

MTO243.5 Christian Spirituality

Name of Unit 1 (Unit Code 1)

Christian Spirituality (MTO243.5)

SECTION 1 – GENERAL INFORMATION

Administrative details

Associated higher education awards	Duration	Level	Unit Coordinator
Diploma Bachelor	One semester	Introductory	Bruce Hulme

Core or elective unit

Indicate if the unit is a

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

Elective: Bachelor of Ministry and Bachelor of Intercultural Studies
 Core Option: Diploma of Ministry and Theology
 Core Option/Elective: Bachelor of Theology

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 <i>Example: 10 credit points</i>	Total course credit points <i>Example: 320 credit points</i>
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	6	9

For those students requiring additional English language support, how many additional hours per week is it expected that they will undertake?

Additional English language support: 0 hours per week

Pre-requisites and co-requisites

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

- Yes No

If **YES**, provide details of the prerequisite or co-requisite requirements below.

Prerequisites: MTG100.5 The Biblical Story for Everyone,

SECTION 2 – ACADEMIC DETAILS

Brief description of the content of the unit (key topics):

This unit introduces students to the theology, practice and experience of Christian spirituality within the context of broader discourse around spirituality. It connects strongly with the formation domain *Engaging Our Stories* in Tabor MTC's curriculum paradigm. *Christian Spirituality* is designed to help students converse intelligently about spirituality and spiritual issues in light of the Scriptures, Christian tradition and contemporary society, and to reflect meaningfully upon their own existential encounters with the divine and ongoing engagement with spiritual practices. Key topics covered include spirituality in contemporary society and being 'spiritual but not religious'; biblical and historical perspectives on spiritual experience and expression; issues such as spirituality and community, story, discipline, creativity, suffering, the body, community; exploring spiritual practices.

Learning outcomes for unit:

- 1) Discuss the nature and practice of Christian spirituality in light of biblical, theological, historical and contemporary perspectives
- 2) Analyse approaches to issues pertaining to spirituality in light of the richness and diversity of the historical and contemporary Christian tradition
- 3) Reflect upon their engagement in various spiritual practices

Assessment tasks

Type *	Learning Outcome/s assessed	When assessed	Weighting
Creative Presentation: Students creatively communicate their understanding of Christian spirituality with reference to their personal story. (700 words)	1	Week 3	15%
Forum Responses: Students respond to TV series via forums, analysing diverse approaches to spirituality from contemporary and Christian perspectives. (1,200, 2x600 words)	1, 2	Weeks 5, 7	20%
Spiritual Practice Reflection: Students reflect upon their engagement with a spiritual practice. (1,100 words)	1, 3	Week 11	25%
Discussion Paper: Students choose from a range of provided questions, addressing a spiritual. theology issue. (1,500 words)	1, 2	Week 14	40%

2.1 Prescribed and recommended readings

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

Prescribed Reading:

Benner, David G. *Soulful Spirituality: Becoming Fully Alive and Deeply Human*. Grand Rapids, MI.; New York: Brazos, 2011.

Calhoun, Adele Ahlberg. *Spiritual Disciplines Handbook: Practices That Transform Us*. Revised and Expanded., 2015.

Recommended Reading:

Asproulis, Nikolaos, and Stuart Devenish. *Christian Responses to Spiritual Incursions into the 21st Century Church and Society*. Newcastle-Upon-Tyne, UK: Cambridge Scholars, 2020.

Barton, Ruth Haley. *Invitation to Retreat: The Gift and Necessity of Time Away with God*. Downers Grove, IL: IVP, 2018.

Benner, David G. *Spirituality and the Awakening Self: The Sacred Journey of Transformation*. Grand Rapids, MI: Brazos, 2012.

Bingaman, Brock. *A Luminous Life: A Journey into Classic Christian Spirituality*. Eugene, OR: Cascade Books, 2020.

Hanson, Bradley. *Spirituality and Your Life Story*. Bloomington, IN: Archway Publishing, 2014.

Horsfall, Tony. *Attentive to God: Being Aware of God's Presence in Daily Life*. Singapore: Graceworks, 2019.

Martin, James. *Learning to Pray: A Guide for Everyone*. New York, NY: HarperOne, 2021.

McLaren, Brian D. *Naked Spirituality: a life with God in twelve simple words*. London: Hodder & Stoughton, 2012.

Prevot, Andrew L. *Thinking Prayer: Theology and Spirituality Amid the Crises of Modernity*. Notre Dame, IN: University of Notre Dame Press, 2015.

Sheldrake, Philip. *Befriending Our Desires*. 3rd ed. Collegeville, MN: Liturgical Press, 2016.

----- . *Spirituality: A Brief History*. 2nd ed. Malden, MA: Wiley-Blackwell, 2013.

----- . *Spirituality: A Very Short Introduction*, Oxford University Press, 2012.

Streeter, Carla Mae. *Foundations of Spirituality: The Human and the Holy: A Systematic Approach*. Collegeville, MN: Liturgical Press, 2012.

Thompson, Marjorie J. *Soul Feast: An Invitation to the Christian Spiritual Life*, 2015.

Underwood, Lynn. *Spiritual Connection in Daily Life: Sixteen Little Questions That Can Make a Big Difference*. West Conshohocken, PA: Templeton Press, 2013.

Williams, J. P. *Seeking the God Beyond: A Beginner's Guide to Christian Apophatic Spirituality*. Eugene, OR: Cascade Books, 2019.

Yankoski, Michael. *The Sacred Year: Mapping the Soulscape of Spiritual Practice (How Contemplating Apples, Living in a Cave and Befriending a Dying Woman Revived My Life)*. Nashville, TN: Thomas Nelson, 2014.