret. Holy Listening: The Art of Spiritual Direction. Cowley Publications, 1992.

SPIRITUAL FORMATION:

*Mulholland, M. Robert. Invitation to A Journey: A Road Map for Spiritual Formation. InterVarsity Press, 1993.

†**Mulholland, M. Robert. Shaped By the Word: The Power of Scripture in Spiritual Formation. The Upper Room, 1985.**

Palmer, Parker. To Know As We Are Known.

SPIRITUALITY AND PRAYER:

Bass, Dorothy, Practicing Your Faith. Jossey-Bass, 1998.

Bass, Dorothy. Receiving the Day. Jossey-Bass, 2000.

Casey, Michael. Toward God. Triumph Books, 1995.

†**Foster, Richard. Celebration of Discipline. Harper and Row, 1978.**

Foster, Richard. Prayer: Finding the Heart's True Home. Harper and Row, 199 .

Green, Thomas H. Opening to God: A Guide to Prayer. Ave Maria Press.

Michael, Chester P. and Marie C. Norrissey. Prayer and Temperament. The Open Door Inc., 1984.

*Smith, Martin. The Word is Very Near You. Cowley Publications, 1989.

† **Steindl-Rast, David and Sharon Lebell. Music of Silence. Seastone, 1998.**

Tozer, A.W. The Pursuit of God. Christian Publications, 1982.

*Willard, Dallas. Renovation of the Heart. Harper and Row, 2002.

HISTORICAL TRADITIONS:

*Burrows, Ruth. To Believe in Jesus. Dimension Books, 1978.

*DeSales, Francis (ed. by John Ryan). Introduction to the Devout Life. Image Books, 1950.

DeWaal, Esther. Seeking God: The Way of St. Benedict. The Liturgical Press, 1984.

*Foster, Richard. Streams of Living Water. Harper and Row, 1998.

† **Foster, Richard and Emilie Griffin. Spiritual Classics. Harper and Row, 1990.**

Fry, Timothy (ed). The Rule of St. Benedict in English. The Liturgical Press, 1982.

Ganss, George E. (ed. and trans.). The Spiritual Exercises of St. Ignatius. Loyola University Press, 1992.

*Holt, Bradley P. Thirsty for God: A Brief History of Christian Spirituality. Augsburg Press, 1993.

Norris, Kathleen. The Cloister Walk. Riverhead Books, 1987.

Skehan, James. Place Me With Your Son. Georgetown University Press, 1991.

DISCERNMENT

Aridas, Chris. Discernment: Seeking God in Every Situation. Living Flame Press, 1988

Green, Thomas H. S.J. Weeds Among the Wheat. Ave Maria Press, 1984.

Smith, Gordon T. Listening To God in Times of Choice. IVP, 1997

Willard, Dallas. In Search of Guidance. Harper and Row.

STAGES OF FAITH

Fowler, James W. Stages of Faith. Harper and Row, 1981.

Hagberg, Janet O. and Robert A. Guielich, The Critical Journey. Word, 1989