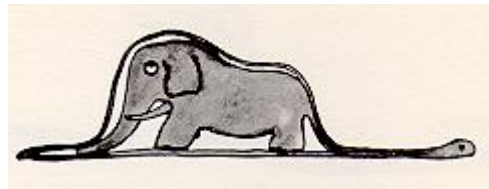


# EXPERIENCING GOD

Knudsen  
Spring, 2012



## *Scope & Sequence*

Through various prayer experiences and a study of several Christian mystics, this course enables students to explore their relationships with self, God, others and creation both intellectually and affectively. Fostering integration of body, mind and spirit in the development of one's personal spirituality is a primary focus of this class.

## *Course Benchmarks and Performance Standards*

Students completing the Experiencing God course will:

- Identify, describe and express appreciation for fundamental aspects of Christian mysticism
- Explain and practice various forms of meditation and prayer
- Realize the importance of living a healthy, balanced life, which allows adequate time for prayer, rest, play and work
- Recognize that an attitude of respect and care for self, others and all created beings is essential to Christian spirituality

*TEXTS:* NEW SEEDS OF CONTEMPLATION, Thomas Merton  
THE LITTLE PRINCE, Antoine de Saint-Exupery

## *COURSE OUTLINE*

- |           |  |
|-----------|--|
| Weeks 1-3 | Seeing With the Heart <ul style="list-style-type: none"><li>✓ Models of Divine / Human Relationship</li><li>✓ Etymology of Mysticism</li><li>✓ Definitions of Contemplation</li><li>✓ SADHANA: Awareness of Silence, Self</li></ul> PAPER DUE  |
| Weeks 4-6 | Discovering Our True Identity <ul style="list-style-type: none"><li>✓ True Self / False Self Dilemma</li><li>✓ Everything That Is, Is Holy</li><li>✓ Becoming the Child Again</li><li>✓ SADHANA: Body Prayer</li></ul> TEST  |
| Weeks 7-9 | The Spiritual Journey <ul style="list-style-type: none"><li>✓ Meister Eckhart's Mystical Vision</li><li>✓ THE LITTLE PRINCE: To Look With the Heart</li><li>✓ The Value of Solitude</li><li>✓ Mother Teresa, Contemporary Mystic</li><li>✓ SADHANA: Opening to the Presence of God</li></ul> PROJECT DUE |

Weeks 10-12	Unlimiting God and Ourselves <ul style="list-style-type: none"> <li>✓ Julian of Norwich: The Motherhood of God</li> <li>✓ Spirituality and the Body / Mind Connection</li> <li>✓ Compassion and the Art of Mindfulness</li> <li>✓ SADHANA: Imaging Prayer</li> </ul> PAPER DUE / TEST
Weeks 13-15	The Presence of God in Creation <ul style="list-style-type: none"> <li>✓ Eco-Spirituality and the Healing of the Earth</li> <li>✓ The Circle of Life</li> <li>✓ SADHANA: Earth Prayer</li> </ul>
Weeks 16-18	A Spirituality of Relationships <ul style="list-style-type: none"> <li>✓ Responsibility for One Another</li> <li>✓ SADHANA: Prayer of the Heart</li> <li>✓ Native American Mysticism</li> </ul> FINAL EXAM

### *GRADING AND ASSIGNMENTS*

Several reflection papers / projects are required in which students are expected to integrate material read and discussed in class with their own insights. Papers must be typed in a simple font, no less than 12 point. (45% of final grade)

Two tests and a comprehensive final exam will be given. (45% of final grade)

Oral participation in class is **essential** and will determine 10% of final grade.

### *GENERAL EXPECTATIONS*

Students are expected to be on time for class and to have all books and materials, including journals. After one warning, a student will lose five points each time she forgets to bring what she needs.

Excessive absences may result in a student's final grade being lowered by 10%. Ordinarily, if a student has excessive absences during a semester, she will not receive academic credit. After her third tardy, a student's grade will be reduced by 5%. For each additional tardy, the grade will continue to be lowered.

Should a test be missed due to absence, the student must take a make-up test at the earliest possible time. Assignments not turned in on the specified date will be lowered one full grade.

Academic integrity and adherence to the Honor Code is expected and the policy outlined in the Student / Parent Handbook will be strictly followed.

**Ms. Knudsen's office hours are at lunch and after school, by appointment.**

