Doctor of Ministry

Garrett-Evangelical Theological Seminary

DMIN 740 Foundations of Spiritual Direction

Synchronous Online: June 24-28, 9am-4pm central

**Course Instructor**

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### **Course Format**

Class meets on Zoom synchronously Monday-Friday, June 24-28, 9am-12pm and 1pm-4pm central time. Synchronous class attendance means you are on Zoom, your camera is on, your other work is closed and you are fully present with the group. To enhance your learning in this format, see suggestions on p. 5.

### **Course Description**

This course is designed for those who are interested in becoming spiritual directors. It seeks to introduce participants to the art of spiritual direction and to assist them in developing practical skills for this ministry. Participants will consider various approaches to spiritual direction, the nature and purpose of spiritual direction, its historical roots, and some dynamics of the process of direction. Participants will also have the opportunity to discern their own call to the ministry of spiritual direction.

**Course Objectives**:

* To become familiar with roots, traditions, and various models of spiritual direction
* To explore the nature and purpose of spiritual direction
* To reflect on the cultural and social contexts of spiritual direction
* To consider theological and anthropological assumptions underlying the practice of spiritual direction
* To reflect upon the roles of prayer and desire in the spiritual direction conversation
* To become responsive listeners and engage in the practice of spiritual direction
* To consider obstacles to life in the Spirit and various forms of desolation

**Required Textbooks**

Bryant-Johnson, Sherry, Rosalie Norman-McNaney and Therese Taylor-Stinson, *Embodied Spirits: Stories of Spiritual Directors of Color.* Morehouse Publishing, 2014. (see reading instructions on p. 3)

Phillips, Susan. *Candlelight: Illuminating the Art of Spiritual Direction*. Harrisburg, PA: Morehouse Publishing, 2008. (see reading instructions on p. 3)

Pickering, Sue. *Spiritual Direction: A Practical Introduction.* Canterbury Press, 2008.

**Required Chapters** and Articles

Banashak, Jeanette, “Spiritual Companionship for LGBTQIA Individuals.” *Presence:* 26 no 1 Mar 202, p. 41-44,46.

Barry, William A. “God’s Love Is Not Utilitarian.” *Review for Religious* November-December, 1987.

Burghardt, Walter. “Contemplation: A Long Loving Look at the Real.” In *An Ignatian Spirituality Reader.* Ed. George W. Traub, Loyola Press, 2008.

Hart, Thomas, “Toward a Healthy Spirituality: Ten Guiding Principles.” In *Hidden Spring: The Spiritual Dimension of Therapy.* Fortress Press, 2002.

Nolasco, Rolf. “Queering Identity,” chapter 1 in *God’s Beloved Queer: Identity, Spirituality and Practice.* Wipf & Stock, 2019.

\_\_\_\_\_. “*Imitatio Christi*,” chapter 4 in *God’s Beloved Queer: Identity, Spirituality and Practice.* Wipf & Stock, 2019.

Ruffing, Janet K. “Typological History of Spiritual Direction.” In *To Tell the Sacred Tale: Spiritual Direction and Narrative.* Paulist Press, 2011.

Scofield, Mary Ann. “Waiting on God: Staying with Movements of God,” chapter 5 in *Sacred Is the Call: Formation and Transformation in Spiritual Direction Programs.* Suzanne Buckley, ed., Crossroad Publishing, 2005.

Smith, Luther E. “The Soul is ‘We’,” *Reflective Practice: Formation and Supervision in Ministry,* 2017.

Recommended Texts and Articles

Adesanya, Idena Pearl, ed. *Kaleidoscope: Broadening the Palette in the Art of Spiritual Direction.* Church Publishing, 2019.

Edwards, Tilden. “Immediate Givenness to God in the Spiritual Direction Relationship,” *Presence* Vol. 1, no. 2, 1995, pp. 5-12.

Guenther, Margaret. *Holy Listening: The Art of Spiritual Direction.* Cowley Publications, 1992.

Lee, Cindy. *Our Unforming: De-Westernizing Spiritual Formation.* Fortress Press, 2022.

Mabry, John R. *Noticing the Divine: An Introduction to Interfaith Spiritual Guidance*. Morehouse Publishing, 2006.

Miller, Wendy. *Jesus our Spiritual Director.* Upper Room Books, 2004.

Oden, Amy. *Right Here, Right Now: The Practice of Christian Mindfulness.* Abingdon, 2017.

O’Hare, Briege. “Opening to Love: A Paradigm for Growth in Relationship with God,” *Presence* Vol. 10, no. 2, June 2004, pp. 27-36.

Peacock, Barbara L. *Soul Care in African American Practice.* IVP, 2020.

Vest, Norvene, editor. *Tending the Holy: Spiritual Direction Across Traditions.* Morehouse Publishing, 2003.

**Course Requirements** Due Before June 24

### Follow these instructions on assigned readings

### Complete readings as follows by the first day of class, June 24.

### Pickering, *Spiritual Direction*: read all.

### Phillips, *Candlelight*: read Introduction and select 3 of the “directees” to follow through the book. Read chapters 1, 11 and 21, along with the relevant chapters on your 3 selected directees.

### Bryant-Johnson, *Embodied Spirits*: Select 4 of the chapters that speak to you most and read carefully. Peruse the other chapters.

### Required articles: read Burghardt, Nolasco, Ruffing and Smith

1. **Paper 1 – Due June 20, 2024.** Choose OPTION A if you ever have been or are currently in spiritual direction. Choose OPTION B if you cannot choose OPTION A.

**Paper 1: OPTION A**: Exploring your own experience of Spiritual Direction. **Due June 20, 2024.**

Write 4-6 pages double-spaced, reflecting on your own experience of Spiritual Direction. Follow the A, B, C format below. We will use this reflection paper as part of our conversation on the first day of the class.

1. In 1 page, describe your current spiritual direction arrangement: How long have you been in spiritual direction? How often do you meet with your director? Describe the physical environment in which the spiritual direction conversation takes place and your experience of that physical setting.
2. In 2-3 pages, describe your experience during spiritual direction, using these questions (select the questions that speak to your experience, you don’t need to address them all):

* What topics do you discuss in the spiritual direction conversation? Are you drawn to some topics and resistant to others? Why is this so?
* What interior movements have you experienced within the spiritual direction conversation itself? How do you know when something strikes home to you? Does your body play any role in your process?
* Has silence played a role in your direction sessions? How so?
* What image or metaphor do you have of yourself as directee? That you have of your director? That you have of what you are experiencing in direction?
* What marks or characteristics lead you to describe your spiritual direction session as being a “good” session?

1. In 1-2 pages, describe what you’ve noticed about daily life as a result of spiritual direction, using these questions (select the questions that speak to your experience, you don’t need to address them all):

* Do you notice new awarenesses in daily life, either connections or disconnections since you’ve been in spiritual direction?
* In what ways has your own spiritual practice changed or shifted since being in spiritual direction?
* In what ways do you prepare for a spiritual direction session or find yourself anticipating a session?

**Paper 1: OPTION B:** Explore your own experience of offering one-on-one spiritual companionship in the context of your ministry setting. Follow the A, B format below:

1. In 2-3 pages, describe your experience offering one-on-one spiritual guidance within the context of ministry, using these questions (select the questions that speak to your experience, you don’t need to address them all):
   * What topics do people discuss with you when they seek your guidance in prayer and life with God? Are you more appreciative of discussing certain topics with parishioners more than others? Why do you think this is so?
   * How do your conversations of a spiritual nature with parishioners or others who seek your wisdom differ from how you understand pastoral counseling? Do you see a difference?
   * What interior movements do you notice within yourself as you meet with others one-on-one? How does God seem present with you as you are meeting with others?
   * What image or metaphor helps you understand your role as you meet with others to help them in life with God or to discern what God is doing in their life?
   * What do you believe is the result of your meeting with people one-on-one around the topic of the spiritual life or the life of prayer?
2. In 2-3 pages, describe how you understand this work of meeting one-on-one with people in spiritual companionship to be a part of your pastoral vocation, using the following questions as a guide:
   * How does this work relate to the other aspects of ministry – preaching, teaching, leading worship, administration, etc.?
   * How would you describe your sense of vocation to this form of ministry? What brings you joy meeting one-on-one with people? What are the challenges?
   * What gifts do you have for this ministry that you hope to grow or hone during the work for this course?
3. **Paper 2:** Images of God in Spiritual Direction. **Due June 20, 2024.**

In conversation with Pickering, chapter 2, “Listening to God,” address these 4 tasks (A, B, C, D) in turn. 4-5 pages.

1. Identify your current, core metaphors for God.
2. Reflect on your image of God and salvation.
3. Reflect on your image of God and suffering.
4. What are some of the ways you most naturally listen for God?

**Course Requirements During June Class**

1. Class attendance each day. Class will meet synchronously on Zoom 9am-12pm CST and 1-4pm Monday through Friday, June 24-28. You are required to attend all Zoom class sessions. Your presence is essential to our learning in this class. You bring experiences and gifts that contribute to course content and enhance the learning of all. Absences for any number of hours will reduce your grade in the course. Significant absence (more than 3 hours) will jeopardize your chances of passing this course. To enhance your learning in this format, I encourage you to:

-Select your learning space. Think about where you want to be for your time on Zoom as we listen, speak, share and do break-outs. Things to consider:

-privacy

-likely interruptions and distractions

-you may want to be away from usual routines, so not your home or office

-Create your learning space. This is *your learning* time so think about what you need for each day. Cozy blanket? Favorite tea? Special pens? Comfy chair? Candle or other sacred symbol? Care for yourself by having the things around you that invite you to be fully present and learn.

-Let folks in your life know that you will be “in class” all day, even on Zoom. Ask family, friends, co-workers and parishioners to help you honor your learning without interruptions or distractions. Plan to turn off all devices besides your zoom connection.

1. Participate in small group exercises, dyads and triads in class.

**Course Requirements Due After June**

1. Read the rest of required articles: Barry, Hart, Scofield
2. **Paper 3**: In conversation with Pickering, chapter 6, “Spiritual Direction in Parish, Chaplaincy and Community Contexts,” address these questions in 2-3 pages. **Due August 2, 2024.**
3. What is your experience of “holding open a sacred space” for others?
4. What draws you to this stance? What do you resist in it?
5. **Paper 4:**  Call to Ministry of Spiritual Direction **Due August 2, 2024.** This paper represents part of an ongoing discernment process about your call and readiness for the ministry of spiritual direction. Reflect upon course readings, your experience in spiritual direction and class learning. In 3-5 pages, describe the basic sensibilities you have for the ministry of spiritual direction by addressing each of these 3 questions in turn:

* How are you gifted in discovering with another the life of the Spirit?
* What challenges confront you as you think about yourself as a spiritual director?
* At this moment in time, what is your sense of your call to the ministry of spiritual direction?

**Specifications for All Papers.** Papers should be double-spaced, 12 point font, with proper grammar and spelling. All quotations must be cited (Turabian or MLA) to avoid plagiarism. Use inclusive and expansive language. Strong papers will pay attention to the assigned questions and format for each paper, demonstrate careful reading, stay focused, and be organized and clear. Late papers will be dropped one letter grade for each day late.

Final Grades are calculated as follows:

Paper 1 25%

Paper 2 25%

Paper 3 25%

Paper 4 25%

Total 100%