

**NORTH PARK THEOLOGICAL SEMINARY**  
**SPFM 6304: SPIRITUAL DIRECTION AND SOLITUDE**  
**SPRING SEMESTER, 2013**  
**MONDAYS: 2:30-3:45**

**Instructor:** Ellen Kogstad

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**Retreat Leader:** Ken Lund

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**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 an 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, February 22**. 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 a trained spiritual director.

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>January 14</b>	Orientation to the course and practice of spiritual direction. Demonstration of spiritual direction
<b>January 21</b>	Martin Luther King Jr. Holiday: No Class
<b>January 28</b>	Historical Overview (read the Weborg article)
<b>February 4</b>	ECC Midwinter Conference-No Class
<b>February 11</b>	Discernment: Ellen
<b>February 18</b>	Orientation to a Solitude Retreat: Ken Lund
<b>FRIDAY 22</b>	<b>12 Hour Solitude Retreat @ Winnetka Covenant Church.</b>
<b>February 25</b>	Reflection on the Solitude Retreat. <b>Reflection Paper due.</b>
<b>March 4</b>	Desire: Ellen
<b>March 11</b>	READING WEEK-No Class
<b>March 18</b>	Resistances: Ken
<b>March 25</b>	The Bible in Spiritual Direction (part 1) Ellen
<b>April 1</b>	Easter Monday-No Class
<b>April 8</b>	The Bible in Spiritual Direction (part 2) Ken
<b>April 15</b>	Group Spiritual Direction
<b>April 22</b>	Spiritual Direction and Otherness: Ellen
<b>April 29</b>	Endings and Beginnings