

# BASIC E-COURSE INFORMATION

## BIT – Basic Intro Trilogy: *Exploring the Essentials of Our Christian Journey*



### COURSE DESCRIPTION

This introductory trilogy combines the basic fields of Christian spirituality, spiritual formation and spiritual disciplines in two major segments: *contours* and *praxis*.

#### I. Christian Spirituality (“God’s Reality”)

This section of the course is designed to lay the foundations of spirituality by focusing on its main *contours* and outlining the multidimensional, multifaceted nature and shape of Christian spirituality and dealing with key critical issues behind its contemporary expressions.

#### II. Spiritual Formation (“In Christ’s Image”)

This section begins the *praxis* segment by introducing the biblical dynamics of Christian formation. It gives attention to the lifelong process involved in our being conformed to the very image of Christ and seeks to answer the two interrelated questions of how exactly Christ is formed in us and how we are formed in Christ as we live out our spirituality within the context of our journey experience with God. It focuses on the primary aim of our spiritual formation, the processes involved—including both the agencies and the means to cultivate and deepen our formative life in God.

#### III. Spiritual Disciplines (“Habits of the Heart”)

This section continues the *praxis* part by underscoring the role of spiritual disciplines within the context of living out our spiritual life in God. Habits of the Heart are deeply ingrained ways of seeing, exploring, experiencing and responding to the transcendent presence of Divine creative power and grace. But how do such habits become “deeply ingrained” in one’s heart? This part constitutes a guided exploration of ancient spiritual disciplines with particular focus on its individual as well as communal contemporary practice and application.

### COURSE FORMAT

**BIT** is a six-week facilitated online course that takes place in Moodle (our online learning platform). Participation in the course primarily takes place asynchronously (that is, not “live” at the same time); however, on occasion some or all of the class will meet “live” via Zoom web conference (dates and times TBD). Each week includes, at a minimum, a combination of readings and/or video viewing and active participation in the threaded (Forum) discussion(s). More importantly, the course factors in the experiential components of reflective exercises and spiritual practices, designed to appropriate the course contents for practical and concrete application to one’s life and ministry.

## REQUIRED TEXTS

- Scorgie, Glen G. *A Little Guide to Christian Spirituality*. Grand Rapids: Zondervan, 2007. **(GCS)**
- Mulholland Jr., M. Robert. *Invitation to a Journey: A Road Map for Spiritual Formation*. Downers Grove, IL: InterVarsity Press, 1993. **(ITJ)**
- Foster, Richard. *Celebration of Discipline*. Special Anniversary Edition. HarperSanFrancisco, 1978, 1988, 1998, 2018. **(COD)**

## Recommended Texts

- Collins, Kenneth J., ed. *Exploring Christian Spirituality: An Ecumenical Reader*. Grand Rapids: Baker Books, 2000.
- Foster, Richard J. *Streams of Living Water: Celebrating the Great Traditions of Christian Faith*. San Francisco: HarperSanFrancisco, 1998
- McGrath, Alister. *Christian Spirituality*. Cowley Road, Oxford: Blackwell Publishers Ltd, 1999.
- Rolheiser, Ronald. *The Holy Longing: The Search for a Christian Spirituality*. New York: Doubleday, 1999.
- Howard, Evan B. *A Guide to Christian Spiritual Formation: How Scripture, Spirit, Community and Mission Shape Our Souls*. Grand Rapids, MI: Baker Books, 2007. [Forthcoming]
- Lawrenz, Mel. *The Dynamics of Spiritual Formation*. Grand Rapids, MI: Baker Books, 2000.
- Nouwen, Henri J. M. with Michael J. Christensen and Rebecca J. Laird. *Spiritual Formation: Following the Movements of the Spirit*. New York, NY: HarperCollins, 2010.
- Oliver, Kara Lassen, general editor. *Soul Tending*. Abingdon Press, 2007.
- Thompson, Marjorie J. *Soulfeast: An Invitation to the Christian Spiritual Life*. Westminster John Knox Press, 1995.

**Note:** There will be other supplementary resources for the course in the form of excerpted essays, articles, audio/video clippings, etc.