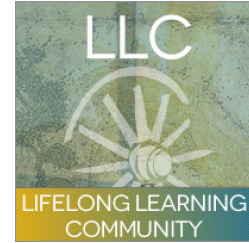


# BASIC E-COURSE INFORMATION

## SD – Habits of the Heart: *Exploring the Basics of Spiritual Disciplines*



### COURSE DESCRIPTION

Habits of the Heart are deeply ingrained ways of seeing, exploring, experiencing and responding to the world and the transcendent presence of Divine creative power and grace. But how does a habit of hope and prayer become “deeply ingrained” in one’s heart? This personal enrichment class will explore through experiential discovery the basics of ancient spiritual disciplines for contemporary personal and corporate practice of prayer.

### COURSE FOCUS

The course will be a guided exploration of ancient spiritual disciplines with focus on discovery for contemporary practice and application. Specific prayer disciplines will include inward and outward holiness through *Lectio Divina* (with the written word, along with visual and audio experiences), letting go of attachments and self emptying through *Fasting*, personal and Divine reflection with the *Daily Examen*, and finding a foundational prayer anchor for life by way of *Breath Prayers*.

### COURSE FORMAT

**SD** is a four-week facilitated online course that takes place in Moodle (our online learning platform). Participation in the course primarily takes place asynchronously (that is, not “live” at the same time); however, on occasion some or all of the class will meet “live” via web conference (dates and times TBD). Each week includes, at a minimum, a combination of readings and/or video viewing and active participation in the threaded (Forum) discussion(s). More importantly, the course factors in the experiential components of reflective exercises and spiritual practices, designed to appropriate the course contents for practical and concrete application to one’s life and ministry.

### REQUIRED TEXT

Thompson, Marjorie J. *Soulfeast: An Invitation to the Christian Spiritual Life*.  
Westminster John Knox Press, 1995.

### Recommended Texts

Foster, Richard. *Celebration of Discipline*. Harper & Row, 1988.  
Oliver, Kara Lassen, general editor. *Soul Tending*. Abingdon Press, 2007.

**Note:** There will be other supplementary resources for the course in the form of excerpted essays, articles, audio/video clippings, etc.