

North Park Theological Seminary
SPFM 5201: Christian Life 1: The Journey
Ellen Kogstad, Instructor
Fall Semester, 2014
Mondays 2:30-5:00 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 and the course instructor*. Whenever a class is missed, a make-up assignment of reading and a 1-page reflection paper will be assigned on the theme from class, 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. 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 14.

Contact Information: Ellen Kogstad can be reached at ekogstad@northpark.edu and 773.244.5216. I am on campus Mondays and Thursdays.

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 September 29. 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 24. 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. *Please submit papers to your formation group leader.*

Calendar

August 25	LISTENING
September 1	Labor Day NO CLASS
September 8	JOURNEY
September 15	REMEMBER
September 22	<u>The Gift of Being Yourself</u>
September 29	FORGIVENESS: Andrea Hug Reflection Paper Due
October 6	IMAGES
October 13	Reading Week NO CLASS
October 20	AN URBAN JOURNEY: Soong-Chan Rah
October 27	TRANSITIONS
November 3	EVOLUTION of a JOURNEY: Velda Love
November 10	DARKNESS
November 17	BUSY
November 24	DYING: Maureen Martin Final Reflection Paper Due
December 1	CELEBRATION

