

North Park Theological Seminary
SPFM 5201: Christian Life 1: The Journey
Ellen Kogstad, Instructor
January 2-3, 2013
8:30 a.m. – 4:30 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 listening group.
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 are normative expectations.
3. A 300 word reflection is due Thursday morning, January 3.
4. A reflection paper is due January 18.
5. Confidentiality: a signed "NPTS Confidentiality Statement" must be on file. Discussion in class and 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 listening groups. As an intensive, it is imperative that you attend the full day both days. If you cannot commit to the entire time frame, you may need to drop the course.

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

Reflection Paper:

A very short 300 word reflection paper will be due the second morning of class. It will be used as the basis for a formation group discussion at 8:30.

An integrative reflection paper is required in this course and due on January 18. The paper must be 4 pages in length and typed in 12 pt. type. Reflect on the Benner book and the topics covered in class. (Note: this is *not* a book review.) What is stirring in you? How is your story being formed at this season of your life? Reflect on the themes of each lecture and how you have been impacted by them. Reflect on your awareness of the movement of God in your life. Reflection papers are by nature, personal. Use of the pronoun “I” is appropriate and expected. Refrain from summarizations or generalizations. This is about your life and your unique journey.

Due: January 18.

Class Schedule:

WEDNESDAY: 8:30 Introductions and Review of the syllabus

9:00 Life as a JOURNEY

10:00 Listening through Formation Groups

BREAK

11:00 IMAGES of God

LUNCH BREAK

1:00 FORGIVENESS: Andrea Hug

2:00 Formation Group

BREAK

3:00 TRANSITIONS

4:00 Listening Groups

THURSDAY: 8:30 Formation Group: Reading Reflection Papers

9:00 BUSY

BREAK

10:30 REMEMBER

11:30 Listening Group

LUNCH BREAK

1:00 A journaling exercise
Discussion of the Benner book

2:30 DYING: Our Final Journey: Maureen Martin

4:00 Closing

This schedule may change at the discretion of the instructor.