

THE CONTENT OF THIS DESCRIPTION IS NOT A LEARNING CONTRACT AND THE INSTRUCTOR IS NOT BOUND TO IT. IT IS OFFERED IN GOOD FAITH AND INTENDED AS A HELPFUL GUIDE TO THE STUDENT.

---

**TITLE:** Spiritual Formation

**TERM:** Fall 2025-2026

**PROFESSOR:** L. Roger Owens

**CREDIT HOURS:** 1.5

**REGISTRATION:** LIMITED TO: \_\_\_\_\_  
# AUDITORS: \_\_\_\_\_

UNLIMITED X  
NO AUDITORS X

**NOTE:** This course description applies to both the fall and spring semesters of Spiritual formation (SP110A and SP110B)—the readings and assignments are spread across two semesters, both of which must be taken for credit

### COURSE DESCRIPTION:

In this course students will be introduced to and practice a variety of spiritual disciplines, grounded in historic Christian spiritual traditions. Students will reflect on their own life of prayer, practice of vocational discernment, and begin developing the skills to lead communal spiritual practices.

### CLASS OBJECTIVES:

Students who participate interestedly and actively, read all the materials, and complete assignments, by the end of the course will:

- Have a basic understanding of key themes in Christian spirituality and be able to relate those themes to their own lives of faith;
- Have a practical familiarity with a number of spiritual disciplines, and be able to incorporate some of those disciplines into their lives through the development of a rule of life;
- Have experience with spiritual formation in small groups, and be able to practice healthy small group process;
- Have an introductory knowledge of how to lead and teach spiritual practices

**PREREQUISITES:** NONE

### REQUIRED TEXTBOOKS/READING:

- *Soul Feast, Newly Revised Edition: An Invitation to the Christian Spiritual Life*, by Marjorie Thompson (WJK), ISBN: 978-0664239244, \$13.22
- *Joy Unspeakable: Contemplative Practices of the Black Church*, 2<sup>nd</sup> Edition, by Barbara Holmes (Fortress), ISBN: 978-1506421612, \$21.94
- *We Drink from Our Own Wells: The Spiritual Journey of a People*, 20<sup>th</sup> Anniversary Edition, by Gustavo Gutierrez (Orbis), ISBN: 978-1570754968, \$16.89
- *Let Your Life Speak: Listening for the Voice of Vocation*, by Parker Palmer (JosseyBass), ISBN: 978-0787947354, \$9.83
- *Abba, Give Me a Word: The Path of Spiritual Direction*, by L. Roger Owens (Paraclete), ISBN: 978-1557257994, \$10.08
- *Spiritual Practices in Community: Drawing Groups into the Heart of God*, Diana Shiflett, IVP, 2018, ISBN: 978-0830846481, \$14.16

### ASSIGNMENTS & GRADING:

Spiritual Formation Journal/Attendance Participation—20%; Pastor/Spiritual Director Interview—25%; Developing and Keeping a Rule of Life; paper—30%; Book Review; Practice; Reflection—15%; Leading a Spiritual Practice—10%; In-class Spiritual Practices (included in participation)

**ATTENDANCE:** Required.