

NORTH PARK THEOLOGICAL SEMINARY  
SPFM 6304 SPIRITUAL DIRECTION AND SOLITUDE  
FALL SEMESTER, 2009

**MONDAYS: 1:00-2:00**

Instructors: John Weborg, Ellen Kogstad.

**PURPOSE:** This course is an introduction to the biblical, historical, theological, and personal dimensions of spiritual direction as a vocational discipline and personal journey. By reading, reflection, and experience it is intended that the student have an image, a vision, a sense of understanding of spiritual direction as an ecclesial and pastoral gift to themselves and the people of God.

**REQUIRED TEXTS:**

Guenther, Margaret, Holy Listening: The Art of Spiritual Direction, Cowley Publications, 1992.

Benner, David, The Gift of Being Yourself: The Sacred Call to Self-Discovery, InterVarsity Press, 2004.

**RESERVE ITEMS:**

Buckley, Suzanne. Sacred is the Call, Crossroads, 2005.

Vest, Norvene Ed. Still Listening: New Horizons in Spiritual Direction, Morehouse Publishing, 2000.

Williams-Bryant, Cecelia. Kiamsha, Akosua Visions, 1991.

**COURSE REQUIREMENTS:**

- 1) Class attendance and promptness is a normative expectation.
- 2) Required attendance at a 12 hour retreat (9am-9pm) on **Friday, September 18**. The cost is \$15.00. Students will also need to bring a lunch to the retreat. Dinner will be provided. A one page reflective paper will be due **September 22** highlighting at least one fruit and one frustration from the retreat day.
- 3) A one-page reflection paper (not a summary or book report) on the **three chapters** you selected from either the Norvene Vest, ed., or Buckley books OR Kiamsha (read in its entirety) will be due on **December 7**.
  - a) Identify two growth points or "cutting edges."

- b) Identify a question that lingers.
- 4) A signed statement that the readings were completed is due by the last day of class and is a requirement for passing the course. Due **December 7**.
- 5) Each student will participate in four sessions of spiritual direction with one of the following:  
Ellen Kogstad 847.486.1344/ektwind@att.net  
John Weborg 815.303.2913  
Janice Kelly 773.478.1715
- 6) Students will usually sign up for spiritual direction appointments on the first day of class or by email during the first week. **It is the student's responsibility to schedule sessions and to keep the appointment at the agreed upon time.** Unless there is a personal emergency, it is expected that this commitment will be met. In the event that a student misses a session and fails to make arrangements in advance (at least 24 hours) with the director, that student may be asked to write a reflection paper on a topic to be assigned by the director. In addition, the student will need to make up the missed session. If a student fails to complete four sessions before the end of the semester, the student will fail the course.
- 7) A one credit independent study option is available for students who want to continue receiving direction after the class is over.
- 8) Grading is Pass/Fail.
- 9) These questions maybe used to begin the personal conversations:  
a) Describe your spiritual growth point at the present moment and the place where spiritual growth is stunted.  
b) What bible story/character most frames your life?  
c) What picture/metaphor of God do you use in your prayer life? Has this changed over the years and if so, what occasioned the change?  
d) Suggestions for guidance in prayer.

**CLASS SESSIONS/LECTURES:**

**August 24** Orientation to the course and spiritual direction: Demonstration of spiritual direction by Janice and Ellen.

**August 31** Historical overview of spiritual direction - John Weborg

**September 7** Labor Day—No Class

**September 14** Orientation to a Solitude Retreat: J. Weborg and E. Kogstad

**Friday, September 18** All Day Solitude Retreat

**September 21** Reflections on the Solitude Retreat. **Reflection Paper due.**

**September 28** The use of Scripture in Spiritual Direction, Part I Psalms of Confession - J. Weborg (Please bring your Bible)

**October 5** The use of Scripture in Spiritual Direction, Part II Joy and Celebration - E. Kogstad (Please bring your Bible)

**October 12** Fall Break—No class

**October 19** The use of Scripture in Spiritual Direction, Part III Psalms of Lament - J. Weborg (Please bring your Bible)

**October 26** The use of Scripture in Spiritual Direction, Part IV Psalms of Anger - J. Weborg (Please bring your Bible)

**November 2** Group Spiritual Direction: History and Types - E. Kogstad and J. Weborg

**November 9** Group Spiritual Direction Practice

**November 16** Spiritual Direction with people on the Margins: Kelly, Kogstad, Weborg

**November 23** Discernment in Spiritual Direction - Ellen Kogstad

**November 30** Resistances in Spiritual Direction - John Weborg  
**Reflection Paper Due**

**December 7** Desire in Spiritual Direction - Ellen Kogstad  
Questions that linger/ Continuing in Spiritual Direction in Practice or as a Vocation - **Completion of Readings Statement due.**