

SPIR 531: Spiritual Disciplines: How We Set Our Hearts To Seek God

Dr. Susan Phillips

July 10 - 14; 8:30 - 11:30 am

1 or 2 graduate credit hours; or 1 audit hour

COURSE DESCRIPTION

Bookstores display spirituality sections, professional schools offer courses concerning the intersection of spiritual matters with particular professional practices, and churches are responding to a growing demand for guidance in spiritual formation and practice. In the larger culture we have grown increasingly aware that “we are what we eat”—that we are formed by our very practical choices, habits, and practices. How are we making choices in our everyday lives that nourish and fortify us as we follow Christ? The aim of this course is to study Christian spiritual disciplines and their place in our discipleship.

COURSE OUTLINE

Day 1 Introduction to the Course and The Call and Challenges to Spiritual Growth and Discipline

Day 2 Growth and Spiritual Disciplines

Day 3 Contemplative Disciplines

Day 4 Disciplines of Social Engagement and the Spiritual Discipline of Friendship

Day 5 Community, Spirituality, and Sanctification

REQUIRED TEXTS

Brother Lawrence of the Resurrection [17th c.]. *The Practice of the Presence of God*. Trans. by Sister Mary David. NY: Paulist Press. 1978. (Any translation is acceptable.) ISBN: 0883681056 (one of many). \$8.99 127 pages.

Casey, Michael. *Toward God: The Ancient Wisdom of Western Prayer*. Ligouri, Missouri: Triumph Books. 1996. ISBN: 0892438908. \$16.95 171 pages.

Phillips, Susan S. *The Cultivated Life: From Ceaseless Striving to Receiving Joy*. Downers Grove, IL: InterVarsity Press. 2015. ISBN: 9780830835980. \$23.99 pp. TBD.

Willard, Dallas. *The Spirit of the Disciplines: Understanding How God Changes Lives*. Harper San Francisco. 1988. ISBN: 0060694424. \$22.99. 254 pages.

All prices subject to change without notice. Please note that the Regent College Bookstore offers a 20% discount on regularly priced books (some exceptions may apply).

Please Note: This Course Information Sheet is meant to assist in selecting courses. The official syllabus should be consulted for more detailed information. A full syllabus with drop deadlines, policies, and course assignment details is available on Moodle for registered students: moodle.regent-college.edu/login

