

**St. Mary's Ecumenical Institute**  
**Fall 2017**

**SP 642.1 Spiritual Practices: Literature and Theology of the Hebrew Bible**  
**(1-credit spiritual practice module)**

**Dr. Hancock**

Within the Hebrew Bible are numerous resources for both spiritual reflection and practice, including explorations of the spiritual life, stories of human-divine encounters, and descriptions of spiritual practices. In addition, the canon has been at the heart of many spiritual disciplines, including both corporate worship and private devotion. This course will invite students to explore the vast resources for encountering God through practicing such disciplines as meditation, prayer, and journaling, and to reflect on how the resources in the Hebrew Bible texts might enrich the spiritual lives of contemporary Christian communities.

**Course Requirements:**

1. Students should expect to read 150 pages in the required texts listed below alongside their regular course reading for the parent course
2. Students will journal at least twice/week about the readings, practices, and assigned Biblical texts for the week in the parent course.

**Required Texts:**

Select chapters from **Bowe, Barbara, *Biblical Foundations of Spirituality: Touching a Finger to the Flame.*** (Rowman & Littlefield, 2003). [ISBN: 0-7425-3157-0]