

School of Arts, Languages & Cultures, Faculty of Humanities  
Course Unit Descriptor

23.02.2016

**GENERAL INFORMATION**

Credit Rating	10
Course Unit Title	<b>Spirituality</b>
Unit Code	162 (8162 distance learning version)
Unit Level	1
Contact Hours	22 (n/a for distance learning)
FHEQ Level	4
Teaching Period	Flexible delivery
Teaching Staff	Rev. Simon M. Jones
ECTS	5

**EXTERNAL FACING COURSE UNIT OVERVIEW**

The unit begins by evaluating different understandings of the term 'spirituality' and seeks to establish a framework within which Christian spirituality can be analysed. Foundational themes in Christian spirituality are considered such as the Bible, prayer, contemplation, the sacraments, holiness and the relationship between the inner and outer dimensions of Christian spirituality. The unit also offers an introduction to some of the main spiritual streams of the Christian faith: Evangelical, Eastern Orthodox, Black and Celtic spiritualities are considered. Specific experiences such as the dark night of the soul are also given attention, as are questions relating to personality and spiritual development. Throughout the unit there is a focus on the practice of Christian spirituality.

**COURSE UNIT OVERVIEW**

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**AIMS**

To consider the different dimensions of Christian spirituality and to provide the means whereby students can further develop their own spiritual lives and the lives of others.

**LEARNING OUTCOMES**

**Knowledge and Understanding**

By the end of this course students will be able to:

- Discuss the significance of different understandings of spirituality and have a framework for understanding specifically Christian spirituality

### Intellectual Skills

By the end of this course students will be able to:

- Demonstrate the aptitude to reflect appropriately on spiritual experience

### Practical Skills

By the end of this course students will be able to:

- Identify and implement approaches that will assist in their own spiritual growth
- Write a reflective essay

### Transferable Skills and Personal Qualities

By the end of this course students will be able to:

- Reflect on how resilience as, demonstrated in the history of Christian spirituality, could enable one to face setbacks while adjusting to pressure and adapting to change

### Employability Skills

This unit helps to develop self awareness, and is designed to prepare students to engage across a spectrum of understandings of spirituality in varying contexts. It assists in preparing graduates to respect and appreciate approaches to spirituality.

### SYLLABUS

1. Definitions of 'spirituality'; the 'spiritual journey' in the Bible and in Christian history with a focus on John Bunyan
2. Approaches to engaging with the Bible, including Spurgeon and the *lectio divina*
3. Approaches to prayer and contemplation; the role journal writing can play in Christian spirituality.
4. Baptist spirituality
5. Evangelical spirituality
6. The creative arts and spirituality; the work of Henri Nouwen
7. The place of Christian community in the development of Christian spirituality, the new monasticism and Dietrich Bonhoeffer
8. Eastern orthodoxy
9. The activist spirituality of Maria Skobtsova
10. Black and Pentecostal spirituality (guest lecturer)
11. Application to contemporary discipleship and ministry

### TEACHING AND LEARNING METHODS

162: Interactive lectures

8162: Distance learning

Unit materials are available at Spurgeon's *Online* to support student learning

### ASSESSMENT METHODS

Assessment task	Length	Weighting within unit
<b>Formative:</b>		
• 162: An essay plan	300 words	n/a
• 8162: An essay plan	300 words	n/a
<b>Summative:</b>		

• 162: A reflective essay	2000 words	100%
• 8162: A reflective essay and a learning journal*	2000 words	100% Pass/fail*

\* Distance learning students are required to pass this element. So long as this element has been passed, they will be eligible for compensation if the overall unit mark is within the compensation zone (30-39%), and the compensatable credit allowance as set out in the Degree Regulations has not been exceeded.

### FEEDBACK METHODS

- Oral feedback in class (162 only)
- Written feedback on formative and summative written submissions within 15 working days

### REQUISITES

Available on which programme(s)?	BA in Theology
Available as Free Choice (UG) or to other programmes (PG)?	Core Unit (UG)
Pre-requisite units	n/a
Co-requisite units	n/a

### RECOMMENDED READING

Perlego reading list here: [162 spirituality curated by Perlego | Perlego](#)

### SCHEDULED ACTIVITY HOURS

22 contact hours (n/a for distance learning version)

### PLACEMENT HOURS

n/a

### INDEPENDENT STUDY HOURS

78 hours (100 hours for distance learning version)

### ADDITIONAL NOTES

### APPROVAL

Date approved by UGC	
Valid from Date (Publishing Date)	