

GROWTH

*“A patient man is better than a warrior, and he who rules his temper, than one who conquers a city.”
- Proverbs 16:32*

AN INTRODUCTION TO GROWTH

We provide the students with teaching on discovering our root sin, detachment and its importance for the spiritual life, and teaching on practicing the presence of God. Getting supervision as a practicing Director, the ethics of spiritual direction and the importance of maintaining one's own relationship to a spiritual director is stressed. [First Sunday Evening 6-8PM]

LIFE'S JOURNEY IN CHRIST & "THE PRESENT MOMENT" IN SPIRITUAL DIRECTION

This introductory course provides an explanation of why the present moment is God's gift to every believer as their moment of grace, and how the past and the promises of God shape each person's journey to the Father. [First Week, Sunday night, 2 hours]

CHRISTOLOGY

The course is about the Personhood of Jesus as God and as Man. Who is Jesus and what has He done for me and for the world? Conformity of the believer to the Person of Christ as the essential paradigm of “doing the will of the Father” as His sons and daughters. [First Week, 2 hours each evening, Monday - Friday]

MATURITY IN CHRIST, PART ONE: LIVING IN FAITH, HOPE AND LOVE

The course shows how the supernatural gifts of Faith, Hope and Love comprise the Christian's whole character and how a person can grow in holiness and the disciplined love of God and neighbor. [Second Week, 2 hours each evening, Monday - Wednesday]

MATURITY IN CHRIST, PART TWO: EXERCISING THE GIFTS OF THE HOLY SPIRIT

The course uses the lists of the Holy Spirit's gifts in the Pauline Letters and explains how a spiritual director employs the spiritual gifts of the Holy Spirit in spiritual direction, as well as how to encourage the openness and use of these gifts in the daily life of the directee. [Second Week, 2 hours each evening, Thursday – Friday]

FOUNDATIONAL THEMES IN SCRIPTURE FOR THE FRUITS OF THE HOLY SPIRIT & PERFECTION IN HOLINESS

Prayer exercises and group sharing based on eight Scriptural themes such as trust in God, discipleship, responding to God's love. The student prays 2-3 hours daily, and is encouraged to use a journal. [Both Weeks]

ELEMENTS AND DYNAMICS OF SPIRITUAL DIRECTION AND PRACTICE

Topics of consolation and desolation, dryness, contemplative listening, and blocks and obstacles to growth in prayer will be presented through lectures and role playing. Included will be teaching on issues that frequently arise in spiritual direction. [Both Weeks, two hours each morning, Monday –Friday]