

**North Park Theological Seminary**  
**SPFM 5201 Journey: The Story of our Lives**  
**Ellen Kogstad**  
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**773.244.5216**

**January 11, 12, 13, 2018**  
**Thursday 6-9 p.m.**  
**Friday 6-9 p.m.**  
**Saturday 9:00 a.m. – 5:00 p.m.**

**Course Description:** *Journey: The Story of our Lives* is the introductory course in spiritual formation at NPTS. Participants will be encouraged to reflect upon their formation history and celebrate their unique spiritual journey. In addition to class interaction there will be formation groups where we listen for God in the stories of others. The practice of spiritual direction will be introduced.

**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 formation groups.
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:**

- A. Due **BEFORE** the weekend class intensive begins:
1. Read: The Gift of Being Yourself: The Sacred Call to Self-Discovery by David Benner, InterVarsity Press, 2015 **AND**  
Walking Home: From Eden to Emmaus by Margaret Guenther, Morehouse, 2011.

**TWO** 2-page reflection papers (NOT a book report) are due to the instructor by NOON CST on Monday, January 8, 2018, one for each book. ***If these book reflections are not received at that time, you may not attend the weekend class.***

Identify the primary themes and issues in each book. Choose 2-3 of the most personally relevant themes/issues and describe the ways they intersect with your own story as it is being formed in this season of your life. Book quotes and Scripture references must be cited properly (see below) and will make your paper longer than two pages. Only your original work/thoughts are included in the page limit.

## B. Weekend Class Intensive Requirements

2. Class attendance and promptness are normative expectations. You must be present from 6-9 p.m. on both Thursday and Friday evenings and 9-5 on Saturday. You must attend all three sessions to earn the grade of Pass.
3. A 250 word written reflection is due Friday evening and another Saturday morning. Instructions for these will be given Thursday.
4. Confidentiality: a signed "NPTS Confidentiality Statement" must be on file. This form will be provided. Discussion in class and group is protected under this statement.

## C. Requirements due **AFTER** the weekend class intensive

5. Read Seeking God Together: An Introduction to Group Spiritual Direction by Alice Fryling, IVP, 2009.
6. A final reflection paper is due January 25<sup>th</sup> at NOON CST

## **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. As an intensive, it is imperative that you attend all sessions. If you cannot commit to the entire time frame, please withdraw from the course.

**Contact Information:** Ellen Kogstad can be reached at [ekogstad@northpark.edu](mailto:ekogstad@northpark.edu) and 773.244.5216.

## **Reflection Papers:**

1. A 250 word reflection paper will be due both Friday evening and Saturday morning. They will be used as the basis for formation group discussions. Instructions will be given in class Thursday evening.
2. An integrative reflection paper is required in this course and due on Thursday, January 25 at NOON, CST. The paper must be 5 pages in length, typed in 12 pt. type, double-spaced. All quotes by authors, presenters, instructor and the Bible must be noted and cited (see below in Submission Details). These quotes will make your final paper more than 5 pages in length.

Reflect on ALL topics covered in class on Saturday AND the Fryling book. What is stirring in you? How is your story being formed at this season of your life? Notice the themes and specific points of each lecture. Describe how you have been impacted by each one. Reflect on your awareness of the movement of God in your life. Integrative reflection papers are by nature personal. Use of the pronoun "I" is appropriate and expected. Refrain from summarizations or generalizations such as "the class struggled with the theme of death". This is about your life and your unique journey with God.

**Submission Details:**

SAVE as: LastNameFirstName 5201 (ex. KogstadEllen5201)

Send as a WORD doc.

Use Spell Check: do not submit with colored markings from uncorrected document

Use parenthetical referencing

Speaker: (Kogstad, 1.11.18)

Book: (Guenther, 2011, 37)

Submit each paper to [ekogstad@northpark.edu](mailto:ekogstad@northpark.edu).

See “Academic Honesty” below.

**Title IX:** Students who believe they have been harassed, discriminated against, or involved in sexual violence should contact the Seminary Dean of Students and Community Life ((773) 244-6222) or Dean of Students (773-244-5565) or Director of Human Resources (773-244-5599) for information about campus resources and support services, including confidential counseling services.

As a member of the North Park faculty, we are concerned about the well-being and development of our students, and are available to discuss any concerns. Faculty are legally obligated to share information with the University’s Title IX coordinator in certain situations help ensure that the student’s safety and welfare is being addressed, consistent with the requirements of the law. These disclosures include but are not limited to reports of sexual assault, relational/domestic violence, and stalking.

Please refer to North Park’s Safe Community site for contact information and further details.

<http://www.northpark.edu/Campus-Life-and-Services/Safe-Community>

**Disabilities Accommodations**

Students with disabilities who believe that they may need accommodations in this class are encouraged to contact the program's office (773-244-5619). Please do so as soon as possible to better ensure that such accommodations are implemented in a timely manner. Please review the following website: <http://www.northpark.edu/ada>

**Academic Honesty**

In keeping with our Christian heritage and commitment, North Park is committed to the highest possible ethical and moral standards. Just as we will constantly strive to live up to these high standards, we expect our students to do the same. To that end, cheating of any sort will not be tolerated. Students who are discovered cheating are subject to discipline up to and including failure of a course and expulsion. Our definition of cheating includes but is not limited to:

1. Plagiarism – the use of another’s work as one’s own without giving credit to the individual. This includes using materials from the internet.
2. Copying another’s answers on an examination.
3. Deliberately allowing another to copy one’s answers or work.
4. Signing an attendance roster for another who is not present.

For further information on this subject you may refer to the Academic Dishonesty section of the University’s online catalog.

**Class Schedule: To Be Determined**