

## MTO141.8 MEANINGFUL LIVING

<b>Name of Unit 1 (Unit Code 1)</b>
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Meaningful Living (MTO141.8)
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### SECTION 1 – GENERAL INFORMATION

#### Administrative details

Associated higher education awards	Duration	Level	Unit Coordinator
Graduate Certificate Graduate Diploma Masters	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.
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#### 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	24 / 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	6	9

#### 1.6 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) Evaluate the biblical concept of Shalom as a core organising motif for meaningful living
- 2) Critically reflect on 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
- 4) Self-evaluate and plan their own personal formation towards increased measures of meaningful living.

**Assessment tasks**

Type	Learning Outcome/s assessed	When assessed – year, session and week	Weighting
1) <b>Essay</b> Critically reflect on the biblical concept of Shalom and other key Christian worldview themes / elements and discuss their importance for meaningful living. (1500 words)	1	Week 4	25%
2) <b>Personal Reflection:</b> Develop a portfolio of completed self-evaluation exercises as part of the ongoing in-class formation program. <sup>1</sup> Write an integrated critical evaluation of the exercises focussing on your own journey towards completeness, wholeness and wellbeing . Consequently develop an informed plan for further personal formation towards increased measures of meaningful living. (2000 words)	1-2, 4	Week 10	40%

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

Assessment tasks			
Type	Learning Outcome/s assessed	When assessed – year, session and week	Weighting
3) <b>Personal Practice Framework:</b> Develop your own framework for flourishing your world based on the learning you have undertaken in this unit. Compare and contrast the elements of your framework with key Christian Worldview themes or ideas. Critically reflect on how you would put your framework into action to make a transformative difference ‘for good’ in your context. (2000 words)	1-3	Week 13	45%

## 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.  
 Daniels, D., & V. Price. *The Essential Enneagram*. New York, NY: HarperOne, 2009.  
 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.  
 MacArthur, J. F. Jr. *Matthew 1-7*. Chicago, IL: Moody, 1985.  
 McKnight, S. *Seron 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.  
 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.  
 Willard, D. *The Divine Conspiracy*. New York, NY: HarperCollins, 2009.  
 Yoder, P. *Shalom: The Bible’s Word for Salvation, Justice and Peace*. Eugene, OR: Wipf and Stock, 2017.

\* indicates specified textbook