North Park Theological Seminary
SPFM 5201: Christian Life 1: The Journey
Ellen Kogstad, Instructor
Fall, 2011
Mondays, 1-3:45 p.m.

Course Description: *Christian Life 1: The Journey* is the introductory course in spiritual formation at NPTS. Through lecture, formation group interactions, listening practice, readings, prayer practices and discussions, participants will be encouraged to reflect upon their formation history and celebrate their unique spiritual journey.

Course Objectives:

1. Gain a fuller understanding of the scope of Christian spiritual formation through the use of the journey metaphor.
2. Share experiences from one's personal life story through active involvement in a weekly formation group session.
3. Notice the present movement of God as a gift and fruit of a life lived as followers of Christ and led by the Holy Spirit.

Requirements:

1. READ: The Gift of Being Yourself: The Sacred Call to Self-Discovery by David Benner, InterVarsity Press, 2004.
2. Class attendance and promptness is a normative expectation.
3. Two reflection papers.
4. Confidentiality: a signed "NPTS Confidentiality Statement" must be on file. Discussion in one's formation group is protected under this statement.

Grading is Pass/Fail

Completion of all above assignments and faithful attendance will result in a grade of **PASS.** Due to the nature of this course, you are expected to be present and prompt for all presentations and formation groups. Absences are strongly discouraged. If there is an **emergency** and you must miss class, contact your formation group leader. If you have more than one emergency absence, you must contact the instructor as well as your formation group leader. A make-up assignment of reading and a 1-page reflection paper will be assigned and must be emailed to your formation group members and your formation group leader before the following Monday class session. This is not license to miss class or group twice. Students with more than 2 absences will need to withdraw and retake the course. The last day to drop a course with the instructor's permission is November 18.

Contact Information: Ellen Kogstad can be reached at ekogstad@northpark.edu and 773.244.5216.

Reflection Papers: Two reflection papers are required in this course. Each is expected to be 300-400 words in length and typed in 12 pt. type. The **first** reflection paper is due October 3. Students will read their papers to each other during the formation group time. Reflect on the Benner book and the topics covered in class up to this point. (Note: this is *not* a book review.) What is stirring in you? How is your story being formed at this season of your life?
The **second** reflection paper is due November 28. Reflect on the themes of each lecture and how you have been impacted by them. How has walking on the road with your formation group this semester impacted you? Reflect on your awareness of the movement of God in your life.

Calendar

August 29	Listening	
September 5	Labor Day NO CLASS	
September 12	Journey	
September 19	Enneagram	
September 26	Enneagram	
October 3	The Gift of Being Yourself Reflection Paper Due	Ken Lund
October 10	Vocation	Richard Carlson
October 17	Reading Week NO CLASS	
October 24	Images	
October 31	Transitions	
November 7	Forgiveness	Andrea Hug
November 14	Remember	
November 21	Busy	
November 28	Dying Final Reflection Paper Due	Maureen Martin
December 5	Celebration	