

Introduction to Spiritual Care for Pastors

Academic credits

2 KP (3 ECTS)

Prerequisites

None

Approved by

Methodological Commission (August 2022)

Course author

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Content

The course explains the concept of “spiritual life.” The challenges of spiritual life and the main sources of motivation, as well as the awareness of the importance of spiritual practice are outlined. Students are presented with a holistic spiritual approach and the spiritual care models and structures offered by LELB. Awareness of different directions of holistic spirituality is promoted. Workshops and practices provide different kinds of spiritual practice experience and develop an individual spiritual care model for students.

Aims:

- introducing students to the main branches of spiritual practice of the Western Christian tradition;
- to provide introduction to spiritual practices in different traditions, opportunities and ways.

Learning Outcomes

Knowledge

The students will know:

- spiritual care and spiritual life objectives;
- different types and ways of spiritual practice.

Assessment

Individual studies
Examination

Skills

The students will be able to:

- explain the importance of spiritual practice;
- grow in piety with different kinds of spiritual practices.

Examination

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Competencies

The students will be able to:

- apply different spiritual practices to the cure of souls; Individual studies
- motivate others to experience spiritual practice and Examination
organize it.

FULL-TIME STUDIES

Lesson plan

<i>Subject</i>	<i>Academic hours (45 min)</i>
1. Introduction to the course. Concepts, motivation and purpose of spiritual care and spiritual life. The importance of practice – orthodoxy and orthopraxis. Care subjects and models.	2
2. Principles of Lutheran spirituality. Classification of spiritual disciplines and principles of practice. An exploring prayer.	4
3. Generative practices. Lectio Divina, a prayer of imagination.	4
4. Silence practices. The importance of silence and attention in spiritual ways. The art of being alone. The role of breath. Centering prayer and its fruits.	4
5. Creative practices. Music, singing, writing a diary, improvisation. Taize chants.	4
6. Activism Practice 1. Work, voluntary service and witness.	2
7. Activism Practice 2. Studies and donating. The role of simplicity and mystery.	2
8. Relationship practices. Community, obedience, group practices , dialogue, listening.	2
9. Movement practices. The role of the body in liturgy. Saint Benedict's prayer, prayer with senses, meditation on walking, labyrinth, dance, eating.	4
10. Ritually cyclical practices. The Church Year. Worship, confessional, Eucharist. Fasting. Retreats. Pilgrimage.	4
<i>TOTAL</i>	<i>32</i>

Individual study plan

	Individual studies	Hours
1.	Analysis of spiritual practice	<i>36</i>
2.	Reading	<i>12</i>
		<i>48</i>

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Assessment

	Learning Outcomes			% of the final score
	Knowledge	Skills	Competencies	
Attendance	+	+		20
Individual studies	+		+	30
Examination	+	+	+	50
				100

Readings

Mandatory Readings

1. Juris Rubenis. *Starp divām bezgalībām. Vairāk nekā simts iedarbīgas prakses apziņas paplašināšanai*. Rīga: Zvaigzne 2021.
2. Dītrihs Bonhēfers. *Sekošana Kristum*. Rīga: Luterisma mantojuma fonds, 2008.
3. Dītrihs Bonhēfers. *Dzīve kopībā*. Rīga: Luterisma mantojuma fonds, 2006.
4. Džons Klainīgs. *Žēlastība un atkal žēlastība*. Rīga: Luterisma mantojuma fonds, 2006.
5. Jānis Vanags. *Par kristīgas dzīves principiem*. Rīga: Jumava, 2008.
6. *Luteriskais garīgums*. Rīga: Luterisma mantojuma fonds, 2014.
7. Indulis Paičs. *Deviņi dvēseles uzdevumi*. Rīga: Zvaigzne ABC, 2017.
8. Ķempenes Toms. *Sekošana Kristum*. Rīga: KALA Raksti, 2011.

Additional Readings

1. Richard J.Foster. *Celebration of Discipline. The Path to Spiritual Growth*. 20th Anniversary Edition.
2. http://www.stbarnabasmcminnville.com/PDFs/Celebration_of_Discipline.pdf
3. <https://opcentral.org/resources/2015/01/12/endel-kallas-the-spirituality-of-luther-a-reappraisal-of-his-contribution/>
4. https://wordandworld.luthersem.edu/content/pdfs/14-4_City/14-4_Grislis.pdf
5. https://www.lu.lv/fileadmin/user_upload/lu_portal/apgads/PDF/Cels/Cels_69/09-Teraudkalns.pdf