Spiritual Companionship
DMIN 7323
July 14-18, 2014

Jackie L. Halstead, Ph.D.  Randy Harris
Phone: (615) 966-6064  (325) 674-3793
Email: Jackie.Halstead@lipscomb.edu  randy.harris@acu.edu
Office: Ezell 214  CBS 306
Time: M-F 8:00 a.m. – 5:00 p.m.

The primary mission of Lipscomb University is to integrate Christian faith and practice with academic excellence.

Course Description

Christian spiritual companionship is the ministry of assisting an individual of attending to God. Christians who are mature in the faith walk alongside others and help them in their spiritual journeys. The practice of spiritual direction has taken place throughout the ages in both this informal manner as well as in a formal sense. The focus of the spiritual director is to attend to God on the behalf of the directee. God is the true director and it is helpful to be with individuals who have the ability to remind us to pay attention to how God is working and revealing himself to us. The purpose of this course is to provide an introduction to the ancient practice of spiritual companionship or spiritual direction.

Primary Audience

This primary audience is doctoral students in the Hazelip School of Theology. An MDiv or equivalent degree is required for entry into this course.

Course Overview

The course will be both didactic and practical in nature. The goal of the course is two-fold. The first goal is to assist the student in attending to their personal relationship with God. The format of the course includes inquiry, critical thinking, theological reflection, worship, contemplation, spiritual disciplines, and praxis. Presentations by the professor, reading,
and class participation (small groups and table conversation) are included during the week. Your observations and wisdom during class discussion provide richness for each class session.

The second goal is to offer the student an introduction to the ministry of spiritual companionship; i.e., of walking alongside another in their spiritual journey. Students may choose to continue their training through the Spiritual Direction extension program offered through the Institute for Christian Spirituality. The course will not offer the complete training for a Certificate in Spiritual Direction.

**Required reading**


**Course Requirements**

<table>
<thead>
<tr>
<th>Course competencies</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Students will examine and incorporate biblical principles for living life as disciples of Jesus Christ.</td>
<td>1. Write a reflective essay on your current practice of centering on God.</td>
</tr>
</tbody>
</table>
2. Students will understand practices of spiritual formation lived out in the past 2000 years.

3. Students will experience spiritual companionship as a directee.

4. Students will identify and discuss how Scripture, people, contexts, literature, spiritual disciplines, and events have spiritually formed them in the past.

5. Students will demonstrate knowledge and comprehension of more than one tradition of spiritual direction.

6. Students will identify principles by which to live in an incarnational manner.

2. Share a classic spiritual discipline in a 15-minute presentation.

3. Attend three sessions and write a reflective essay.

4. Share a spiritual autobiography about your life from birth until the present.

5. Write a paper on a model of spiritual direction.

6. Write a reflective essay on the experience of a silent retreat.

**Narrative on Course Requirements**

1. **Spiritual autobiography:** You will share your spiritual autobiography with your classmates on the first day of class, **July 14**. Hand in a copy to the professor—five to six pages in length. Highlight people, events, literature, contexts, and other formative influences in your spiritual journey. Transparency is encouraged, but you, of course, are in control of what you share. It is appropriate to articulate any spiritual struggles as well as your spiritual victories.

2. **Essay:** Read the texts, *A Testament of Devotion* and *Into the Silent Land* in preparation for your reflective essay (two- to three-pages in length). The topic of the essay is the ways you have placed God at the center of your life in the past year. Write about the benefits you have experienced, or the void you have experienced because of not practicing this habit of the heart. The reflection is due on **July 14** (the first day of class).

3. **Presentation:** A spiritual practice will be chosen from the following list. You will come prepared to make a 15-minute presentation of this discipline on the second day of class, **July 15**. A one- to two-page handout (including references) will be prepared to distribute to your classmates and the professor. Number of references will vary depending on the chosen topic. It will include one or two of the originators of the discipline along with an explanation of the practice. **Contact the**
professors with the topic in which you are interested before beginning. We will want to have a variety of disciplines covered. Choices will be first-come, first-served basis.

**Spiritual practices:**
- Imaging prayer
- Examen
- Spiritual Exercises (Ignatian)
- Centering prayer
- Praying the hours
- Art as prayer
- Music as prayer
- Fasting
- Lectio Divina
- Praying the Psalms
- Experiencing God through creation
- Journaling
- Anglican prayer beads
- Practicing the church calendar
- Other

4. **Spiritual direction:** You will experience three sessions with a spiritual director; either in person, by phone or skype. Write a narrative of your experience in 5-6 pages double-spaced. You may find a spiritual director on your own or choose one from a list of directors in training who will offer their services for free. Two of the sessions must be completed before class begins. The third may take place after the week of class. The narrative is due on **August 8.**

5. **Research paper:** You will write a paper explaining a perspective of spiritual direction. This can be (but is not limited to) the following: Contemplative, Celtic, Ignatian, or Orthodox. Address history, primary figures associated with the model, and include a case study with which to demonstrate your understanding. This work should include primary source material (scholarly journals, class books, etc.). Limit your writing to no more than 10-12 pages, double-spaced. Include a bibliography (one source per page). Your research paper is due on **August 8.**

6. **Silent retreat:** You are required to take a 48-hour silent retreat before October 3. You may participate in a guided silent retreat at a retreat center or may do a self-guided retreat with the retreat guide available on Blackboard. A 5-6 page double-spaced personal reflection of this experience is due on **October 3.** If you choose to take the retreat before the week of class, you must talk with the professor in advance of the retreat.
Course Grading

Spiritual Autobiography....................................................................................................................10%
Spiritual Direction.................................................................................................................................10%
Reading..................................................................................................................................................15%
Essay......................................................................................................................................................10%
Presentation............................................................................................................................................20%
Ten to twelve page Research Paper....................................................................................................25%
Silent retreat..........................................................................................................................................10%

Grading for the course will be:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Range</th>
<th>Letter</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>92-100</td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>83-91</td>
<td></td>
</tr>
<tr>
<td>C</td>
<td>74-82</td>
<td></td>
</tr>
<tr>
<td>D</td>
<td>65-73</td>
<td></td>
</tr>
</tbody>
</table>

Additional Notes:

1. **Internet/Web Surfing/Texting:** Class lectures and small groups are a vital time of interaction with the material and the community that is the class as a whole. As a result, the use of laptops for surfing the internet, checking e-mail, playing games, checking Facebook, etc. is not allowed. Text messaging or similar communications are not allowed for the same reason.

2. **Students requiring accommodations:** If you require classroom accommodations for a documented disability, please discuss your circumstances with me immediately. If you are entitled to accommodations but have not yet registered with the Counseling Center, contact that office (966-1781) right away.

3. **Attendance:** Attendance during each day of the course is critical. Please arrive on time, honor break schedules, and stay for the full day. Excused absences include: 1. death of family member, 2. school sponsored trip, or 3. illness (nurse or doctor excuse).

4. **Academic dishonesty:** Academic dishonesty in any form will not be tolerated. Please refer to the university’s Code of Conduct [here](http://campuslife.lipscomb.edu/content.asp?SID=41&CID=306) and the Academic Integrity Policy [here](http://academics.lipscomb.edu/content.asp?CID=2762&SID=12). The student who is in violation of this policy will receive an F on the work or may receive an F in the course.

5. **Behavior:** Class behaviors are in accordance with LU’s student handbook. All inappropriate or unethical classroom behavior will be handled in the manner specified in the student handbook.

6. **Late policy:** Assignments are due on the dates assigned by the beginning of class. Late assignments grades are reduced by 10% for each calendar day they are late.