

NORTH PARK THEOLOGICAL SEMINARY

SPFM 6230 Being Well: Christian Spirituality and Personal Health (**online**)
Spring 2018

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Walk in all the ways I have commanded you, that it may be well with you
Jeremiah 7:23

Course description:

The movement towards being well is central to human flourishing and provides the framework for this course. Seeking a healthy balance within one's capacities, the relationship between spirituality and wholistic health will be explored from a perspective of faith, along with stewardship of one's personal being and the biblical foundations for this stewardship. 1 credit

Class format:

Class format will include online discussion, readings, didactic presentation, small group work, personal reflection, and action. As a one credit class students should anticipate an average of 3 hours of work per week for class. Process is significant to the experience of spiritual formation class, thus one needs to allow unhurried time and space to reflect on the class material.

Course objectives:

1. Discuss the multiple dimensions of health as they interface with Christian spirituality
2. Identify and reflect upon the meaning of honoring the body from a personal faith perspective
3. Identify issues of stewardship in the care of one's own being
4. Engage in a personal discipline of health and reflect on the experience
5. Identify life affirming and life denying habits that influence one's well being

Course requirements:

- Class participation is essential to this class. Reading and assignments must be completed in the allotted time frame so the class can progress together at an appropriate pace.
- Weekly discussion will occur through the discussion board that can be done at the student's convenience during the week. The content for each week will have discussion questions for your reflection as well as activities

to complete. Your response should be posted by Wednesday midnight, and by Friday midnight of each week responses to two fellow students are to be posted. The purpose of this schedule is to enable observance of the Sabbath – a health promoting commandment - for those who so choose.

- Students will identify an area for personal growth related to any dimension of their health and wellness, set a **realistic** goal to work towards during the semester, and reflect on personal spiritual dimensions of this process. Students will be in accountability groups of 2-3 persons for following through on this discipline of health. You will be in communication with your accountability partner every other week.
- A 5 page integrative reflection paper will be submitted at the end of class exploring one's personal journey of integrating spirituality and health following the assignment guidelines. Instructions are on pages 9–10.
- **Two sessions of spiritual direction** Each student will participate in two sessions with your seminary spiritual director. This is the person with whom you met in Vocational Excellence. You are responsible for contacting your director and scheduling those sessions. Spiritual Direction is commonly a monthly meeting. Please keep this in mind when scheduling. These sessions must be completed **by April 27, 2018**. If you have yet to complete Vocational Excellence and have not been assigned a spiritual director, contact Ellen Kogstad ekogstad-thompson@northpark.edu who will help connect you to a director. If it seems appropriate, use these sessions to explore the themes of being well in your own life. Report on completion by **May 4, 2018** to instructor.

Grading:

Pass/Fail based on participation and completing **all** course requirements. In order to pass students must complete assignments within the allotted time frame unless they have received **prior** approval for an extension from the professor. If you miss more than 3 weeks of posting and responding to fellow students (which means either neglecting to post OR posting late without having requested prior approval from the professor), you will not pass this course.

Confidentiality:

This is a spiritual formation course and all personal information shared in class discussion is confidential and should not be shared with anyone. Students who have not done so for prior NPTS spiritual formation classes should read and sign the confidentiality agreement.

Required Texts:

1. ***Your Living Compass: Living Well in Thought, Word, and Deed*** (2014). by Scott Stoner, Morehouse Publishing. ISBN: 978-0-8192-2940- This text provides our framework for a faith-based understanding of wellness.

2. Students will choose **one** additional text from the following based on their interests and area for personal growth, which will be identified week five.
Do not choose this book before class starts.

Awaken the Senses (2011) by J. Brent Bill & Beth Booram, Intervarsity Press
ISBN: 978-0-8308-3560-7

The Grateful Heart: Living the Christian Message (2011) by Wilkie Au and Noreen Cannon Au, Paulist Press ISBN 978-0-8091-4735-9.

Holy Play: The Joyful Adventure of Unleashing Your Divine Purpose (2007) by Kirk Byron Jones, Jossey- Bass. ISBN 978-0787984526

Say Yes to Grace: How to Burn Bright Without Burning Out (2010) by Kirk Byron Jones, Soaring Spirit Press On, ISBN 978-0578073378

Spiritual Secrets To Weight Loss: A 50-Day Renewal of the Mind, Body, and Spirit (2008) by Kara Davis MD, Siloam ISBN 978-1599793771 Note: Dr. Davis is on the ministerial staff at New Zion Covenant Church in Dolton, IL.

Making Peace with the Land: God's Call to Reconcile with Creation (2012) by Fred Bahnsen and Norman Wirzba, Intervarsity Press. ISBN 978-0830834570

Ten Commandments of Faith and Fitness (2008) by Henry Brinton and Vikram Khanna, CSS Publishing ISBN 0-7880-2463-9.

Praying with the Body: Bringing the Psalms to Life (2009) by Roy DeLeon, Paraclete Press 978-1557255891

Office Hours:

- Online: I will be active in the course on Monday and Thursday and check email regularly Monday – Friday.
- On campus: Tuesday and Thursday from 1-3:30pm. Other times for meeting can be scheduled as needed.
- Office Location: Nyvall #31

Students with Disabilities North Park is committed to creating an inclusive learning environment. If you anticipate or experience any barriers to learning in this class related to a disability, contact the Center for Student Engagement by [email](mailto:ada@northpark.edu) at ada@northpark.edu or phone at 773-244-5737 to schedule an appointment with the Learning Specialist. You can also stop by The Center for Student Engagement, located on the first floor of the Johnson Center.

Title IX Students who believe they have been harassed, discriminated against, or involved in sexual violence should contact the 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>

Policy against Discrimination, Harassment, Sexual Misconduct, Relationship Violence and Retaliation North Park's Policy against Discrimination, Harassment, Sexual Misconduct, Relationship Violence and Retaliation reflects its deep commitment to a diverse campus community that provides a uniformly welcoming environment. The Policy applies equally to every member of the North Park community. A copy of the Policy can be found at <http://www.northpark.edu/About/Title-IX.> North Park is committed to providing a safe community for students, faculty, and staff, and does not tolerate harassment, discrimination, sexual misconduct, relationship violence, or retaliation. Learn more about the resources on our campus to prevent and respond to situations that create an unsafe environment: <http://www.northpark.edu/Campus-Life-and-Services/Safe-Community>

CLASS SCHEDULE

Module I Living Well with all your Soul

Week 1 – January 15 – A Life of Wholeness

- **Read** - *Your Living Compass*, chapter 1 and lecture notes
- **View** - Living Compass assessment introduction [Assessment introduction](https://www.livingcompass.org/assessment-introduction/) <https://www.livingcompass.org/assessment-introduction/>
- **Complete** - Living Compass self assessment, either pages 155 -164 or online at <https://www.livingcompass.org/>
- **Post** – Introduction by January 19
- **Practice** – Pray for discernment in area of wellness to explore

January 22 – Covenant Midwinter Conference – no class

Week 2 – January 29 - Spirituality

- **Read** - *Your Living Compass*, chapter 2 and lecture notes
- **View** – Rev. Scott Stoner, PhD on Living Compass
<https://vimeo.com/189317745> 10 minutes
- **Complete** – Part I of Integrative Reflection - Body Reflection. See description in syllabus
- **Post** – Response to class materials by Wednesday, and response to fellow students by Friday
- **Practice** – 1) continue to pray for discernment in area of wellness to explore 2) Reflect on thought, word and deed questions in *Your Living Compass* 3) Engage in a new spiritual practice
- **Connect** – schedule conversation with professor

Week 3 – February 5 – Rest & Play

- **Read** - *Your Living Compass*, chapter 3 and lecture notes
- **View** – 1) *Rest as a Biblical Practice*, Kirk Byron Jones
<https://www.youtube.com/watch?v=1wtbduZ6ACU> 2 minutes
- 2) *Spiritual Directors International Learns from , Dr. Lerita Coleman Brown, PhD, and The Rev. Kirk Byron Jones, PhD* 10 minutes
<https://www.youtube.com/watch?v=C3Qzbl9cKaI>
- **Post** - Response to class materials by Wednesday, and response to fellow students by Friday
- **Practice** – 1) continue to pray for discernment in area of wellness to explore 2) Reflect on thought, word and deed questions in *Your Living Compass* 3) Engage in a practice related to rest and play 4) schedule first meeting with spiritual director

Module II Living Well with all your Mind

Week 4 – February 12 - Vocation

- **Read** - *Your Living Compass*, chapter 4, and from the Notre Dame Wellbeing at Work project read either 1) Flourishing in Ministry (Calling, Transcendence, Identity and Relationships)
<http://wellbeing.nd.edu/flourishing-in-ministry/> or 2) Flourishing in Service
https://workwellresearch.com/media/images/Wellbeing%20at%20Work_JLKKeOX.pdf
- **Post** - Response to class materials by Wednesday, and response to fellow students by Friday

- **Practice** – 1) continue to pray for discernment in area of wellness to explore 2) Reflect on thought, word and deed questions in *Your Living Compass* 3) identify area for personal growth related to your health
- **Connect** – with your accountability partner(s) and commit to pray for each other

Week 5 – February 19 - Organization

- **Read** - *Your Living Compass*, chapter 5 and from the Center for Health of the United Methodist Church *Relationship to money* (Methodist) <https://www.wespath.org/assets/1/7/4938.pdf> Optional: 1) How do you decide to spend your time? <https://www.faithandleadership.com/how-do-you-decide-how-spend-your-time> 2) Resources for finances and wellbeing <https://www.wespath.org/center-for-health/resources/five-dimensions-of-health-financial/>
- **Create** – your own lecture notes for this week as you consider your autobiography of money (see website) and of time. To be discussed in your post <https://www.faithandleadership.com/my-financial-autobiography>
- **Post** - Response to class materials by Wednesday, and response to fellow students by Friday
- **Practice** – 1) Reflect on thought, word and deed questions in *Your Living Compass* 2) identify area for your FAITH step towards wellness and the discipline of health you will practice
- **Connect** –pray for your accountability partner(s)

Module III Living Well with all your Strength

Week 6 – February 26 – Care for the Body Part I

- **Read** - *Your Living Compass*, chapter 6, lecture notes and) Staying fit for the right reasons by Kara Davis MD <https://www.charismamag.com/life/health/12916-staying-fit-for-the-right-reasons>
- Optional: Riding my bike as a spiritual discipline <https://www.faithandleadership.com/laura-everett-riding-my-bicycle-spiritual-discipline>
- **Post** - Response to class materials by Wednesday, and response to fellow students by Friday
- **Practice** – 1) Reflect on thought, word and deed questions in *Your Living Compass* 2) Engage in a new practice related to physical wellbeing 3) Begin on your FAITH step towards wellness
- **Connect** – with your accountability partner(s)

Week 7 – March 5 - Care for the Body Part II

- **Read** - lecture notes and read 1) Is lack of self control driving you to eat? By Kara Davis, MD. <https://www.charismamag.com/life/women/9642-is-the-lack-of-self-control-driving-you-to-eat> and 2) Eating faithfully is key to living faithfully <https://www.faithandleadership.com/grace-hackney-eating-faithfully-key-living-faithfully>
- **Search** – for a quality, reliable website with information relevant to your wellness practice to share with your group
- **Post** – share your creative response by Friday
- **Practice** – 1) Continue on your FAITH step towards wellness 2) identify additional reading you will complete and inform professor
- **Connect** – 1) meet with your spiritual director, if you haven't already 2) pray for your accountability partner(s)

March 12-18 Spring Break - No Class – Be well!

Week 8 – March 19 – Stress Resilience

- **Read** - *Your Living Compass*, chapter 7 and lecture notes
- **Create** - This week you are invited to share a creative response to living well with all your strength. Take a picture, create a drawing, video, poem or song that reflects some dimension of physical wellness that is important to you and share with the class along with an explanation. Alternatively, you can find a picture, drawing, poem or song created by someone else that speaks to you of living well with all your strength and share along with an explanation.
- **Post** – Share your creative response by Wednesday, and response to fellow students by Friday
- **Practice** – 1) Reflect on thought, word and deed questions in *Your Living Compass* 2) Continue on your FAITH step towards wellness
- **Connect** – with your accountability partner(s)

Module IV Living Well with all your Heart

Week 9 – March 26 – Relationships, Part I

- **Read** – Lecture notes
- **Connect** – Invest your class time this week in a personal relationship
- **Practice** – 1) Continue on your FAITH step towards wellness 2) Experience Holy Week
- **Connect** - pray for your accountability partner(s)

Week 10 – April 2 - Relationships, Part I

- **Read** - *Your Living Compass*, chapter 8 and lecture notes
- **View** - Gratitude as a Spiritual Practice, Wilkie Au
<https://www.youtube.com/watch?v=eQ9teBf9FeI> 1 hour
- **Post** – Response to class materials by Wednesday, and response to fellow students by Friday
- **Practice** – 1) Reflect on thought, word and deed questions in *Your Living Compass* 2) Continue on your FAITH step towards wellness
- **Connect** – with your accountability partner(s)

Week 11 – April 9 – Handling Emotions

- **Read** - *Your Living Compass*, chapter 9 and lecture notes
- **Post** – Response to class materials by Wednesday, and response to fellow students by Friday
- **Practice** – 1) Reflect on thought, word and deed questions in *Your Living Compass* 2) Continue on your FAITH step towards wellness
- **Connect** – 1) plan second meeting with spiritual director 2) pray for your accountability partner(s)

Module V Integration: Living in Harmony

Week 12 – April 16 – Connecting Nature, Spirituality & Health

- **Read** - 1) *Shalom and Creation* by Lisa Sharon Harper
<http://chreader.org/shalom-and-creation/> and 2) Connecting Nature, Spirit and Health <http://www.faithhealthtransformation.org/wp-content/uploads/2016/07/Connecting-Nature-Faith-and-Health-A-Spiritual-Guide.pdf>
- **Optional Reading** Choose one of the articles on the environment from Evangelicals for Social Action
<http://www.evangelicalsforsocialaction.org/tag/environment/>
- **View** – other wellness models posted on Canvas
- **Post** – Response to class materials by Wednesday, and response to fellow students by Friday
- **Practice** – 1) Continue on your FAITH step towards wellness 2) Go on a reflective nature walk
- **Connect** – with your accountability partner(s)

Week 13 – April 23- Community Connections & Health

- **Read** – *Health is Membership* by Wendell Berry and lecture notes
<https://home2.btconnect.com/tipiglen/berryhealth.html> and lecture notes

- **Post** – Response to class materials by Wednesday, and response to fellow students by Friday
- **Practice** – Continue on your FAITH step towards wellness
- **Connect** – 1) Second spiritual direction session complete 2) pray for your accountability partner(s)
- **Complete** – Reading second book related to your wellness practice

Week 14 – April 30 – Moving Toward Wholeness

- **Read** - *Your Living Compass*, chapter 10 and lecture notes
- **Post** – Response to class materials by Wednesday
- **Practice** – Reflect on your steps towards wellness over the semester
- **Submit** – Integrative reflection paper by Friday, May 4

Integrative Reflection Guidelines:

The integrative reflection will be done in two parts.

Part I Due: Friday, February 2

The purpose of this component is to lay a foundation for your reflection at the end of the class. Students are not required to submit Part I, however you may do so if you would like to discuss your reflection with the professor. Do write this for yourself so you can reflect on it in your final paper.

Take a good look in the mirror. What do you see?

Mentally scan your body from head to toe. How does your body feel? How might God be speaking to you through your body? Are there any parts for which you are particularly grateful? Are there any parts of your body that are giving you problems?

Where in your body do you hold your emotions? i.e. when you are stressed, where do you feel it in your body? If your body could speak to you, what would it say? To what might your body be inviting you? Do any images or metaphors come to mind that would describe your current experience of your body?

Part II Due: Friday, May 4

In light of what you have learned in this class write a 5 page reflection paper (12 font, double spaced) on the current state of your well being and identify plans for how you might grow in life-affirming behavior in the future, addressing the multiple dimensions of well being discussed in class.). Integrate readings, materials and activities from class, including the additional text you read. Discuss how, if at all, your experience of your body has changed since your initial body scan.

Reflection papers should be a dialogue between you and the class material, not a report. Discuss the thoughts and feelings that this material evokes as well as any issues that it raises for you personally.

Talking about issues for people in general or seminary students in particular is not appropriate for an integrative reflection. Rather you should reflect on your own personal experience as your life has interfaced with the material of class this semester. One way to tell that you are doing this is your use of pronouns. A reflection paper should use “I” language rather than talk about others, as in the following example:

I have found the regular health discipline challenging. My personal goal was to run at least once a week, but I have found that I allow distractions to get in my way. It has been hard for me to make self care a priority, even though I know intellectually care of my body is important in being able to do my studies, I find it hard to live that way. This class has challenged me to look seriously at the values reflected in the choices I make about how I honor or dishonor my body.

There is no prescribed outline for the paper. The following questions are provided to stimulate your thinking as you write your integrative reflection.

- How are you currently experiencing your body? How is your experience of your body related to your spirituality and your relationship with God? How, if at all has this changed since your body scan reflection in the beginning of the semester?
- What in this class did you find thought provoking, challenging or surprising, and why was that so?
- What was your personal experience with the self care discipline? What did you learn from the self care discipline experience?
- Where are you currently in taking care of your wellbeing?
- Which dimension of health gets the most of your attention? Which gets the least?
- In what areas might self care be challenging for you as you contemplate your continuing in seminary studies and/or living into your vocation?

Submit the paper through Canvas.