

Stanton Center for Ministry Formation
2022-23
Spiritual Theology I
“Life in Christ: Ascetical Theology and Spiritual Practices”
Syllabus

An introduction to the basic elements of Christian spirituality with an emphasis on the Anglican tradition and an analysis of Christian experience in light of Biblical revelation and Christian tradition. The course explores a variety of spiritual practices and techniques that will support the development of a personal Rule of Life. .

This course will answer the following questions:

What happened to me at my Baptism? Where do I go from there?

What are the expectations in scripture for a transformed life?

What are the marks of a life lived “in Christ”?

What are the spiritual practices used in the Christian tradition?

What spiritual practices are suited to my journey with Christ?

How do I share my experience with others?

Facilitators: Bishop Michael Smith and Patricia Mackey Stone

Requirements for Credit Students:

1. Regular attendance in-person or via Zoom and participation in class discussions.
2. The construction and development of a Rule of Life.
3. Two reflection papers of between 2 and 3 pages on the assigned readings to demonstrate what interests you and speaks to your own life with God.
4. Journal reflections of 200-300 words monthly consisting of life lessons that can be shared in class.
5. A spiritual autobiography will be the final product for the class.

Texts Required:

NRSV Study Bible

Gatta, Julia. *Life in Christ: Practicing Christian Spirituality*. New York: Church Publishing Incorporated, 2018.

Gatta, Julia. *The Pastoral Art of the English Mystics*. (New edition of Three Spiritual Directors)

Leech, Kenneth. *Soul Friend: Spiritual Direction in the Modern World*. Harrisburg, PA: Morehouse Publishing, 2001.

Pennington, Basil. *Lectio Divina: Renewing the Ancient Practice of Praying the Scriptures*. New York: Crossroad, 1998.

Pennington, Keating, Clarke. *Finding Grace at the Center: The Beginning of Centering Prayer*, 3rd Ed. Woodstock VT: Skylight Paths Publishing, 2016.

Doyle, Leonard, trans. *St. Benedict's Rule for Monasteries*. Collegeville, Minnesota: Liturgical Press, 1935.

Julian of Norwich. *All Will Be Well: 30-Day Journey with Julian of Norwich*, Ava Maria Press, 2008.

Williams, Rowan. *Being Disciples: Essentials of the Christian Life*. Grand Rapids, Michigan: Wm. B Erdman's Publishing Company, 2016.

Torgerson, Chad R. *The Daily Examen Prayer Journal*. Assisi Media, 2021.

Underhill, Evelyn. *Abba*. New York: Moorhouse Publishing, 1981

Brother Lawrence. *The Practice of the Presence of God*. New Kensington, PA.: Whitaker House, 1982.

Stone, Pat. *Daily Reflections on the Rule of Benedict*. Via email.

Sessions

1. August: What happened to me at my Baptism? Where do I go from there?

- Gatta, Life-Introduction and Chapter 1: "Reliving Christ's Death and Resurrection"
- Gatta, Life-"Rule of Life," pp. 179-184.
- Leech, Chapter 1: Spirituality in the Present Climate"
- Stone, Pat, Handout on Rule of Life

Spiritual Practice: "Rule of Life." (Pat Stone)

2. September:

What are the expectations in scripture for a transformed life?

What are the marks of a life lived "in Christ"?

What are the spiritual practices used in Christian tradition?

- *St. Benedict's Rule for Monasteries*, Doyle
- Pennington, *Lectio Divina: Renewing the Ancient Practice of Praying the Scriptures*.
- Gatta, Life-Chapter 4: "Prayer in Solitude," pp 159-166
- Stone, Pat, Daily Reflections on the Rule of Benedict

Spiritual Practice: "Lectio Divina" (Michael Smith)

3. October:

What are the expectations in scripture for a transformed life?

What are the marks of a life lived "in Christ"?

What are the spiritual practices used in Christian tradition?

- Gatta, Life-Chapter 4: “Prayer in Solitude” (the rest of the chapter)
- Gatta, The Pastoral Art, (The Cloud of Unknowing)
- Pennington, et al, Finding Grace at the Center
- Stone, Pat: “Quiet Prayer” (handout)

Spiritual Practice: “*Centering Prayer*” (Pat Stone)

4. November:

What are the expectations in scripture for a transformed life?

What are the marks of a life lived “in Christ”?

What are the spiritual practices used in Christian tradition?

- Gatta, Life-Chapter 2: “Communion with Christ”
- Gatta, The Pastoral Art, (Julian of Norwich)
- Julian of Norwich, All is Well, 30 days of reflections

Spiritual Practice: “*Julian of Norwich and Christian Approach to Yoga Practice*”
(Mother Emily Hylden)

5. December:

What spiritual practices are suited to my journey with Christ?

How do I share my experience with others?

- Williams, *Being Disciples, Essentials of the Christian Life*.
- Sharing Rule of Life-First Draft

Spiritual Practice: Community Gathering and *Group Lectio*: (Michael Smith and Pat Stone)

6. January:

What are the expectations in scripture for a transformed life?

What are the marks of a life lived “in Christ”?

What are the spiritual practices used in Christian tradition?

- Gatta, Life-Chapter 5: “Practices for the Journey”
- Torgerson, Chad R, *The Daily Examen Prayer Journal*, 30 days of journaling.

Spiritual Practice: “*Prayer of Examen*” (Marcia Hotchkiss)

7. February:

What are the expectations in scripture for a transformed life?

What are the marks of a life lived “in Christ”?

What are the spiritual practices used in Christian tradition?

- The Book of Common Prayer
- Gatta, Life-Chapter 3: “Sanctifying Time through the Liturgical Round” (40 pages)

Spiritual Practice: *Eucharist, Sabbath Keeping and Confession* (Michael Smith)

8. March 19:

- Gatta, Life-Chapter 4: “Prayer in Solitude” (Revisited)
- Leech, Chapter 4 and 5
- Underhill, Abba.
- Brother Lawrence, “The Practice of the Presence of God”
- Pat Stone: “Handout-The Lord’s Prayer”

Spiritual Practice: *The Lord’s Prayer and the Practice of the Presence*,
(Pat Stone and Drew Crowson)

9. April:

- Gatta, Life-Spiritual Direction, pp 184-192
- Gatta, The Pastoral Art, (Walter Hilton)
- Leech, Chapter 2, 3, 6

Spiritual Practice: *Spiritual Direction*, (Michael Smith)

10. May

What happened to me at my Baptism? Where do I go from there?
What are the expectations in scripture for a transformed life?
What are the marks of a life lived “in Christ”?
What are the spiritual practices used in Christian tradition?
What spiritual practices are suited to my journey with Christ?
How do I share my experience with others?

Spiritual Practice: The Body of Christ-Group Lectio led by Michael Smith and Pat Stone

Share instances of spiritual development, insights and reflections through practices, journals and autobiographies. Consider next steps, ways to work in your churches.

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Schedule: Monthly beginning in August 2022 through May 2023

8:30-9:30 Morning Devotion, Sharing of Journals
9:30-10:30 Review of Readings, Teaching
10:30-10:45 Break
10:45-11:30 Spiritual Practice: Teaching and Practice
(Schedule for every class but December 18 and May 21)