

MTO141.5 MEANINGFUL LIVING

Name of Unit 1 (Unit Code 1)

Meaningful Living (MTO141.5)

SECTION 1 – GENERAL INFORMATION

Administrative details

Associated higher education awards	Duration	Level	Unit Coordinator
Diploma Bachelor	One semester	Introductory	Dr Johan Roux

Core or elective unit

Indicate if the unit is a

- core unit
 elective unit
 other (please specify below):

This unit is one of Tabor's Christian Studies common core.

Unit weighting

Using the table below, indicate the credit point weighting of this unit and the credit point total for the course of study (for example, 10 credit points for the unit and 320 credit points for the course of study).

Unit credit points	Total course credit points
6 credit points	48 / 144 credit points

Student workload

Using the table below, indicate the expected student workload per week for this unit.

No. timetabled hours per week	No. personal study hours per week	Total workload hours per week
3	7	10

Pre-requisites and co-requisites

Are students required have undertaken a prerequisite or co-requisite unit for this unit?

- Yes No

SECTION 2 – ACADEMIC DETAILS

Brief description of the content of the unit

This unit explores the fundamental question of what constitutes a meaningful life with particular reference to how the Christian tradition has addressed this issue and how this wisdom might shape the student's own life and vocation. It connects strongly with the formation domain Engaging Our Stories in Tabor MTC's curriculum paradigm. Meaningful Living helps students to reflect upon key elements of personal and corporate flourishing (including biblical, theological and sociological insights), and challenges students to develop their own personal practice framework that will enable and encourage such flourishing. Key topics include: Self-leadership as starting point for meaningful living; Shalom as unifying integrative teleological framework for meaningful living; theological and sociological reflections on flourishing; biblical reflections on Matthew 5-7 as way of living for flourishing; flourishing self, others, and our world.

Learning outcomes for the unit

- 1) Explain the biblical concept of Shalom as a core organising motif for meaningful living
- 2) Discuss various theoretical and practical considerations for meaningful living, including Christian Worldview understandings
- 3) Integrate various theoretical elements and principles into a personal framework for living and professional application

Assessment tasks

Type	Learning Outcome/s assessed	When assessed – year, session and week	Weighting
1) Essay Explain your understanding of the biblical concept of Shalom and its importance for meaningful living. (1000 words)	1	Week 4	20%
2) Personal Reflection: Develop a portfolio of completed self-evaluation exercises as part of the ongoing in-class formation program. ¹ Reflect on your own journey towards completeness, wholeness and wellbeing against the background of the self-evaluation exercises collated in your portfolio. (1750 words)	1-2	Week 10	40%
3) Personal Practice Framework: Develop your own framework for meaningful living from learnings in this unit taking into account your personal and (potential) professional context. Compare and contrast the elements of your framework with key Christian Worldview themes or ideas. (1750 words)	1-3	Week 13	40%

¹ A number of exercises will be done 'in class' and compiled into a developing portfolio of self-understanding.

2.1 Prescribed and recommended readings

Provide below, in formal reference format, a list of the prescribed and recommended readings for the unit.

- Brown J. K., & Roberts K. *Matthew*. Grand Rapids, MI: Eerdmans, 2018.
- Calhoun, A. A. *Spiritual Disciplines: Practices that Transform Us*. Downers Grove, IL: IVP, 2015.
- Dickerson, Matthew T. *Disciple Making in a Culture of Power, Comfort, and Fear*. Eugene, OR: Cascade, 2020.
- Duncan, S. *Seeking Shalom: Leader's Guide*. CreateSpace Independent Publishing Platform, 2017.
- Foster, R. J. *Celebration of Discipline: The Path to Spiritual Growth*. New York, NY: HarperCollins, 2018.
- * Hills, B. *Inside Out: A Biblical and Practical Guide to Self-leadership*. Chibooks, 2017.
- Houghton, Jeffery D., Christopher P. Neck, and Charles C. Manz. *Self-Leadership: The Definitive Guide to Personal Excellence*. Los Angeles, CA: SAGE, 2019.
- MacArthur, J. F. Jr. *Matthew 1-7*. Chicago, IL: Moody, 1985.
- McKnight, S. *Semon on the Mount*. SOGBC. Grand Rapids, MI: Zondervan, 2013.
- Moore, O. *Shalom Sistas: Living Wholeheartedly in a Broken World*. Harrisonburg, VA: Herald Press, 2017.
- Ott, B. *God's Shalom Project*. Good Books, 2005.
- Sloane, Andrew, David Benson, and Kara Martin (eds.). *Transforming Vocation: Connecting Theology, Church, and the Workplace for a Flourishing World*. Eugene, OR: Wipf & Stock Publishers, 2021.
- Smith, J. B. *The Good and Beautiful Life*. Downers Grove, IL: IVP, 2009.
- . *The Good and Beautiful Community*. Downers Grove, IL: IVP, 2010,
- Van Eymeren, A., A. Barker, & C. Elisara. *Urban Shalom and the Cities We Need*. Isum, 2017.
- Yoder, P. *Shalom: The Bible's Word for Salvation, Justice and Peace*. Eugene, OR: Wipf and Stock, 2017.

* indicates specified textbook