



CS101 Christian Spirituality I: Foundations for Everyday Life

Dr Tan Seng Kong & Dr Lai Pak Wah | 1.5CR

About the Course

This course introduces important theological themes and provides a historical overview of the Christian spiritual tradition. As the title suggests, it is the Trinitarian and incarnational touchstones that give Christian spirituality its authentically Christian character. From this biblical and creedal basis, we will read, understand, and engage with the spiritual practices found in the various Christian traditions.

Credits

1.5CR

Fees*

S\$225(Credit)

S\$120(Audit)

Class Format

Online

* Alumni are entitled to 10% discount on audit course(s)

Particular emphasis is given to the Ignatian spirituality, as this serves as a preparatory framework to the spiritual practicum component in CS102. The trajectory of the course is for participants to draw from the deep well of the Christian history appropriate spiritual disciplines that resonate with their own temperament, vocation, and season in life. It is hoped that this course will provide the resources for a deepening of self-knowledge and spirituality in everyday life.

About the Lecturer

Dr Tan Seng Kong is our Lecturer of Systematic and Spiritual Theology. He is a graduate from Regent College, Vancouver (MA, Spiritual Theology). Seng Kong completed his PhD in Systematic Theology at Princeton Theological Seminary, where he focused his research on Jonathan Edwards' doctrine of salvation. Seng Kong was trained as an architect and with his family, worships at Bethel Assembly of God.



Dr Lai Pak Wah is Lecturer of Church History and Historical Theology at BGST. A graduate from BGST (Grad Dip CS) and Regent College, Vancouver (MCS, ThM), Pak Wah completed his PhD at Durham University, where he specialised in Christianity in Late Antiquity, that is, the history, theology and spirituality of the 2nd - 5th century church fathers (also known as Patristic Studies). Besides introductory histories to Christianity, he also offers courses on the history of Christian Spirituality, the Legacy of Church Fathers and Christian Apologetics. Pak Wah and his family worships at Mt Carmel BP Church, where he heads the Adult Education Ministry.



Course Objectives

This foundational course in spirituality aims:

- To provide participants with a historical and theological survey to the Christian spiritual tradition.
- To introduce students to the breadth of the spiritual practices inspired by Scripture and drawn from church history, with particular attention to the Ignatian Examen (as a preamble to CS102).
- To underline the fact that Christian spirituality is not just an academic subject worthy of study, but also encompasses our lived, everyday Christian experience – personal, social and vocational.
- To help participants identify their own styles of faith and commensurable spiritual practices in order to enrich their spiritual journeys.
- To provide a platform where participants may deepen their own self-awareness and prayer life.

Course Outline & Resources

VIDEO LECTURES & ACTIVITIES

For each topic, the relevant video lectures can be accessed through the video links provided on the course Moodle site. At the end of each set of video lectures, the lecture questions should be answered before proceeding to the next topic.

REQUIRED READING

All required readings can be downloaded from the course Moodle site.

S/N	Lecture Topic	Activities	Required Reading
1	Theological Foundations for Christian Spirituality	Lecture 1 Listen to lectures and journal your insights.	<ul style="list-style-type: none">● Robert Solomon, 'Growing the Soul in Postmodern Soil: Spiritual Formation in the Twenty-first Century'● Catherine M. LaCugna, 'The Practical Trinity'
2	The Necessary, the Trivial and the Menial	Lecture 2 Listen to lectures and journal your insights.	-

3	A Historical Overview of Christian Spirituality	Lecture 3 Listen to lectures and journal your insights.	<ul style="list-style-type: none"> • 'History of Christian Spirituality' from <i>New Catholic Encyclopedia</i> • 'European Reformations of Christian Spirituality' and 'Christian Spirituality in Europe and North Africa since 1700' from Blackwell Companion
4	Family	Lecture 4 Listen to lectures and journal your insights.	-
5	Introduction to Ignatian Spirituality: Philosophy and Practice	<p>Watch the short videos on https://www.ignatianspirituality.com/what-is-ignatian-spirituality/the-ignatian-way</p> <p>Lecture 5 Listen to lectures and journal your insights.</p>	<ul style="list-style-type: none"> • 'Ignatian Spirituality: Spirituality in a World of Action' from <i>Legacy of the Founders</i> • 'Jesuits' from <i>New Catholic Encyclopedia</i>
6	Friendship and Spiritual Friendship	Lecture 6 Listen to lectures and journal your insights.	-
7	Word and Prayer	Lecture 7 Listen to lectures and journal your insights.	<ul style="list-style-type: none"> • James B. Torrance, 'Contemplating the Trinitarian Mystery of Christ' • Enzo Bianchi, '<i>Lectio Divina: Foundations and Practice</i>'
8	Marriage and the Single Life	Lecture 8 Listen to lectures and journal your insights.	-
9	The Spirit	Lecture 9	<ul style="list-style-type: none"> • Dorothy Bass, 'Christian Formation in

		Listen to lectures and journal your insights.	and for the Sabbath Rest' <ul style="list-style-type: none"> Philip Sheldrake, 'Befriending our Desires'
10	Time, Busyness and Play	Lecture 10 Listen to lectures and journal your insights.	-

Course Requirements

1. **Reflection Report (40% of Course Grade):** This report will comprise of two foci:
 - a. *Journaling:* Listen carefully to the recordings, take time to reflect and record the insights gained for that session in a journal. Although you will not be required to turn in your journal, you are to summarise key ideas from your journaling experience to be included into the reflection report. [750 words]
 - b. From textbook and assigned readings, summarize 3-4 important spiritual themes you found significant and useful for your own personal life. [750 words]

Total: 1500 words (6 pp.)

2. **Case Study Paper (60% of Course Grade):** Choose a spiritual tradition as listed in the typology below (following Calhoun), which is new or unfamiliar to you, which you could add to your spiritual rule and is in accord with your temperament/style of faith. with the exception of the Jesus Prayer and the Ignatian Spiritual Exercises (or tradition), which has been detailed in the lectures.
 - a. Liturgical: Worship
 - b. Receptivity: Openness to God
 - c. Renunciation: Relinquishing the False Self
 - d. Communal: Share My Life with Others
 - e. Scriptural: Hear God's Word
 - f. Embodied: Incarnate the Love of Christ
 - g. Prayer

Using the appropriate books from the recommended bibliography and other appropriate literature available through Overdrive and DTL, students should devote no more than:

- a. 3 pp. (750 words) introducing some historical background of that practice and the spiritual theologian/writer or tradition from which it originated and flourished;
- b. 6 pp. (1500 words) on the mechanics of the practice, its theology and spiritual value to the practitioner; and,
- c. 1 pp. (250 words) of reflection on the personal application that the chosen spiritual practice might have in your life, family, work, and/or ministry.

Total: 2500 words (10 pp.)

ASSIGNMENTS BREAKDOWN

S/N	Assignments	Grade Percentage
1	Journal Report (1,500 words)	40%
3	Case Study Paper (2,500 words)	60%
	Total	100%

GUIDELINES FOR ESSAY-WRITING

1. The paper must reflect graduate-level research skills. There must be a minimum of five sources in your bibliography (not including the Bible).
2. The paper must reflect academic integrity in that due credit must be given to every source quoted or used. Footnotes should be used to document the sources. Every source cited should also appear in the bibliography. Please abide by the Turabian or Chicago Style for all your footnoting and bibliography.
3. The paper must reflect a good command of English and organisation of thought. Writing must be concise and clear. Please proof-read your paper before submitting it.
4. The paper must reflect the customary hallmarks of academic writing: treat those who hold different opinions from you with respect, and avoid colloquialisms and slang.

COURSE ASSIGNMENT POLICIES

1. For **style and formatting** of assignments, please refer to the section on “General Formatting for all Assignments” available on the BGST Online Student Manual.
2. ALL assignments are to be submitted by uploading via Moodle. Alternatively, assignments can be sent via email to assignments@bgst.edu.sg without the need to cc. the lecturer (**unless requested by the lecturer**).
3. Students must submit all their assignments **6** months after the course registration date

Students are advised that BGST **strongly discourages plagiarism**. For more information on this point (what plagiarism is, how BGST penalises it), please consult the BGST ‘Guidelines for Academic Papers’.

Course Bibliography

REQUIRED READINGS

Books available on BGST Overdrive are marked with #

Core Text

*#Adele Ahlberg Calhoun. *Spiritual Disciplines Handbook: Practices That Transform Us*. Rev. ed. InterVarsity Press, 2013.

*Philip Sheldrake, *Spirituality: A Brief History*, 2nd ed. Wiley-Blackwell, 2013.

RECOMMENDED READINGS

#Allen, Diogenes. *Spiritual Theology: The Theology of Yesterday for Spiritual Help Today*. Cowley, 2012.

#Chan, Simon. *Spiritual Theology: A Systematic Study of the Christian Life*. IVP Academic, 2009.

#Driskill, Joseph D. *Protestant Spiritual Exercises: Theology, History and Practice*. Morehouse, 1999.

#Holt, Bradley P. *Thirsty for God: A Brief History of Christian Spirituality*. 3rd ed. Fortress Press, 2017.

#McGrath, Alister. *Christian Spirituality: An Introduction*. Wiley-Blackwell, 2013.

#Mulholland, M. Robert, and Ruth Haley Barton. *Invitation to a Journey: A Road Map for Spiritual Formation*. Downer's Grove, Illinois: InterVarsity Press, 2016.

#Nouwen, Henri J. M. *Reaching Out: The Three Movements of the Spiritual Life*. Random House, 2013.

#Peterson, Eugene H. *Christ Plays in Ten Thousand Places: A Conversation in Spiritual Theology*. Grand Rapids, MI: William B. Eerdmans Publishing Company, 2005.

#Sittser, Gerald L. *Water from a Deep Well: Christian Spirituality From Early Martyrs to Modern Missionaries*. InterVarsity Press, 2013.

Willard, Dallas. *The Spirit of the Disciplines: Understanding How God Changes Lives*. Harper Collins, 2009.

Prayer Traditions:

#Bourgeault, Cynthia. *Centering Prayer and Inner Awakening*. Cowley Publications, 2012.

#Brianchaninov, Ignatius. *On the Prayer of Jesus: The Classic Guide to the Practice of Unceasing Prayer Found in The Way of a Pilgrim*. Foreword by Kallistos Ware. Random House, 2013.

#Esther De Waal. *The Celtic Way of Prayer: The Recovery of the Religious Imagination*. Image, 2009.

#Gallagher, Timothy M. *The Examen Prayer: Ignatian Wisdom for Our Lives Today*. Crossroad, 2012.

#Guardini, Romano. *Prayer in Practice*. Random House, 2013.

#Mathewes-Green, Frederica. *The Jesus Prayer: The Ancient Desert Prayer that Tunes the Heart to God*. Paraclete Press, 2012.

#Packer, J.I. *Praying the Lord's Prayer*. Crossway, 2010.

#Thibodeaux, Mark E. *Reimagining the Ignatian Examen: Fresh Ways to Pray from Your Day*. Loyola Press, 2015.

Liturgical & Artistic Traditions:

#Mathewes-Green, Frederica. *The Open Door: Entering the Sanctuary of Icons and Prayer*. Paraclete Press, 2012.

#Andreopoulos, Andreas. *Gazing on God: Trinity, Church and Salvation in Orthodox Thought and Iconography*. James Clarke & Co., 2013.

#Benson, Bruce Ellis. *Liturgy as a Way of Life: Embodying the Arts in Christian Worship*. Baker Academic, 2013.

Word Traditions:

#Benner, David G. *Opening to God: Lectio Divina and Life as Prayer*. InterVarsity Press, 2010.

#Bianchi, Enzo. *Lectio Divina: From God's World to Our Lives*. Paraclete Press, 2015.

#Williams, Monty. *The Gift of Spiritual Intimacy: Following the Spiritual Exercises of Saint Ignatius*. Novalis, 2014.

Renunciation Traditions:

#Barton, Ruth Haley. *Invitation to Solitude and Silence: Experiencing God's Transforming Presence*. InterVarsity, 2009.

#MacCulloch, Diarmaid. *Silence: A Christian History*. Penguin, 2013.

#Rohr, Richard. *Simplicity: The Freedom of Letting Go*. Crossroad, 2015.