



# Formation Programs

*Enriching faith through  
community learning experiences.*

Faith often grows when we share the learning journey with others. The Institute for Christian Spirituality offers several programs for individuals to share and deepen their spiritual discoveries in community.

**Our Growing Deeper program...**nurtures a closer walk with God. You'll become more intimate with the Father, Son and Holy Spirit through this one-year experience in the spiritual disciplines.

**Our Spiritual Direction program...**prepares you to serve others who come to you for spiritual guidance. You should already lead a disciplined life of study, prayer and service. Participants are trained specifically for the ministry of spiritual direction through this 18-month journey.

**Our Spiritual Deepening for Ministers program...**guides those already leading a church congregation to greater service. You'll grow even closer to God as part of a community of fellow ministers through this 18-month offering that enriches your ministry work.



## Program Directors

### Spiritual Deepening For Ministers & Spiritual Direction

**Jackie L. Halstead** is the associate director of ICS and associate professor of spiritual formation at Lipscomb. She holds certificates from two programs with the Shalem Institute—Spiritual Guidance and Leading Contemplative Prayer Groups and Retreats and is a member of the Lay Cistercians of Gethsemani Abbey. Jackie has a Ph.D. in marriage and family therapy and specializes in working with ministers and their families.

### Spiritual Direction

**Randy Harris** teaches at Abilene Christian University. He holds a certificate from the two-year program in spiritual direction from the Shalem Institute. He has participated in a 40-day contemplative prayer retreat in the Carmelite tradition and a 15-day experience of The Ignatian Exercises.

### Growing Deeper

**Gary Holloway** is the executive director of the World Convention ([worldconvention.org](http://worldconvention.org)). He preaches at the Western Hills Church in Nashville. Holding degrees from Freed-Hardeman, Harding, The University of Texas, and Emory University, he has written 25 books, including *You Might Be Too Busy If...*, *Spiritual Practices for People in a Hurry*.

**Rhonda Lowry** has served as adjunct professor of spiritual formation at Fuller Theological Seminary and is a frequent leader of spiritual retreats. She has spoken at the North American Christian Convention and often speaks at the Pepperdine Bible Lectures. She is a senior fellow with the Institute for Christian Spirituality at Lipscomb University and is a faculty member in the College of Bible and Ministry.

## Growing Deeper

Explore the practices of Christian spirituality.

### What is offered...

- This one-year program gives you the support of a praying community who shares a spiritual journey with you.
- A mentor meets with you during your first residency to suggest a program and readings needed to support you in your walk with God. Scheduled contact with your mentor provides opportunities for further suggested readings, reflections and practices.
- You are given guidelines for forming a spiritual guidance relationship with a small group in your area.
- The residential retreats offer a welcoming, prayerful experience with those who seek a deeper walk with God. They include lectures, dialogues, group sessions, silent retreat times, spiritual practices and fellowship with other seekers.

### What is asked...

- Write a spiritual autobiography.
- Commit to regular spiritual practices.
- Reflect on your readings.
- Contact your mentor as scheduled.
- Meet monthly for prayer with a spiritual community where you live.
- Spend two days in solitary retreats. Participate in two residencies (5 days and 3 days).

## Spiritual Direction

Train for the ministry of spiritual direction.

### What is offered...

- This 18-month program is for those who feel a call to spiritual direction.
- Participants should have regular spiritual practices and already be respected by others for their Christian maturity and companionship. The program involves directed readings, contact with a spiritual mentor, two residential retreats with other participants and staff, integrative response papers and a supervised internship in spiritual direction.
- The week-long residencies include teachings on scripture and spiritual discernment, the difference between spiritual direction and pastoral counseling and the theological basis for spiritual guidance. There will also be group and one-on-one spiritual direction sessions as well as a guided silent retreat. This program is limited to 16 participants.

### What is asked...

- Read from an extensive bibliography that focuses on contemplative presence and the ministry of spiritual direction.
- Send recordings of your spiritual direction sessions to your mentor for accountability, support and suggestions on improving as a spiritual director.
- Write reflective papers describing how you integrate your personal spiritual unfolding, the readings and the residencies with your ministry of spiritual direction.
- Participate in two 5-day residencies and in at least 24 monthly sessions as a spiritual director with at least two directees.

## Spiritual Deepening

Bring the spiritual practices into your ministry.

### What is offered...

- This 18-month program is designed for those who are employed by a church—both domestic and international. It offers guidance for growing closer to God and instruction on both experiencing and teaching the Christian disciplines.
- Participants are expected to have experience in spiritual practices. The program will include directed readings, opportunity for reflection and practice, regular contact with a spiritual mentor, two residential retreats with other participants and staff and integrative response papers.
- The residential retreats will offer a community of ministers with whom to experience and reflect on the spiritual practices. Residencies offer a theological foundation, experiences in silence, contemplative prayer, spiritual practices and dialogue on the integration of spirituality into the ministry context. The participant will meet with a group and have one-on-one attention from one of the staff members during each residency.

### What is asked...

- Write a spiritual autobiography
- Read from an extensive bibliography that focuses on contemplative orientation in ministry and life in general.
- Commit to regular spiritual practices.
- Reflect on the readings with the community of participants before and between residencies.
- Contact mentor as scheduled.
- Meet monthly with a spiritual formation group.
- Spend two days in solitary retreat.
- Participate in two 5-day residencies in Nashville.
- Write two integrative reflective papers.