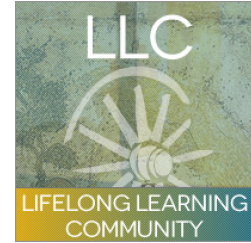


BASIC E-COURSE INFORMATION

SL – EXPLORING THE SPIRITUAL LIFE: *Following the Journey of Henri Nouwen*



COURSE DESCRIPTION

Our life with God is far from being neat and tidy as highlighted by the very complexity of the spiritual journey we all embark upon. This course provides a good grid by which we can understand better the nature and reality of our spiritual life from the perspective of Henri Nouwen—one of the most prolific spiritual writers of the last century. Special attention is given to the cultivation of the three essential practices of solitude, hospitality, and prayer for our continuing journey.

COURSE FOCUS

Employing the seminal work of Henri Nouwen (*Reaching Out*) that focuses on the three intertwining movements of the spiritual life—inward, outward, Godward—this course offers participants solid foundational anchors for navigating the tensional realities of our spiritual journey.

COURSE FORMAT

SL is a six-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 at least a couple of occasions there will be scheduled “live” sessions via web conference. Each week includes, a combination of readings and/or video viewing and active participation in the threaded (Forum) discussion(s). More importantly, the course includes reflective exercises and spiritual practices, designed to appropriate the course contents for practical and concrete application to one’s life and ministry.

REQUIRED TEXT

Nouwen, Henri J. M. *Reaching Out: The Three Movements of the Spiritual Life*. Image Books, 1975.

Highly Recommended Texts

Hernandez, Wil. *Henri Nouwen: A Spirituality of Imperfection*. Paulist Press, 2006.
_____. *Mere Spirituality: The Spiritual Life According to Henri Nouwen*. SkyLight Paths Publishing, 2015.

Note: There will be other supplementary resources for the course in the form of excerpted essays, articles, audio/video clippings, etc. The complete Course Syllabus will be posted on Moodle.