Course Profile

**Course # and Title**  SF 301 Spiritual Formation I  
**Instructor:** Dr. Craig Mueller  
**Semester/Year:** Fall 2019

Course **Rationale** and Description  
(Why do we offer this course? Which of LSTC’s degree program learning outcomes does it address?)

This course serves as an orienting course in spiritual formation, focusing simultaneously on: 1) the spiritual formation of students while in seminary; 2) the spiritual health and wellness of religious leaders, especially amid multiple demands and stress; 3) the formation of faith communities through worship and spiritual practices to embody public church in daily life and for the sake of the common good. In many ways this course is a *sampler*, covering a wide variety of topics and exercises. It is also experiential and supplements readings with intentional reflection and spiritual practice.

The course addresses these M.Div. and M.A. program outcomes: #1 Personal and Spiritual formation and #4 Cultural context.

**Course Learning Outcomes** (Learners will be able to):  
(What *difference* will this course make to students’ knowledge, skills, attitudes, and practices?)

Learners will be able to:
1. Discern the role of public church amid the spiritual hungers of our time and increasing ambivalence toward organized religion.
2. Locate themselves and particular faith communities within one or more of these spiritual paths: mind, heart, mystic, activist; identify their Enneagram type as an aid for focus on interiority and personal spiritual growth.
3. Articulate characteristics of one’s own spiritual tradition (Lutheran or other) while encountering and learning from the spiritualities of other traditions and/or religions.
4. Enlarge their understanding of prayer and experience a wide variety of spiritual practices.
5. Reflect on personal wellness and spiritual health in their own seminary context, while considering the role of formation in future ministries.
6. Make connections between public church and spiritualities of liberation.
7. Imagine and prepare for their role as a spiritual leader in a faith community.

**Strategies for Learning:**  
(How shall we go about achieving these outcomes?)

1. Class attendance. Because of the large variety of spiritualities and experiences we will explore, regular attendance is essential.
2. Journal entries, integrating themes of the readings, class presentations, and spiritual practices. The first entry will be a spiritual introduction.
3. Read a spirituality-related book of your choosing from the bibliography at the end of the syllabus and write a review (3-5 pp) of the book.

4. **Attend a one-day retreat on Saturday, October 12.** This retreat is required as it takes the place of one class session. If an emergency or serious conflict precludes you from attending, a make-up strategy will be arranged for emergencies or serious time conflicts only.

5. Write of “rule of life” as a final project. This paper will reflect on your spiritual journey, practices, and Enneagram type as you seek growth in the future. Due at the end of the term.

6. Take the Enneagram inventory and use this tool for both personal spiritual growth and understanding of others in your personal life and future congregational settings.

7. Participate in three sessions of spiritual direction, either individually or in a small group.

8. Intentional commitment to spiritual formation and one’s own practices. Openness to new practices, ways of thinking, and holistic approaches to spirituality and ministry.

**Assessment:**
(How shall we know if we—students and instructors—have been successful in achieving the outcomes?)

Due to the experiential nature of the course, it will be graded pass/fail.

**Incompletes:** Due to the experiential nature of this course and since a major paper is not assigned, no incompletes will be given.

Student assessment for completion of the course will be based on:

1) Class attendance/participation 20%
2) Spiritual Introduction/Journals 20%
3) Retreat attendance 20%
3) Book review 15%
5) Personal rule of life/final reflections 25%

**Bibliography:**

<table>
<thead>
<tr>
<th>Text Title</th>
<th>Author</th>
<th>ISBN# (Required)</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Thirsty for God: A Brief History of Christian Spirituality</em></td>
<td>Bradley Holt</td>
<td>978-1-4514-8794-7</td>
</tr>
<tr>
<td><em>The Great Work of Your Life</em></td>
<td>Stephen Cope</td>
<td>978-0-553-38607-3</td>
</tr>
<tr>
<td><strong>Recommended:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>An Enneagram text, such as:</td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>The Sacred Enneagram</em></td>
<td>Christopher Heuertz</td>
<td>978-0-310-34827-6</td>
</tr>
<tr>
<td>OR</td>
<td>Richard Rohr</td>
<td>0-8245-1950-7</td>
</tr>
<tr>
<td><em>The Enneagram: A Christian Perspective</em></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>