



## ST ANDREW'S THEOLOGICAL COLLEGE (SATC)

**COURSE NAME:** REFORMED SPIRITUALITY

**COURSE CODE:** SP200

**COURSE CREDIT:** 1

### **COURSE DESCRIPTION:**

This course provides an introduction to the spiritual life of the individual and spirituality of the church as experienced in the Reformed Tradition. It examines the Biblical foundations, history, and theology of Reformed Spirituality. The course will expose students to a variety of personal and communal spiritual experiences.

*Entry Requirements: A basic course in Theology*

### **AIM:**

- To enable the development of Christian spirituality for the individual and the church.
- To assist students in deepening their spiritual lives.
- To develop a basic understanding of Christian spiritual formation.

### **LEARNING OUTCOMES:**

Students will be able to:

- Attain an understanding of spirituality of the individual.
- Appreciate the evolution of spiritual practices from the Reformation to the present.
- Grow spiritually as they prepare for Christian ministry.
- Develop the disciplines required for personal growth in their own spiritual lives.

### **COURSE CONTENT:**

1. Introduction to Christian Spirituality
2. Spiritual Formation
3. The Presence of God
4. Prayer in the Reformed Tradition
5. Listening to Scripture
6. Spiritual Direction
7. Discernment
8. Vocation
9. Spirituality and Ministry
10. Contemplative Worship e.g. Taize worship
11. Christian Lifestyle & Discipline
12. Spiritual Giants:
  - Brother Lawrence
  - Henri Nouwen
  - Thomas Merton
  - C.S. Lewis
  - Dietrich Bonhoeffer



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### **COURSE TEXT:**

Rice, H. (1991). *Reformed spirituality*. Westminster: John Knox .  
(Occasional Handouts)

### **TEACHING AND LEARNING STRATEGIES:**

Lectures

Class Discussions

Practical Experiences in Spiritual Exercises

### **COURSE ASSESSMENT:**

Attendance and class participation 10%

Short Assignments 15%

End of Term Paper 75%

TOTAL 100%

Students are encouraged to keep a journal.