

Syllabus, DM 9378 (Revised Draft, April 15, 2014)

## SPIRITUALITY AND CHRISTIAN MINISTRY

Instructor: Ruben L.F. Habito. Email: [rhabito@smu.edu](mailto:rhabito@smu.edu) Office phone: 214-768-4334

Dates of Course Offering: June 16-20, 23-26, 2014

*Course Description:* An exploration of forms of spirituality for those engaged in Christian ministry. Focus will be given to contemplative prayer toward integrating personal, social, and ecological dimensions of the Gospel message. 3 credit hours.

### *Learning outcomes:*

- a) Students will study and explore different forms of spiritual practice, including contemplation using visualization and imagination, mindfulness practice in daily life, walking meditation and silent meditation.
- b) Students will learn to appreciate the gifts of silence, of holy listening, of a restful attitude (Shabbat), and self-care in a life dedicated to Christian ministry.
- c) Students will study the stages of the spiritual path and how these related to the practice of Christian ministry.
- d) Students will learn forms of spiritual discipline found in other religious traditions and consider how these might enrich Christian life and praxis of ministry.
- e) Students will study the Enneagram and its implications for spiritual discernment and ministry.
- f) Students will study the intimate connections between personal spiritual transformation and socio-ecological healing of our Earth community.

### Requirements for Credit:

1. Regular attendance and active participation in the two-week class sessions, including reading of assigned material beforehand (or viewing/listening, in case of audio-visual resources), one 10-minute class presentation based on a pre-assigned topic, and submission of short reflection essays on themes addressed in class. (See items marked with \*asterisk, indicating reading to be prepared for the session, which may also be chosen for class presentation.)
2. Participation in practicum, consisting of assigned spiritual exercises during the course of the two-week period of classes, and one visit to a local meditation center.
3. Submission of final personal reflection paper (20 pages double-spaced, or 4000-5000 words).

### **Required Readings:**

Birx, Ellen. 2014. *Selfless Love: Beyond Boundaries of Self and Other*. Boston: Wisdom Publications.

Finley, James. 2000. *The Contemplative Heart*, Notre Dame, IN: Sorin Books.

Habito, Ruben. 2013. *Zen and the Spiritual Exercises: Paths of Awakening and Transformation*. Maryknoll: Orbis Books.

Rohr, Richard, and Andreas Ebert. 2009. *The Enneagram: A Christian Perspective*. New York: Crossroads.

Other essays and book excerpts to be made accessible via electronic file made available on Blackboard or sent to enrolled students by early June (see schedule of themes and readings below, for items marked “e-file”)

### Session Themes

1. Introductory: What is the role of spiritual practice and prayer in the context of Christian life and ministry? What is the relationship between Theology and Spirituality in the context of ministry? What are mainstreams of spiritual practice as found in Christian history and tradition? What is a “contemplative in action”? Explanation of Practicum requirement. Formation of Circles of Trust.  
Readings: \*Wood and Blue, *Attentive to God*, pp. vii-24 (e-file); \*Birx, *Selfless Love*, pp. 1-22; \*Finley, *The Contemplative Heart*, pp. 13-42.
2. Contemplative Prayer: Opening to God, Opening to Love
  - a) Opening to God; \*Birx *Selfless Love*, pp. 75-111;
  - b) Opening to Love; \*Birx *Selfless Love*, pp. 115-152.
  - c) Circles of Trust: When have I experienced God’s love in my life?  
Read also: \*Tillich, “You are Accepted.” (e-file)
3. Practical Issues in Contemplative Prayer
  - a) Exploring the Contemplative Path. Finley, *The Contemplative Heart*, pp. \*45-129;
  - b) Companions on the Way: Contemplative Community. Finley, *The Contemplative Heart*, pp. \*133-173.
  - c) Circle of Trust: Who is my Community?
4. Three stages of the Spiritual Journey: Purgative, Illuminative, Unitive Ways
  - a) Acknowledging our Sinfulness; Habito, *Zen and the Spiritual Exercises*, \*pp.53-67.
  - b) Following Jesus: Illuminating the Path; *Zen and the Spiritual Exercises*, \*pp.135-169.
  - c) The Way of Union: Contemplation on Divine Love; *Zen and the Spiritual Exercises*, \*pp. 200-211.
5. Visit to a Local Meditation Center  
Film for viewing (in preparation for visit): YouTube, Fundamentals of Zen Practice; Fruits of Zen Practice

(Weekend: Take Enneagram test, Start listening to Audio, Enneagram---see No. 7, below)

6. Light from the East: Spiritual Practices from other Traditions
  - a) Mindfulness in Daily Life. \*Hanh, *Miracle of Mindfulness*, ch. 1,2,3.
  - b) Sadhana: Way to God. \*De Mello, *Sadhana*, excerpts (efile)
  - c) Christian Yoga. \*Healey, *Entering the Cave of the Heart*, excerpts (efile)
  - d) Class Practicum: Walking the Labyrinth
  
7. Living out the Image of God in Us: The Enneagram
  - a) Enneagram and Prayer
  - b) Enneagram and Spiritual Companionship
  - c) Circle of Trust: Owning my Gifts and my Gaps  
Readings: \*"Enneagram in Ministry" (e-file); \*Empereur, *The Enneagram and Spiritual Direction*, excerpts (e-file)  
Rohr and Ebert, *The Enneagram*, pp. 45-195.  
Audio: Rohr, The Enneagram, Types 1-9. (audio files)
  
8. Spiritual Direction: Companionship in the Spirit
  - a) The Art of Holy Listening. \*Barry and Connolly, *The Practice of Spiritual Direction*, pp. 3-28 (e-file)
  
  - b) Discernment of Spirits: \*Habito, *Zen and the Spiritual Exercises*, pp. 109-134
  
  - c) Circle of Trust: How do I find out God's will in my life?
  
9. Contemplation in Action: Toward Healing our Personal and Global Woundedness
  - a) Compassionate Action. \*Birx, "Compassionate Action" in *Selfless Love*, pp. 155-211.
  - b) Caring for the Earth. \*Fischer, "Caring for the Earth" from *Reclaiming the Connections* (e-file); Macy and Brown, *Coming Back to Life*, excerpts (e-file).
  - c) Circle of Trust: Spiritual Resources in Ministering to a Wounded World.  
Read also: Hanh, *Peace is Every Step*. Excerpts (e-file); Habito, *Healing Breath*, excerpts (e-file)

### **Recommended Reading:**

Barry, William and William J. Connolly. 2009. *The Practice of Spiritual Direction*. Revised and Updated. New York: HarperOne.

Bass, Dorothy. *Practicing Our Faith: A Way of Life for a Searching People*. Second Edition. San Francisco: Jossey Bass, 2010.

- Bourgeault, Cynthia. 2004. *Centering Prayer and Inner Awakening*, Cowley Books, Lanham, MD.
- De Mello, Anthony. *Sadhana: Way to God: Christian Exercises in Eastern Form*. New York: Image Books, 1984.
- Empereur, James. 1990. *The Enneagram and Spiritual Direction*. Bloomsbury Press.
- Finley, James. 2005. *Christian Meditation: Experiencing the Presence of God. A Guide to Contemplation*. San Francisco: HarperSanFrancisco.
- Habito, Ruben. 2006. *Healing Breath: Zen for Christians and Buddhists in a Wounded World*. Boston: Wisdom Publications.
- Hall, Thelma. 1988. *Too Deep for Words: Rediscovering Lectio Divina*. Mahwah, NJ: Paulist Press, 1988.
- Hanh, Thich Nhat. 1987. *The Miracle of Mindfulness*. Boston: Beacon Press.
- Hanh, Thich Nhat. 1992. *Peace is Every Step: The Path of Mindfulness in Everyday Life*. New York: Bantam Books.
- Healey, Kathleen. 1986. *Entering the Cave of the Heart. Eastern Ways of Prayer for Western Christians*. Mahwah, NJ: Paulist Press.
- Holmes, Barbara A. 2004. *Joy Unspeakable: Contemplative Practices of the Black Church*. Minneapolis: Fortress.
- Macy, Joanna. 1998. *Coming Back to Life: Practices to Reconnect our Lives, Our World*. Gabriola Island, Canada: New Society Publishers.
- Makransky, John. 2007. *Awakening through Love: Unveiling Your Deepest Goodness*. Boston: Wisdom, 2007.
- Metz, Barbara and John Burchill. 1987. *The Enneagram and Prayer: Discovering our True Selves Before God*. Denville, NJ: Dimension Books.
- Nouwen, Henri. With Michael Christensen and Rebecca Laird. 2006. *Spiritual Direction: Wisdom for the Long Walk of Faith*. New York: HarperOne.
- Palmer, Parker. 2004. *A Hidden Wholeness: The Journey Toward an Undivided Life*. San Francisco: John Wiley & Sons.
- Wood, Charles and Ellen Blue, *Attentive to God: Thinking Theologically in Ministry*. Nashville: Abingdon, 2008.