

Soul Care | *Spiritual Basics for Hungry People*

Syllabus and Class Schedule



Our souls are alive. Just as our brains, muscles and organs need proper care and provision of nutrients, our souls also need nourishment. Just as we protect our bodies from the cold, excessive heat or too much sun, we must also protect our souls from damage. *A soul is healthy to the extent that it maintains a strong connection and receptivity to God* – Mindy Caliguire.

<i>Date</i>	<i>Subject</i>	<i>Experience</i>
January 25	Introduction to Soul Care: <i>The Mystery of Relationship</i> [Hunger, Growth, Being, Mystery]	Guided Reflection
February 1	The Goal of Relationship: <i>True Change</i> [Fruit of the Spirit, sensitivity to the Holy Spirit, love for God's Word]	Journaling
February 8	Approaching Scripture 1: <i>Studying the Bible</i>	Inductive Study
February 15	Approaching Scripture 2: <i>Meditating on Scripture</i>	<i>Lectio Divina</i>
February 22	Approaching Scripture 3: <i>The Psalms</i> [studying, meditating, praying...]	Types of Psalms
March 1	Approaching Prayer 1: <i>Conversing with God</i>	Practicing the Presence
March 8	Approaching Prayer 2: <i>Resources for Prayer</i>	Written Prayers
March 15	Approaching Prayer 3: <i>Practice of Prayer</i>	<i>Prayers of Examen</i> , Jesus Prayer, Intercession, etc.
March 22	Approaching Shared Experience: <i>In light of Community</i> [Jesus' withdrawal, practices]	Solitude, silence, fasting, retreat
March 29	Approaching Shared Experience: <i>With the Community</i>	worship, fellowship, submission, sp. friendship
April 5	Capstone	<i>Sabbath</i> and Rest; margin, creating space, etc.