

**IN 162W Spiritual Practices 2**  
**IN 262W Spiritual Practices 4**  
**IN 362W Spiritual Practices 6**

Spring 2023

Instructors: Faculty

Required

.5 Credit; credit/no credit

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.

**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; listening to the perspectives, experiences, and insights of others; and 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. Summative assignment based on your learning from the course. Reflect on your own faith development through your exploration of various spiritual practices, meditating on Scripture, your reading of the required text, growth in collegiality, and listening through participation in the small group. You are accountable to the leader of your small group for this assignment.

**REQUIRED BIBLIOGRAPHY:**

Thurman, Howard. *Meditations of the Heart*. Boston, Massachusetts: Beacon Press, 2022. The book is available as an eBook, accessible through the library catalog.  
Scripture passages as assigned.

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