



Weborg Center for Spiritual Direction
North Park Theological Seminary
Chicago, IL

Spiritual Directing: Listening to the Movement of God with Another
SPFM 7503-Three Credits
Course #3 of the Certificate in Spiritual Direction

Contact Person:

Ellen Kogstad:

Course Description

The third course in the Certificate of Direction focuses on skill development as a spiritual director. In the classroom, program participants will give and receive direction from each other, developing skills through practice and evaluation by supervisors. Participants will be introduced to the practice of peer supervision and self-supervision. The course begins with a required retreat day.

Course Objectives

1. Gain experience in giving and receiving spiritual direction through 8 practice sessions.
2. Develop further understanding of topics relevant in the field such as ethical conduct, supervision and confidentiality.
3. Integrate direction experience through reflection on one's growing ability to listen deeply to others through self-supervision and supervisor's assessments.

Required Texts

Barry & Connolly, William A. & William J. *The Practice of Spiritual Direction*, Harper Collins Publisher, 1986. ISBN 9780061652639

Sherry Bryant-Johnson et al., *Embodied Spirits: Stories of Spiritual Directors of Color*, Morehouse Publishing, 2014. ISBN 9780819228932

Hagberg, Janet & Guelich, Robert. *The Critical Journey: Stages in the Life of Faith* (Second Edition), Sheffield Publishing, 2005. ISBN 9781879215498

*Peacock, Barbara L. *Spiritual Practices for Soul Care: 40 Ways to Deepen Your Faith*. Baker Books, 2023.

Recommended

Bakke, Jeanette, *Holy Invitations: Exploring Spiritual Direction*. Grand Rapids: Baker Books, 2000.

Liebert, Elizabeth. *The Way of Discernment: Spiritual Practices for Decision Making*. John Know Press, Louisville, 2008.

Course Requirements

1. Complete required reading before coming to campus and complete the Canvas “Reading Completion Form” by July 14. The books you will read during your two years of training are for your learning and will form a solid foundation of material to help guide you in the practice of direction. On Tuesday, July 15th we’ll meet to discuss the books you have read. See questions on Canvas.
2. Be present and engaged in every session of the week beginning with the retreat on Monday, July 14, through the closing prayer and blessing at 3:30pm on Saturday, July 19.
3. It is expected that all directors in training meet with a trained spiritual director a minimum of two times during this course. SPFM 7503 course takes place over three months-June 2025 to August 2025. It is also expected that all directors in training meet monthly with a director during the year.
4. The morning of the retreat (Monday at Saint Mary of the Lake) will be a time for personal sharing from your work in SPFM 7502 and your life journey since last summer. Please bring a written reflection to read entitled ***Furthering the Call as Spiritual Directors*** (about 5 minutes - 650 words max.). As you put your thoughts together keep in mind that you are sharing with your peers, you are sharing from your heart, you are sharing what God has done in life over the last months and you are sharing how your call to be a director is emerging. You may write a poem, read from your journal, bring a meaningful piece of art or music to share with the group as we re-connect and begin our retreat and week together. You do not have to submit this to me, but please prepare what you'll be sharing before the retreat.
5. Prepare and lead a 10-minute prayer time for the entire class based on your personal project from SPFM 7502. In pairs or triads you will lead the class during one of the scheduled prayer times in the week. **DO NOT TEACH** us about your topic. (For example: the topic of the Enneagram can be used as a prayer practice with its three Centers. Lead us in prayer using the gut, heart and head.) This is to be experiential, prayerful and 10 minutes. There are 9 prayer times during our course together. Because you will be leading prayer together, I'll do my best to pair you with someone who shares a similar theme or topic. But sometimes it is not possible to do this. If that happens to you, use your creative abilities to design a prayer experience that connects your topics together.

Please check the Prayer Schedule on Canvas to see who you are paired with and the day and time of your prayer. Once you see who you are leading prayer with, reach out to

them to set up times to plan what you will do. You do not have to submit your group Prayer Liturgy or Experience to Ellen Kogstad. It is best to have your prayer exercise finalized before arriving on campus.

6. Write a 5-6 page *integrative reflection paper* (double spaced, 12-point type) on the experiences and learning from the intensive. A reflection paper is **not** a summary of your week. Rather, it is a way to integrate your learning in a very personal way. By design, reflection papers are not research papers. The expectation is that lectures, textbooks, class notes, prayer practices, journal entries, triads, supervisor's notes, self-supervision and peer supervision will be meaningfully engaged and reflected upon. What do you recognize as significant themes that have touched you? What movement of God happened in your life as you sat with directees? How has all this impacted your sense of God's call to this ministry? Notice that you are writing **WITH** God. What do you hear, sense, or feel from the Lord? Weave your story into the material. Feel free to use the pronoun "I". Pray to hear God as you ponder all you have experienced through this class. **Due by Friday, August 1 at 5 pm CST.** Save your paper as a Word Document, please. Save as: lastnamefirstname7503-reflection paper. Upload to Canvas.

Grading

Grading is Pass/Fail and is based on participation and completing all course requirements. In order to pass students must complete assignments within the allotted time frame unless they have received prior approval for an extension from the professor. Additionally, if you do not complete this course, you may not continue into the on-line Practicum-SPFM 7504. If you encounter any challenges in completing assignments, please reach out to Rob Peterson as soon as possible.

Course Schedule for the week of Monday, July 14 to Saturday, July 19, 2025

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| MONDAY | ALL DAY RETREAT at St. Mary of the Lake, Mundelein, IL |
| | 7:30 Carpool to retreat. |
| | 9:00 Arrival and Announcements |
| | 9:15 Celebration and Worship: Furthering the Call as Spiritual Directors <i>See Course Requirements #4 above</i> |
| | 12 noon Lunch Together-In Silence |
| | 1:00 Silent Retreat Begins A detailed schedule will be provided for the retreat, which will include time for solitude, individual spiritual direction, group prayers, and multiple options for rest and relaxation. |
| | 5:30 Dinner Together - In Silence |
| | 7:00 Evening Worship |
| | 8:00 Van/cars leave to return to Campus/Hotel/Home |



TUESDAY - Classroom N204- NPTS

- 8:45 *Morning Prayer*
9:00 Welcome to the North Park Seminary Community
9:15 Biblical and Cultural Models of Spiritual Conversations:
Dr. Darrell Griffin
- 12:00 Lunch Break
1:30 Spiritual Direction Practice #1
4:30 Self-Supervision
4:45 *Evening Prayer*
5:00 Dinner Break - Cohort 19 will have dinner together compliments of the Weborg Center. We will discuss the books for this course during our meal.
- 6:30 Ethical Conduct in Spiritual Direction: **Lucy Abbott Tucker**

WEDNESDAY

- 8:45 *Morning Prayer*
9:00 Spiritual Direction Practice #2
11:45 Self Supervision
- 12:00 Lunch Break
- 1:30 Spiritual Direction Practice #3
4:30 Self Supervision
4:45 *Evening prayer*

FREE EVENING

THURSDAY

- 8:45 *Morning Prayer*
9:00 Spiritual Direction Practice #4
11:45 Self Supervision
12:00 Lunch Break
- 1:30 Spiritual Direction Practice #5
4:30 Self Supervision
4:45 *Evening Prayer*
5:00 Dinner
6:30 Resistance in Spiritual Direction: **Ken Lund**

FRIDAY

- 8:45 *Morning Prayer*



9:00 Spiritual Direction Practice #6
11:45 Self Supervision
12:00 Lunch Break

1:30 Spiritual Direction Practice #7
4:30 Self Supervision
4:45 *Evening Prayer*

FREE EVENING

SATURDAY

8:45 *Morning Prayer*
9:00 Final Spiritual Direction Practice #8
11:30 Supervision Review

12:00 WORKING LUNCH (meal provided)
1. Writing your integrative reflection paper: Ellen Kogstad
Course Requirement #7
2. Introduction to Practicum 2-#7504: Tim Harben

1:30 Break to write your Narrative Reflection (300 words)

Reflect upon your week of spiritual direction practice. Focus on yourself as you directed others. Prepare to share a story of a time when you experienced a graced moment. Perhaps you received a word to use or an image to offer. Maybe you sensed a deep inner peace, a nudge, a knowing. Was there a time when you experienced the Presence of God sitting with you in the director's chair? Remember this is your personal story and not that of the directee.

2:30 Peer Supervision-**Rob Peterson**
3:30 Closing Prayer and Blessing

Title IX: Students who believe they have been harassed, discriminated against, or involved in sexual violence should contact the Seminary Dean of Students and Community Life ((773) 244-6222) or Dean of Students (773-244-5565) or Director of Human Resources (773-244-5599) for information about campus resources and support services, including confidential counseling services.

As a member of the North Park faculty, we are concerned about the well-being and development of our students and are available to discuss any concerns. Faculty are legally obligated to share information with the University's Title IX coordinator in certain situations help ensure that the student's safety and welfare is being addressed, consistent with the requirements of the law. These disclosures include but are not limited to reports of sexual assault, relational/domestic violence, and stalking.

Please refer to North Park's Safe Community site for contact information and further details.
<http://www.northpark.edu/Campus-Life-and-Services/Safe-Community>

Disabilities Accommodations

Students with disabilities who believe that they may need accommodations in this class are encouraged to contact the program's office (773-244-5619). Please do so as soon as possible to better ensure that such accommodations are implemented in a timely manner. Please review the following website: <http://www.northpark.edu/ada>

Academic Honesty

In keeping with our Christian heritage and commitment, North Park is committed to the highest possible ethical and moral standards. Just as we will constantly strive to live up to these high standards, we expect our students to do the same. To that end, cheating of any sort will not be tolerated. Students who are discovered cheating are subject to discipline up to and including failure of a course and expulsion. Our definition of cheating includes but is not limited to:

1. Plagiarism – the use of another's work as one's own without giving credit to the individual. This includes using materials from the internet.
2. Copying another's answers on an examination.
3. Deliberately allowing another to copy one's answers or work.
4. Signing an attendance roster for another who is not present.

For further information on this subject, you may refer to the Academic Dishonesty section of the University's online catalog.

Course Resource People

Program Director – Ellen Kogstad
Program Assistant: Melanie Myatt- Cohort 14
Center Support Staff:

Guest Lecturers: [OBJ]

Lucy Abbott-Tucker
Dr. Darrell Griffin
Ken Lund

Spiritual Direction Supervisors: [OBJ]

Sue Braun
Jeanie Hoover
Ellen Kogstad
Ken Lund



NORTH PARK
THEOLOGICAL SEMINARY

Eva Sullivan-Knoff
Bob Tenglin
Tammy Long
Keith Foisy
Debbie Blue