

## **IN 161W, IN 261W, IN 361 Spiritual Practices**

Wartburg Theological Seminary, Fall Semester 2019, .5 credit  
Synchronous: Wednesdays 11:40 a.m. to 12:30 p.m. Central Time  
Plenary in Fritschel Auditorium & Zoom (link in Castle Commons)  
Synchronous small groups in various classrooms & Zoom  
Asynchronous in Castle Commons

<b><u>Small Group Leaders</u></b>	<b><u>E-mail</u></b>	<b><u>Office phone</u></b>
Susan Ebertz	<a href="mailto:sebertz@wartburgseminary.edu">sebertz@wartburgseminary.edu</a>	(563) 589-0265
Nathan Frambach	<a href="mailto:nframbach@wartburgseminary.edu">nframbach@wartburgseminary.edu</a>	(563) 589-0311
Ann Fritschel	<a href="mailto:afritschel@wartburgseminary.edu">afritschel@wartburgseminary.edu</a>	(563) 589-0308
Sam Giere	<a href="mailto:sgiere@wartburgseminary.edu">sgiere@wartburgseminary.edu</a>	(563) 589-0225
Martin Lohrmann	<a href="mailto:mlohrmann@wartburgseminary.edu">mlohrmann@wartburgseminary.edu</a>	(563) 589-0305
Craig Nesson	<a href="mailto:cnessan@wartburgseminary.edu">cnessan@wartburgseminary.edu</a>	(563) 589-0207
Winston Persaud	<a href="mailto:wpersaud@wartburgseminary.edu">wpersaud@wartburgseminary.edu</a>	(563) 589-0306
Thomas Schattauer	<a href="mailto:tschattauer@wartburgseminary.edu">tschattauer@wartburgseminary.edu</a>	(563) 589-0224
DeWayne Teig	<a href="mailto:dteig@wartburgseminary.edu">dteig@wartburgseminary.edu</a>	(563) 589-0204
Troy Troftgruben	<a href="mailto:ttroftgruben@wartburgseminary.edu">ttroftgruben@wartburgseminary.edu</a>	(563) 589-0307
Mark Yackel-Juleen	<a href="mailto:myackel-juleen@wartburgseminary.edu">myackel-juleen@wartburgseminary.edu</a>	(563) 589-0310

### **Course Description**

This course provides experiences and resources for faith development through plenary sessions, small groups (synchronous and asynchronous), reading a common text, meditating on the Scriptures, and communal and individual faith practices. Spiritual Practices explores classic and contemporary spiritual practices and fosters dwelling in God's Word. The course models accountability and collegiality in small groups for building spiritual community.

### **Course Objectives**

1. To nurture one's own faith development through exploration of spiritual practices and dwelling in God's Word (Practice of Personal Faith and Integrity).
2. To explore the relationship between otherness and community within the context of being with others in community. (Practice of Collegiality)
3. To grow in articulating faith, sharing it with others, and listening to the perspectives, experiences and insights of others, cultivating both self-awareness and self-confidence (Practice of Evangelical Listening and Speaking the Faith to Others).

### **Required Texts**

Hirsh, Sandra Krebs, and Jane Kise. *SoulTypes: Matching Your Personality and Spiritual Path*. Minneapolis: Augsburg Books, 2006.

Thompson, Deanna A. *The Virtual Body of Christ in a Suffering World*. Nashville: Abingdon Press, 2016.

### **Course Process & Procedure**

This course meets once per week for synchronous students, either for lecture or small group, and through other forms of online engagement for asynchronous students. Details and schedule for

the plenary gatherings are listed below. Small groups are designed to follow-up on the plenary gatherings as well as provide a regular occasion to reflect on and discuss all aspects of the course. Questions are not only welcome, but also expected.

A balance will be sought between lecture/presentation and interactive feedback and discussion in the large group setting. Mutual, respectful, dialogical learning is valued and expected, particularly in small groups. Accordingly, the expectation is that everyone will come to class having read the texts and prepared to discuss and interact with the material as well as one another.

*Reading and Meditating on the Scriptures:* A Psalm passage and a passage from the New Testament is listed for each week, both assigned by the Revised Common Lectionary. Additional RCL readings are listed as optional. During that week, please read the passages and meditate on them. Perhaps you may want to use Lectio Divina or Dwelling on the Word or other spiritual practice focused on the two passages.

*Practice the Practices:* Simply put, we want you to spend some time outside of class practicing the practices we will be introducing and discussing in class, as well as those you identify for personal use. Some of the practices are “built in” to the design of the course or the *life of this community*, while others necessitate you taking the initiative.

*Writing Style Guidelines & Plagiarism:* Please see the Style Sheet (found on MyWTS) for information about style guidelines for academic writing as well as Wartburg's plagiarism policy. For a helpful and brief discussion regarding plagiarism, see Booth, Wayne C., Gregory G. Colomb, Joseph M. Williams, Joseph Bizup, and William T. FitzGerald. *The Craft of Research*. 4th ed. Chicago: University of Chicago Press, 2016, 206-10.

*Accommodations Policy:* It is Seminary policy to provide, on a flexible and individualized basis, reasonable accommodations to students who have documented disability conditions that may affect their ability to participate in course activities or to meet course requirements. Students are responsible for informing the instructor of any documented disability by the end of the first week of class or upon subsequent diagnosis. Documentation on disability conditions is kept in a confidential file.

### **Evaluation**

1. Full participation in weekly work is required for all students. For synchronous students this means attendance at all lectures and small group sessions. Asynchronous students will need to participate in all weekly activities and assignments as indicated on Castle Commons. Missing more than 3 weeks without an approved absence will result in No Credit.
2. Completion of required readings.
3. Development of a spiritual practices plan you intend to use for the semester. You are accountable to the leader of your small group for this plan.
4. Course evaluation at the end of the semester reflecting on the course objectives and your own growth.

### **Schedule**

*September 11:* **Plenary**, Introduction to Spiritual Practices (Troy Troftgruben); David Paine, Practicing Humility: A Relational Spirituality

**Readings:** SoulTypes, Introduction and sections on your own SoulType

Psalm 51:1-10, 1 Timothy 1:12-17

Optional: Ex 32:7-14, Luke 14:1-10

*September 18:* Small group

**Readings:** Thompson, Introduction (pp 3-12)

Ps 113, 1 Timothy 2:1-7

Optional: Amos 8:4-7, Luke 16:1-13

*September 25:* Small group

**Readings:** Thompson, Chapter 1: Imagine That (pp 13-27)

Psalm 146, 1 Timothy 6:6-19

Optional: Amos 6:1a, 4-7, Luke 16:19-31

*October 2:* Small group

**Readings:** Thompson, Chapter 2: The Body of Christ Has Always Been and Will

Always be a Virtual Body, read up to “Strong and Weak Ties ...” (pp 31-39)

Psalm 37:1-9, 2 Timothy 1:1-14

Optional: Habakkuk 1:1-4, 2:1-4, Luke 14:5-10

*October 9:* Small group

**Readings:** Thompson, Chapter 2, rest of chapter (pp. 39-51)

Psalm 111, 2 Timothy 2:8-15

Optional: 2 Kings 5:1-3, 7-15c, Luke 17:11-19

*October 16:* Research & Reading Week

**Readings:** Psalm 121, 2 Timothy 3:14-4:5

Optional: Genesis 32:22-31, Luke 18:1-8

*October 23:* Small group

**Readings:** Thompson, Chapter 3: Incarnational Living in the Digital Age, read up to

“Incarnational Living Enhanced ...” (pp 53-65)

Psalm 84:1-7, 2 Timothy 4:6-8, 16-18

Optional: Jeremiah 14:7-10, 19-22, Luke 18:9-14

*October 30:* **Plenary**, Paul Wallace, Divine Attention: Reading the Book of Creation in Four Easy Steps

**Readings:** Thompson, Chapter 3: rest of chapter (pp 65-73)

Psalm 32:1-7, 2 Thessalonians 1:1-4, 11-12

Optional: Isaiah 1:10-18, Luke 19:1-10

*November 6:* Small group

**Readings:** Thompson, Chapter 4: Attending to the Weakest Members of the Body in the Digital Age, read up to “The Church as Countercultural Community ...” (pp 77-88)

Psalm 17:1-9, Job 19:23-27a

Optional: 2 Thessalonians 2:1-5, 13-17, Luke 20:27-38

**November 13: Plenary**, Steve Sandage, Practicing Forgiveness: Spirituality & Psychotherapy

**Readings:** Thompson, Chapter 4: rest of chapter (pp 88-96)

Psalm 98, Malachi 4:1-2a

Optional: 2 Thessalonians 3:6-13, Luke 21:5-19

*November 20:* Small group

**Readings:** Thompson, Chapter 5: Beyond Digital Strategies (pp 97-110)

Psalm 46, Jeremiah 23:1-6

Optional: Colossians 1:11-20, Luke 23:33-43

*November 27:* Research & Reading Days/Thanksgiving

**Readings:** Psalm 122, Isaiah 2:1-5

Optional: Romans 13:11-14, Matthew 24:36-44

**December 4: Plenary**, Deanna Thompson, Cancer, Trauma, and Ministry / The Virtual Body of Christ in a Suffering World

**Readings:** Thompson, Discussion Questions (pp 111-114)

Psalm 72:1-7, 18-19, Isaiah 11:1-10

Optional: Romans 14:4-13, Matthew 3:1-12

*December 11:* Small group

**Readings:** Psalm 146:5-10, Isaiah 35:1-10

Optional: James 5:7-10, Matthew 11:2-11