

# Christian Spirituality (ICS)

**Australian College of Theology name:** Introduction to Christian Spirituality

## Unit Description:

Do you yearn to grow in your spiritual life, but are not sure what is a biblical and Christian model for spirituality? Be grounded spiritually, exploring what the Bible says about spiritual formation, as well as the modelling of Jesus and Paul. Learn and practise spiritual disciplines to draw closer to God.

---

## Learning Outcomes

To give an introduction to the nature of spirituality and to examine basic spiritual disciplines, their biblical basis and contemporary practice.

## Content

### ***Section A: Christian Spirituality Defined***

- Spirituality as a response to the redemptive work of Christ
- Spirituality as an outworking of sanctifying work of the Holy Spirit
- Spirituality as a component of being the people of God
- Identify the classic spiritual disciplines practiced by Christians.

### ***Section B: Cultivating Spirituality***

- Various forms of prayer will be examined and opportunity for practice will be given to students
- Journal writing and accountability and “spiritual friendship” or spiritual direction will be considered
- Further reflection will centre on concerns to do with the cultivation of intimacy with God; simple lifestyle, activating justice, compassion and humility before God
- Suffering and its place in spiritual formation will be discussed.

### ***Section C: Practice***

You will be given an opportunity to commence journal writing practice. You will be encouraged during the course to use varying forms of prayer in your devotional life. A retreat time will be held during one of the sessions. The purpose of personal and community retreats will be outlined as part of the exercise.