

PD 02 SPIRITUAL FORMATION

Prof. Martha Robbins

Term I, 2002

This course is designed to provide students with a solid background in some of the classical practices or disciplines of the Christian faith as foundational to discipleship in Christian community and the practice of ministry. Through lectures, discussions, shared reflections, retreat, and the faithful practice of spiritual disciplines, students will be assisted and will assist one another to live their Christian vocation more deeply.

COURSE OBJECTIVES:

To provide learning opportunities that may enhance each student's ability to:

- a) Deepen students' relationship with God and their Christian discipleship through the faithful practice of *Lectio Divina* along with other spiritual disciplines/practices;
- b) Reflect on the unique ways in which God has acted in your life and is acting at present in order to better respond with deepened interiority and widened sense of mission;
- c) Assist others in their growth in Christian discipleship through listening, encouragement, and prayer.
- d) Develop a respectful understanding of aspects of Christian Spirituality as it is expressed in different historical periods, cultures, races, genders, and denominations.

COURSE REQUIREMENTS:

1. Do assignments (readings and practices) required for each week prior to class/section- They are listed under the weekly date of Tuesday's lecture class.
2. Establish your time and place & commit to do *Lectio Divina* for 20 minutes at least three times a week. Scripture verses to be used for Lectio/prayer during that week are on your syllabus and follow the theme of the week. (Share this commitment with your covenant partner/group who can encourage you in it.)
3. A Day of Sabbath/Retreat: Saturday, Oct.12, Fox Chapel Presbyterian Church 9:30 am 3:30 pm. NO CLASS the week of Oct. 15. Alternate: Vineyard Guild Retreat Oct.24pm- Oct.26
4. Write three reflection papers (topics described in course outline):
5. Keep a journal in which you write your questions, insights, struggles, and joys in your responding to and following Christ as you are led by the Holy Spirit in the readings, discussions,

and practices for this course.

6. Meet at least 2 times with a classmate as a companion with whom to share your Faith Journey

REQUIRED BOOKS:

Robert Mulholland, Jr. Invitation to a Journey, InterVarsity, 1993.

Richard Foster, Celebration of Discipline 3rd Ed, HarperSF.

Marjorie Thompson, Soul Feast, Louisville: W/JKP, 1995.

Thelma Hall, Too Deep for Words, Paulist, 1988.

And one of the following:

Anthony Bloom, Beginning to Pray, Paulist,

Howard Thurman, Meditations of the Heart, Beacon,

Gloria Wade-Gayles, My Soul is a Witness, Beacon

Desk reserve articles on Prayer by Barth, Calvin, Wesley, Suchocki, and Julian of Norwich on the Motherhood of God

SUPPLEMENTAL BOOKS: (Some Chapters in the following books will be required reading)

Augustine, Confessions

Paul Chilcote (Ed.), The Wesleyan Tradition: A Paradigm for Renewal, Abingdon, 2002

Bass (Ed) , Practicing Our Faith, Jossey-Bass, 1997.

Volf & Bass (Eds), Practicing Theology, Wm.B. Eerdmans, 2002.

Strongly Recommended: Any of the following from the Classics of Western Spirituality (Paulist Press).

Julian of Norwich, Showings ; Jacob Boehme, The Way to Christ

Gregory of Nyssa, The Life of Moses; Bonaventure, The Soul's Journey into God

William Law, A Serious Call to a Devout and Holy Life ; Teresa of Avila, Interior Castle

Athanasius, The Life of Antony; Catherine of Siena, The Dialogue

Theologia Germanica of Martin Luther; The Cloud of Unknowing

John and Charles Wesley, Selected Prayers, Hymns, Journal Notes..

Francisco de Osuna, The Third Spiritual Alphabet; Francis and Clare, The Complete Works

The Pietists, Selected Writings; John Cassian, Conferences

Johannes Tauler, Sermons; John of the Cross, Selected Writings; Henry Suso, The Exemplar

Devotio Moderna, Basic Writings; Richard Rolle, The English Works; Hildegard of Bingen, Scivias

Nicodemus of the Holy Mountain, A Handbook of Spiritual Counsel

Jeremy Taylor, Selected Works; Walter Hilton, The Scale of Perfection

John Calvin, Writings on Pastoral Piety; Celtic Spirituality

Early Anabaptist Spirituality, Selected Writings; Quaker Spirituality

PD 02 SPIRITUAL FORMATION COURSE OUTLINE – 2002

This is what Yahweh asks of you, only this: that you act justly,
love tenderly, and walk humbly with your God. Micah 6:8

You must love the Lord your God with all your heart, with all
your soul, and with all your mind. ... You must love your
neighbor as yourself. Matt. 23:38-40

Sept. 10 WHAT IS SPIRITUALITY? CHRISTIAN SPIRITUAL FORMATION?

Introduction, What is Christian Spiritual Formation? Christian Faith Practices/
Spiritual Disciplines and their relationship to Theology
Class Design, Assignments

Reflection Paper # 1 due next Tuesday: (2 pages)

What is your experience of God? Or What is your experience of Faith?

Section: Group practices and norms:
Faith Journeys – “Call”

Sept. 17 THE JOURNEY & THE GOAL / JUSTIFICATION & SANCTIFICATION

Read: Invitation to a Journey, Chs. 1-4, & Soul Feast, Ch. 8
Practicing Theology, Serene Jones, “Graced Practices: Excellence
and Freedom in the Christian Life” pp.51-77

Journal: In each chapter, what major idea(s) inspired, angered, frightened,
challenged, encouraged, or engaged you pertaining to your own
faith journey/ practices? How so?

Practice: Hospitality, Soul Feast, Ch. 8
What did the Holy Spirit inspire you to practice regarding
hospitality for this week. What did the HS teach you in so doing?

Bible Passages: for reading/prayer this week:
Too Deep for Words, *God in our Midst*, 79; *Relationships*, 39

Rec. Read: (library desk reserve)
Handbook of Spirituality, Ch. 11 "Meditative Writing"
Practicing Our Faith, Ana Maria Pineda, “Hospitality,” Ch. 3
The Wesleyan Tradition, A Paradigm for Renewal, Ch.4, Yeo Khiok-khng
“Salvation by Grace Through Faith”

Sept. 24 THE MAP & SPIRITUAL DISCIPLINES

Read: Invitation, pp.75-134; Celebration of Discipline, Intro, Chs.1,2
Soul Feast, Ch. 2; Too Deep for Words, pp.7-44
Practicing Our Faith, Ch. 5, Shawn Copeland, “Saying Yes
and Saying No” (Desk Reserve)

Journal: In each chapter, what major idea(s) inspired, angered, frightened, challenged, encouraged, or engaged you pertaining to your own faith journey/ practices?

Practice: *Lectio Divina*, Soul Feast, Ch. 2

Bible Passages for Lectio: Too Deep for Words,
The Call of God (63); *God’s Calls us to Listen* (78)

Rec. Read

Practicing Theology, Sarah Coakley, “Deepening Practices: Perspectives from Ascetical and Mystical Theology” pp. 78 -93
The Wesleyan Tradition, A Paradigm for Renewal, Ch.6, Steve Harper, “Works of Piety as Spiritual Formation” by Steve Harper

Oct. 1 REFORMED PIETY & THE PURITAN SPIRIT

Guest Lecturer: Dr. Charles Hambrick-Stowe

Read: Celebration, “Solitude” pp.96-109, “Study” pp.62-76
Soul Feast, Ch.3 “Prayer”
Hambrick-Stowe, “Introduction” in Early New England Meditative Poetry (handout)

Practice: *Prayer*, Soul Feast, Ch. 3 What would you like to know more about as you read this Chapter on prayer? Where did the HS quicken your spirit for prayer? Try one of the types of prayer described this week.

Bible Passages for Lectio: Too Deep for Words, *Anxiety* (61), *Faith* (72)

Journal: Describe how you perceive and understand the disciplines of solitude, study, and prayer to be interrelated after reading Foster and Thompson? How are these disciplines lived out in Reformed and Puritan piety as described by Hambrick-Stowe? How do these disciplines inform your piety or faith journey?

Sections: Discuss questions posed for your journal reflections/entries

Oct. 8 THEOLOGY AND PRACTICE OF PRAYER

Read: Invitation, p.135-157; Soul Feast, Ch. 4; Celebration,158-174
Too Deep for Words, pp. 45-56

AND one of the following :

Bloom, Beginning to Pray;

Thurman, Meditations of the Heart;

Wade-Gayles (Ed), My Soul is a Witness

Barth, “Prayer” in Church Dogmatics, Vol. III, 4, pp.87-115 (desk

reserve)

Calvin, “On Prayer, the Principal Exercise of Faith, and the Medium of our Daily Reception of Divine Blessings” in The Institutes of the Christian Religion, Vol II, Bk.III, Ch.XX, pp. 93-169.

John Wesley, “A Meditation on the Lord’s Prayer” Selected Writings and Hymns, Classics of Western Spirituality Series, pp.111-120

& Suchocki, “The Lord’s Prayer” In God’s Presence,

Julian of Norwich, on the motherhood of God, Showings, pp. 293-305

Rec. Read. The Wesleyan Tradition, A Paradigm for Renewal, Ch.10, Lester Ruth, “Word and Table, A Wesleyan Model for Balanced Worship”

Bible Passages for Lectio: Too Deep for Words, Allow the Holy Spirit to guide you to the theme for this week.

Oct. 12 CLASS RETREAT Fox Chapel Presbyterian Church 9:00 am – 4:00 pm

Oct. 15 NO CLASS OR SECTIONS THIS WEEK

Work on Reflection Paper # 2 on Prayer due Tuesday Oct. 22

What is prayer? How have your readings affected your understanding and practice of prayer? How has your practice of prayer (including prayer & worship during retreat) helped you to understanding the readings? Integrate course readings and lectures on prayer, and your chosen book/chapter on prayer into your discussion. Quotes acceptable where appropriate. Follow Turabien Writing guidelines (extra book/chapter must be noted in paper.)

**Oct. 22. THEOLOGY AND PRACTICE OF HOLINESS,
The Practice of Fasting and Simplicity in light of The Call to Holiness**

Read: Celebration, Chs. 4, 6

Soul Feast, Ch. 5

The Wesleyan Tradition, Ch. 9, Stephen A. Seamands “Submitting to be More Vile: The Quest for Holiness and Its Costs”

Reflection Paper # 2 on Prayer Due Today at Lecture time

Practice: Self-Emptying/Fast/ Simplicity, Soul Feast, Ch.5

Be intentional as to how you will engage in this week's Spiritual Disciplines.
How is the Holy Spirit nudging you to fast? to simplicity?

Bible Passages for Lectio: Too Deep For Words,

Discipleship, (70) False Self/True Self (73)

Journal: What did you choose for your fast? simplicity? Any new insights
from your readings and practice?

Oct. 29 THE CALL TO REPENTENCE, CONVERSION, & FORGIVENESS

Read: Celebration, Ch. 8 Submission, Ch. 10 Confession

Soul Feast, Ch. 6 "Repentance"

Practicing Our Faith, Ch. 10 "Forgiveness" by Gregory Jones

Augustine, Confessions, Books 9 -11

Practice: Examen, Soul Feast, Ch.6

Bible Passages: Too Deep for Words, *Call to Conversion* (64)

Contrition & Mercy (67), *Forgiveness* (75)

Journal: Your reflections on readings, and practice of Examen

Nov. 5 SPIRITUAL DIRECTION, COUNSEL OR GUIDANCE

Read: Celebration, Ch. 12 Guidance,

Soul Feast Ch. 8 Spiritual Direction

Practicing Our Faith, Ch. 8, "Discernment" by Frank Rogers, Jr.

J. Wesley, a "Eleven Letters of Spiritual Counsel" (desk reserve)

in Selected Writings and Hymns, Classics of W.Spirituality, pp.162-171)

Practice: Spiritual Accompaniment, Soul Feast, Ch.8

Meet with companion

Bible Passages: Too Deep for Words, *Discernment of Spirits* (69)

Freedom (76), *Learning from Jesus* (87)

Nov. 12 SPIRITUALITY AND MINISTRY

Read: Invitation, Ch. 13;
Celebration, Ch. 9 Service, Ch. 13 Celebration
Soul Feast, Ch. 9 “Rule of Life”

Reflection Paper # 3 due today (4-5 pages) on
God’s Presence and Activity or God’s Word Addressed to You
Use quotes as appropriate

What have you discovered of God’s Activity and Presence in your life during Term I. Has God addressed you through the Word and invited you to respond in the Spirit? How so?

Read through your journal notes, your reflections on the readings, lectures, prayer times/experiences, spiritual disciplines and see if any themes surfaced. Can you detect a pattern in these themes about God’s call to you and your responses (struggles, joys,) to the Lord’s call?

How do you plan on continuing this journey of responding to God’s invitation in Christ? What is the relationship of your faithful response in practicing your faith, the spiritual disciplines, and the practice of ministry? Use quotes appropriately.