

Course Description

Course Number and Course Title:

IN 161W Spiritual Practices 1

IN 261W Spiritual Practices 3

IN 361W Spiritual Practices 5

Name of Instructor: various faculty

Semester and Year: Fall 2022

Requirement fulfilled: Spiritual Practices

Who may register: all

Indicate if limited: no

Number of hours: .5 credit

grading option: credit/no credit only

COURSE DESCRIPTION:

This course provides experiences and resources for faith development through plenary sessions, small groups (synchronous and asynchronous), reading a common text, meditating on the Scriptures, and personal faith practices. Spiritual Practices explores classic and contemporary spiritual practices and fosters dwelling in God's Word. The course models accountability and collegiality in small groups for building spiritual community.

COURSE OBJECTIVES:

1. To nurture one's own faith development through exploration of spiritual practices and dwelling in God's Word (Practice of Personal Faith and Integrity).
2. To explore the relationship between otherness and community within the context of being with others in community. (Practice of Collegiality)
3. To grow in articulating faith, sharing it with others, and listening to the perspectives, experiences and insights of others, cultivating both self-awareness and self-confidence (Practice of Evangelical Listening and Speaking the Faith to Others).

PROCEDURE:

This course meets once per week for synchronous students, either for lecture or small group, and through other forms of online engagement for asynchronous students.

EVALUATION:

1. Full participation in weekly work is required for all students. For synchronous students this means attendance at all lectures and small group sessions. Asynchronous students will need to participate in all weekly activities and assignments as indicated on Castle Commons. Missing more than 3 weeks without an approved absence will result in No Credit.
2. Completion of required readings.
3. Development of a spiritual practices plan you intend to use for the semester. You are accountable to the leader of your small group for this plan.
4. Course evaluation at the end of the semester reflecting on the course objectives and your own growth.

BIBLIOGRAPHY:

Required

- Thompson, Marjorie J. *Soul Feast: An Invitation to the Christian Spiritual Life*. Newly revised ed. Louisville, Kentucky: Westminster John Knox Press, 2014. The book is available as an eBook, accessible through the library catalog.

- Hirsh, Sandra Krebs, and Jane Kise. *SoulTypes: Matching Your Personality and Spiritual Path*. Minneapolis: Augsburg Books, 2006, Introduction and sections on your own SoulType.
- Scripture passages as assigned

Recommended

None.