

**NORTH PARK THEOLOGICAL SEMINARY**  
**SPFM 6304: SPIRITUAL DIRECTION AND SOLITUDE**  
**FALL , SEMESTER, 2012**  
**MONDAYS: 1-2:15**

**Instructor:** Ellen Kogstad

**Retreat Leader:** Ken Lund

**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. It is also in introduction to the practice of solitude in a retreat setting.

**REQUIRED TEXTS:**

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

C. John Weborg, Handout on the Upsurge in Interest in Spiritual Direction.

**COURSE REQUIREMENTS:**

1. Class attendance and promptness is a normative expectation.
2. Grading is Pass/Fail.
3. SOLITUDE RETREAT: Required attendance at a 12 hour solitude retreat (9am-9pm) on a **Friday in September**. The cost is \$10.00. Students will also need to bring a lunch to the retreat. Dinner will be provided. A one page reflection paper will be due in class the following Monday highlighting at least one fruit and one frustration or growth area from the retreat day.
4. SPIRITUAL DIRECTION: Each student will participate in four sessions of spiritual direction with either Ken or Ellen.

Ellen Kogstad 773.244.5216 [ekogstad@northpark.edu](mailto:ekogstad@northpark.edu)

Ken Lund 608.239.7557 [kenlund@tds.net](mailto:kenlund@tds.net)

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.

These questions may be used in spiritual direction:

- a. Describe your spiritual journey at this time in your life. What prayer practices are most meaningful?
  - b. What Bible story/character most frames your life?
  - c. What picture/metaphor of God do you use in your prayer life? How has this changed over the years?
  - d. Suggestions for guidance in prayer.
5. A one credit independent study option is available for students who want to continue receiving direction after the class is over.

### **CLASS SESSIONS/LECTURES:**

<b>August 27</b>	Orientation to the course and practice of spiritual direction. Demonstration of spiritual direction
<b>September 3</b>	LABOR DAY: No Class
<b>September 10</b>	Historical Overview (read the Weborg article)
<b>September 17</b>	Orientation to a Solitude Retreat: Ken Lund <b>TENTATIVE DATES</b>
<b>FRIDAY the 21</b>	<b>All Day Solitude Retreat @ Winnetka Covenant Church.</b>
<b>September 24</b>	Reflection on the Solitude Retreat. <b>Reflection Paper due.</b>
<b>October 1</b>	Discernment
<b>October 8</b>	Spiritual Direction in other contexts: Janice Kelly
<b>October 15</b>	READING WEEK-No Class
<b>October 22</b>	The Bible in Spiritual Direction (part 1)
<b>October 29</b>	The Bible in Spiritual Direction (part 2)
<b>November 5</b>	Group Spiritual Direction
<b>November 12</b>	Desire
<b>November 19</b>	Spiritual Direction and Otherness
<b>November 26</b>	Resistances
<b>December 3</b>	Endings and Beginnings