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:

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.