



# CS101 Christian Spirituality I: Foundations for Everyday Life

Dr Tan Seng Kong | 1.5 CR

## About the Course

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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.

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.

The course aims to be both academic and practical. Besides live and recorded lectures, students engage with readings, group discussion, as well as individual reflections throughout the course. There will be in-depth discussions dealing with how can we grow deeper in our spiritual life in a busy world e.g. finding the rhythm between work and rest, cultivating the spiritual disciplines to keep one's spiritual life vibrant.

## About the Lecturer

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**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's doctrine of salvation. Seng Kong was trained as an architect and with his family, worships at Bethel Assembly of God.



### Dates (2020)

Feb 1, 29  
Mar 14, 21  
Apr 18  
(9:30am – 11:45am)

### Location

Biblical Graduate School of  
Theology  
50 Kallang Pudding Road, #07-01,  
AMA Building,  
Singapore 349326

### Credits

1.5 CR

### Fees\*

S\$225(Credit)  
S\$120 (Audit)

### Class Format

Blended Learning

\* Students from Host Churches are entitled to 20% off credit courses only

# Course Objective

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The foundational course in spirituality aims:

1. To provide participants with historical and theological survey to the Christian spiritual tradition.
2. 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)
3. 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.
4. To help participants identify their own styles of faith and commensurable spiritual practices in order to enrich their spiritual journeys.
5. To provide a platform where participants may deepen their own self-awareness and prayer life.

# Course Outline

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	Format	Topics/ Format	Pre-class reading/ Online Assignments
1	Session 1 (Live) Feb 01, 2020, 9:30am – 11:45am	<b>Christian Spirituality: A Theological Survey</b> <ul style="list-style-type: none"> <li>▪ Course Overview</li> <li>▪ <b>Lecture 1 (Live):</b> Tan Seng Kong, “Theological Foundations for Christian Spirituality.”</li> <li>▪ <b>Readings:</b> <ul style="list-style-type: none"> <li>○ Robert Solomon, “Growing the Soul in Postmodern Soil: Spiritual Formation in the Twenty-first Century.”<sup>1</sup></li> <li>○ Catherine M. LaCugna, “The Practical Trinity.”<sup>2</sup></li> </ul> </li> </ul>	<b>Read:</b> Solomon and LaCugna
2	Session 2 (Online) Feb 03 - 15, 2020	<b>Everyday Spirituality</b> <ul style="list-style-type: none"> <li>▪ <b>Lecture 2 (Online):</b> Paul Stevens, “The Necessary, the Trivial and the Menial”</li> </ul>	Listen to lectures and journal your insights.
3	Session 3 (Online) Feb 17 - 28, 2020	<b>Everyday Spirituality</b> <ul style="list-style-type: none"> <li>▪ <b>Lecture 3 (Online):</b> PS, “Family.”</li> </ul>	Listen to lectures and journal your insights.
5	Session 4	<b>History of Spirituality</b>	

<sup>1</sup> Ch. 4 of *The Christian Church in 21<sup>st</sup> Century Singapore*, ed. Isaac Lim (Millenium Publication, NCCS), 43-60.

<sup>2</sup> In *Exploring Christian Spirituality: An Ecumenical Reader*, ed. Kenneth Collins (Baker, 2000), 273-282.

	Format	Topics/ Format	Pre-class reading/ Online Assignments
	(Live) Feb 29, 2020, 9:30am – 11:45am	<ul style="list-style-type: none"> <li>▪ <b>Lecture 4 (Live):</b> Lai Pak Wah, “A Historical Overview of Christian Spirituality”</li> <li>▪ <b>Readings:</b> <ul style="list-style-type: none"> <li>○ “History of Christian Spirituality” from <i>New Catholic Encyclopedia</i></li> <li>○ “European Reformations of Christian Spirituality” and “Christian Spirituality in Europe and North America since 1700” from Blackwell Companion</li> </ul> </li> </ul>	
5	Session 5 (Online) Mar 02 - 13, 2020	<p><b>Everyday Spirituality</b></p> <ul style="list-style-type: none"> <li>▪ <b>Lecture 6 (Online):</b> PS, “Friendship and Spiritual Friendship”</li> </ul>	Listen to lectures and journal your insights.
6	Session 6 (Live) Mar 14, 2020, 9:30am – 11:45am	<p><b>Ignatian Spirituality</b></p> <ul style="list-style-type: none"> <li>▪ <b>‘Live’ Guest Lecture 5:</b> Anthony Siow, [title]</li> <li>▪ Briefing on CS102</li> <li>▪ <b>[Readings:</b> <ul style="list-style-type: none"> <li>○ “Ignatian Spirituality: Spirituality in a World of Action” from <i>Legacy of the Founders</i></li> <li>○ “Jesuits” from <i>New Catholic Encyclopedia</i></li> <li>○ Review the short videos on: <a href="https://www.ignatianspirituality.com/what-is-ignatian-spirituality/the-ignatian-way">https://www.ignatianspirituality.com/what-is-ignatian-spirituality/the-ignatian-way</a> ]</li> </ul> </li> </ul>	
7	Session 7 (Live) Mar 21, 2020, 9:30am – 11:45am	<p><b>Spirituality of the Word</b></p> <ul style="list-style-type: none"> <li>▪ <b>Lecture 7 (Live):</b> TSK, “Word &amp; Prayer”</li> <li>▪ <b>Readings:</b> <ul style="list-style-type: none"> <li>○ James B. Torrance, “Contemplating the Trinitarian Mystery of Christ.”<sup>3</sup></li> <li>○ Enzo Bianchi, “<i>Lectio divina</i>: Foundations and Practice.”<sup>4</sup></li> </ul> </li> </ul>	
8	Session 8 (Online) Mar 23 - Apr 04, 2020	<p><b>Everyday Spirituality</b></p> <ul style="list-style-type: none"> <li>▪ <b>Lecture 8a (Online):</b> PS, “Marriage.”</li> <li>▪ Wesley Hill, “Friendship &amp; the Single Life.”<sup>5</sup> [29 min]</li> </ul>	Listen to lectures and journal your insights.
9	Session 9 (Online) Apr 06 -17, 2020	<p><b>Everyday Spirituality</b></p> <ul style="list-style-type: none"> <li>▪ <b>Lecture 10 (Online):</b> PS, “Time, Busyness and Play.”</li> </ul>	Listen to lectures and journal your insights.

<sup>3</sup> Ch. 12 of *Alive to God: Studies in Spirituality*, ed. J.I. Packer & Loren Wilkinson (IVP, 1992), 140-151.

<sup>4</sup> Ch. 7 of *Lectio Divina: From God’s Word to Our Lives*, foreword by Rowan Williams (SPCK, 2015).

<sup>5</sup> Wesley Hill, “I Love You Because You’re Mine: Friendship and the Single Life”; available at

<https://vimeo.com/88121005>

	Format	Topics/ Format	Pre-class reading/ Online Assignments
10	Session 10 (Live) Apr 18, 2020, 9:30am – 11:45am	<b>The Spirit</b> <ul style="list-style-type: none"> <li>▪ Group presentations (TBC)</li> <li>▪ Readings: <ul style="list-style-type: none"> <li>○ Dorothy Bass, “Christian Formation in and for Sabbath Rest.”<sup>6</sup></li> <li>○ Philip Sheldrake, “Desire &amp; God,” in <i>Befriending Our Desires</i> (2001)</li> </ul> </li> </ul>	

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<sup>6</sup> In *Interpretation* (January 2005): 25-37.

# Course Requirements

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1. **Reflection Report (25% of Course Grade):** This report will comprise of two foci:
  - a. *Journaling:* The focus will be on the 5 sessions of online lectures, delivered mainly by Dr. Paul Stevens. Listen carefully to the weekly recordings, take time to reflect and record the key insights gained for that session in a journal. Although you will not be required to turn in your journal, you are to summarise key insights from your journaling experience to be included into the reflection report. [500 words]
  - b. From the classroom lectures, group interaction, class presentations, and readings, summarize 3-4 insights you found significant and useful for your own personal life. [500 words]

Total: 1000 words (4 pp.)

2. **Class Presentation (25% of Course Grade):** Choose a spiritual tradition as listed in the typology below (following Calhoun), which is new or unfamiliar to you. Using the appropriate books from the Case Study bibliography (and other literature available), prepare an oral presentation of one spiritual practice, if done individually, or 2-3 practices, if presenting as a group.
  - 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

3. **Case Study Paper (50% of Course Grade):** This paper should be written as further expansion of your class presentation. If you have presented as a group, choose ONE spiritual practice that is unfamiliar, which you could add to your spiritual rule and is in accord with your temperament/style of faith. Students should devote no more than: (1) 2 pp. (500 words) introducing some historical background of that practice and the spiritual theologian/writer or tradition from which it originated and flourished; (2) 5 pp. (1250 words) on the mechanics of the practice, its theology and spiritual value to the practitioner; and, (3) 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: 2000 words (8 pp.)

#### 4. Summary of Course Requirements:

	Assignments	%
1	Reflection Report (1000 words)	25%
2	Group/Individual Presentation	25%
3	Case Study Paper (2,000 words)	50%
	<b>Total</b>	<b>100%</b>

## COURSE ASSIGNMENT POLICIES

1. For **style and formatting** of assignments, please refer to the document “General Formatting for all Assignments” available on your course Moodle page.
2. ALL assignments are to be submitted by uploading via Moodle.
3. *Unless otherwise indicated*, students must submit their assignments 3 months after the first day of the month following the last class/session (“first deadline”). After the first deadline, students will be granted a further 3-month extension automatically (“second deadline”). However, students who submit after the first deadline will incur the **penalty of a one-third grade deduction** on the specific late assignment (e.g., B+ will be downgraded to B). After the second deadline, the status of the incomplete course will be **converted from Credit to Audit**. This conversion will *not* affect overall GPA.

**First Deadline: 1 August 2020**

**Second Deadline: 1 November 2020**

NOTE FOR STUDENT PASS HOLDERS:

The first and second deadlines are shortened to 1 month and 2 months respectively.

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

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### Required Texts:

1. Adele Ahlberg Calhoun. *Spiritual Disciplines Handbook: Practices That Transform Us*. Rev. ed. InterVarsity Press, 2013. [352 pp.]
2. Philip Sheldrake, *Spirituality: A Brief History*, 2<sup>nd</sup> ed. Wiley-Blackwell, 2013. [262 pp.]

### Supplementary Readings:

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

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

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

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

McGrath, Alister. *Christian Spirituality: An Introduction*. Wiley-Blackwell, 2013. [Overdrive]

[Type text]

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

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

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

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

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

### Case Study Bibliography:

#### Prayer traditions:

Bourgeault, Cynthia. *Centering Prayer and Inner Awakening*. Cowley Publications, 2012. [Overdrive]

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. [Overdrive]

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

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

Guardini, Romano. *Prayer in Practice*. Random House, 2013. [Overdrive]

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

Packer, J.I. *Praying the Lord's Prayer*. Crossway, 2010. [Overdrive]

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

#### Liturgical & Artistic traditions:

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

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

[Type text]

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

Word traditions:

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

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

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

Renunciation traditions:

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

MacCulloch, Diarmaid. *Silence: A Christian History*. Penguin, 2013. [Overdrive]

Rohr, Richard. *Simplicity: The Freedom of Letting Go*. Crossroad, 2015. [Overdrive]

For more information, contact us at **Biblical Graduate School of Theology**  
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