

J-Term, 2020

CL 660 E Introduction to Spiritual Direction (Mississippi and New England)

Instructor: Dwight Judy

To complete academic credit for Year One of Journey Partners program in spiritual direction, you will submit an academic paper:

Journey of the Soul in Prayer and Spiritual Direction

Using resources from year one of Journey Partners, develop a 10-12 page academic paper focusing on a particular theme. Use at least 5 different sources, with proper citation and bibliography. One of the sources should be either Teresa of Avila, *Interior Castle*, or John of the Cross, *The Dark Night*.

Possible Themes:

- 1) Application of Prayer and Spiritual Formation Practices in Spiritual Direction
- 2) Journey of the Soul through the Mansions of Teresa of Avila
- 3) Dark Night Journey in Contemporary Life
- 4) *Descriptive Paper on your understanding of Spiritual Direction (see below)

You may focus on one of these themes or develop your paper drawing from 2 or more of the themes. Please discuss your theme with instructor prior to your writing.

Along with bibliography resources, use specific references to yourself and to one or more persons you are engaging in your leadership in spiritual direction (preserving confidentiality of any such persons).

Paper should be double-spaced, using 12-point type and include footnotes and bibliography.

A style sheet will be provided by instructor for proper citations.

Paper is due to Dwight Judy via e-mail attachment by January 25, 2020 (can be extended up to one month in consultation with instructor)

Dwight H. Judy, Ph.D.

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***Descriptive Paper on Your Understanding of Spiritual Direction/Companionship**

Prepare a paper of 10-12 pages, double spaced. The paper should contain footnotes and bibliography and use references from five or more of our course resources.

The paper will contain the following elements. Please begin with your definition. Other elements can be in any order.

1. Your definition of spiritual direction/companionship... Your definition can draw on course readings, properly noted.
2. Your theological/biblical understanding of the role of spiritual companionship as it relates to Christian discipleship.
3. How the course holy listening exercises have assisted your capacity to be present to others in spiritual companionship, pastoral care, and other encounters.
4. How your personal understanding of Myers-Briggs and/or Enneagram affects your listening presence.
5. How you are informed by historic understandings of spiritual companionship.
6. How you will use the information of this course in your present ministry setting.

MS and New England use bibliography from your training program

Additional Suggested Bibliography

Dwight Judy, *Discerning Life Transitions: Listening together in Spiritual Direction* (New York: NY, Morehouse, 2010). ISBN: 978-0819224071. \$24.00.

Steve Harper, *Five Marks of a Methodist: The Fruit of a Living Faith* (Nashville: Abingdon, 2015). ISBN: 978-1501800597. \$8.22.

Dwight Judy, *Embracing God: Praying with Teresa of Avila* (Nashville: Abingdon, 1996). ISBN: 978-0687010004. \$20.30.

Tilden Edwards, *Spiritual Director, Spiritual Companion: Guide to Tending the Soul* (Mahwah, NJ: Paulist Press, 2001). ISBN: 978-0809140114. \$18.66.

Margaret Guenther, *Holy Listening: The Art of Spiritual Direction* (Lanham, MD: Rowman and Littlefield, 1992). ISBN: 978-1561010561. \$12.02.

Evelyn Underhill, *Mysticism: The Nature and Development of Spiritual Consciousness, Part II, "The Mystic Way"* (Dover Publications, 2002). ISBN: 978-0486422381. \$17.02.

Gerald G. May, *The Dark Night of the Soul: A Psychiatrist Explores the Connection between Darkness and Spiritual Growth* (New York: HarperCollins, 2004). ISBN: 9780060750558. \$11.99.

Marjorie J. Thompson, *Soul Feast: An Invitation to the Christian Spiritual Life, Newly Revised Edition* (Louisville: Westminster John Knox Press, 2014) ISBN: 978-0664239244.

Teresa of Avila (trans. Mirabai Starr), *The Interior Castle* (New York, Riverhead Books, 2003). ISBN: 978-1594480058. \$12.80.

John of the Cross (trans. Mirabai Starr), *Dark Night of the Soul* (New York, Riverhead Books, 2002). ISBN: 978-1573229746. Kindle: \$11.99.

Ignatius of Loyola (trans. George Ganss, S.J.) *The Spiritual Exercises of St. Ignatius of Loyola* (Chicago: Loyola Press, 1992). ISBN: 978-0829407280. \$11.81.