



5751 Spiritual Direction I
Fall 2023
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Course Description

The first-half of a one-year introduction to the Christian practice of spiritual direction. The course will introduce students to the historical practice of spiritual direction and engage in group spiritual formation over five weekend (Friday and Saturday) cohort gatherings. Spiritual direction is the ancient Christian practice of listening to God with another person. Students will both receive spiritual direction and practice directing two volunteer directees over the course. Students will also practice group and individual spiritual formation both in the cohort gatherings and as assignments to be completed outside of cohort gatherings.

Course Outcomes

- Knowledge of the history and practice of spiritual direction
- Become familiar with the basics of spiritual direction
- Experience group spiritual formation with fellow cohort members
- Develop a weekly spiritual rhythm
- Learn the ethical responsibilities and boundaries of one offering spiritual direction
- Become comfortable in the practices of silence, solitude, and slowing

This Course Contributes to the Following Degree Outcomes:

M.A.C.M

- Demonstrate commitment to personal spiritual formation.

M.Div

- Demonstrate the skills required for theological reflection.
- Demonstrate a commitment to personal spiritual formation.
- Demonstrate the skill associated with providing ministerial leadership for churches and communities.

Required Textbooks

Sue Pickering, *Spiritual Direction: A Practical Introduction* (London: Canterbury Press Norwich, 2008).

Ruth Haley Barton, *Sacred Rhythms: Arranging Our Lives for Spiritual Transformation* (Downers Grove: InterVarsity Press, 2006).

Susan Phillips, *Candlelight: Illuminating the Art of Spiritual Direction* (New York: Moorehouse Publishing, 2008).

Adam McHugh, *The Listening Life: Embracing Attentiveness in a World of Distraction* (Downers Grove: InterVarsity Press, 2015).

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

Textbooks

Textbooks can now be ordered through a link on the HST website. The Textbooks tab can be viewed on the navigation bar on any page of the website. Check the book list provided under the Textbooks tab (<http://hst.edu/students/textbook-services/>) for correct ISBN's and editions to insure correct ordering. A link provided there will take you to Amazon where you will only need to enter the ISBN to order your books.

Course Requirements

- This is a pass/fail course. Therefore all work must be turned in and of a satisfactory nature in order to receive a passing grade.
- Attend and fully participate in each cohort. This is an essential element of cohort style learning, therefore absences are extremely discouraged. A student may miss one cohort under emergency circumstances (to be determined by the professor) and still receive a passing grade.
- All students must meet with a spiritual director (approved by the instructor) monthly throughout the length of the course.
- Students find and meet with two directees for a total of four combined meetings.
- Students must submit monthly reports in the Cohort's Facebook group.
- Students will engage in the assigned daily spiritual practice and explore this experience with their cohort.
- Students must arrive at each cohort prepared to engage the assigned readings.

Academic Integrity

Academic dishonesty in all its forms is inconsistent with Christian faith and practice, and will result in penalties which could include a failing grade for the assignment, a failing grade for the course, dismissal from the course, and even dismissal from the school.

Credit Hour Workload

For every course credit hour, the typical student should expect to spend at least three clock hours per week of concentrated attention on course-related work, including but not limited to time attending class, as well as out-of-class time spent reading, reviewing, organizing notes, preparing for upcoming quizzes/exams, problem solving, developing and completing projects, and other activities that enhance learning. Thus, for a three-hour course, a typical student should expect to spend at least nine hours per week dedicated to the course.

Class Format

As mentioned earlier, this class will be conducted using learning cohorts. This class is designed to be taken first in the sequence of Spiritual Direction I, II, III, and IV. Students enrolling in Spiritual Direction I should plan on enrolling in Spiritual Direction II. The first year of spiritual direction training is excellent in sharpening pastoral counseling and listening skills as well as learning the fundamentals of healthy spiritual rhythms and self-

care. Spiritual Direction III and IV should be taken by anyone desiring to offer formal spiritual direction.

Each cohort meeting will involve instruction in spiritual direction, spiritual formation and Christian spirituality. Each cohort will involve discussion of assignments and reading material. Each day the cohort meeting will open with a group spiritual contemplative exercise. The exercises used are for both the group's formation and to introduce students to classic forms of Christian spiritual practices.

Course Schedule

September 15-16, 2023

8 AM - 5 PM on Friday and Saturday (breakfast and lunch provided)

- Readings due:
 - Candlelight by Susan Phillips
 - Sacred Rhythms by Ruth Haley Barton
 - Spiritual Direction by Susan Pickering (chapter 1 only)
 - Read Chapter 9 of *Glittering Vices* by Rebecca DeYoung (It will be provided).
- Come prepared to share your spiritual autobiography (instructions will be provided)
- After the cohort you will begin your practice of assigned spiritual practice

November 10-11, 2023

8 AM - 5 PM on Friday and Saturday (breakfast and lunch provided)

- Readings Due:
 - The Listening Life by Adam McHugh
 - Holy Listening by Margaret Guenther
 - Spiritual Direction by Susan Pickering (chapters 2-3 only)
- Come prepared to share your spiritual autobiography if you did not get to share in the first module
- Come prepared to share your experience with your assigned spiritual practice
- Come prepared to share your experience of meeting with your director and with your directees

Spiritual Direction II Dates:

January 12-13, 2024

March 8-9, 2024

April 26-27, 2024

Students with Disabilities

It is the policy of Harding University to accommodate students with disabilities, pursuant to federal and state law. Any student with a disability who needs accommodation should inform the instructor at the beginning of the course. Students with disabilities are also encouraged to contact Steve McLeod, the Associate Dean, at 901-761-1353.

Library Resources

If you have not taken 5990 (Advanced Theological Research) or took it more than a year ago, go to the HST Web site (www.hst.edu) for information concerning library

services to students. Under the “library” tab you will find a link to and instructions for searching the HST online catalog. There are also instructions for using the following databases available through the library: OCLC FirstSearch, EBSCOhost, Infotrac, and Religious and Theological Abstracts. Contact the library for passwords to these databases. Also available are the research guides distributed in 5990. These annotated bibliographies list basic tools you will find helpful in your research.

Select Spiritual Direction Bibliography

Fr. Thomas Acklin and Fr. Boniface Hicks, *Spiritual Direction: A Guide for Sharing the Father’s Love* (Steubenville, OH: Emmaus Road Publishing, 2017).

Ineda Pearl Adesanya, *Kaleidoscope: Broadening the Palette in the Art of Spiritual Direction* (New York: Church Publishing Incorporated, 2019).

David Benner, *Care of Souls: Revisioning Christian Nurture and Counsel* (Grand Rapids: Baker Books, 1998).

Sherry Bryant-Johnson, Rosalie Norman McVaney, and Therese Taylor-Stinson, *Embodied Spirits: Stories of Spiritual Directors of Color* (New York: Morehouse Publishing, 2014).

Rose Mary Dougherty, *Group Spiritual Direction: Community for Discernment* (Mahwah, NJ: Paulist Press, 1995).

_____, *The Lived Experience of Group Spiritual Direction* (Mahwah, NJ: Paulist Press, 2003).

Tilden Edwards, *Spiritual Director Spiritual Companion: Guide to Tending the Soul* (Mahwah, NJ: Paulist Press, 2001).

Carolyn Gratton, *The Art of Spiritual Guidance* (New York: Crossroad Publishing Company, 1992).

Kenneth Leech, *Soul Friend: Spiritual Direction in the Modern World*, 2 ed. (Harrisburg, PA: Morehouse Publishing, 2001).

Elizabeth Liebert, *Changing Life Patterns: Adult Development in Spiritual Direction*, 2 ed. (St. Louis: Chalice Press, 2001).

Gerald May, *Care of Mind Care of Spirit: Psychiatric Dimensions of Spiritual Direction* (San Francisco: Harper & Row Publishers, 1982).

Mark McMinn and Timothy Phillips, *Care for the Soul* (Downers Grove: InterVarsity Press, 2001).

Angel Reed, *Quest for Spiritual Community: Reclaiming Spiritual Guidance for Contemporary Congregations* (New York: T&T Clark, 2011).

Bruce Tallman, *Finding Seekers: How to Develop a Spiritual Practice From Beginning to Full-Time Employment* (Berkeley: Apocryphile Press, 2011).