



# CS101 Christian Spirituality I: Foundations for Everyday Life

Dr Tan Seng Kong | 1.5 CR

## About the Course

This course introduces important theological themes and provides a historical overview of the Christian spiritual tradition. As the title suggests, it is the Trinitarian and incarnational touchstones that give Christian spirituality its authentically Christian character. From this biblical and creedal basis, we will read, understand, and engage with the spiritual practices found in the various Christian traditions.

Particular emphasis is given to the Ignatian spirituality, as this serves as a preparatory framework to the spiritual practicum component in CS102. The trajectory of the course is for participants to draw from the deep well of the Christian history appropriate spiritual disciplines that resonate with their own temperament, vocation, and season in life. It is hoped that this course will provide the resources for a deepening of self-knowledge and spirituality in everyday life.

The course aims to be both academic and practical. Besides live and recorded lectures, students engage with readings, group discussion, as well as individual reflections throughout the course. There will be in-depth discussions dealing with how can we grow deeper in our spiritual life in a busy world e.g. finding the rhythm between work and rest, cultivating the spiritual disciplines to keep one's spiritual life vibrant.

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### Dates (2022)

Jan 15, 29

Feb 12, 26

Mar 26

April 9

### Location

Zoom Room

### Time

(9:30am – 11:45am)

### Credits

1.5 CR

### Fees\*

S\$225(Credit)

S\$120 (Audit)

### Class Format

- Self-Paced+Live (In-Person)
- ✓ **Self-Paced+Live (Online)**
- Self-Paced+Live (In-Person+Online)

## About the Lecturer

**Dr Tan Seng Kong** is our Lecturer of Systematic and Spiritual Theology. He is a graduate from Regent College, Vancouver (MA, Spiritual Theology). Seng Kong completed his PhD in Systematic Theology at Princeton Theological Seminary, where he focused his research on Jonathan Edwards's doctrine of salvation. Seng Kong was trained as an architect and with his family, worships at Bethel Assembly of God.



# Academic Information

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## Learning Outcomes

practices in the Christian tradition for everyday life and be familiar with one spiritual practice through a case study project.

## Assignments:

1. Reflection Report
2. Class Presentation
3. Case Study Paper: This paper should be written as further expansion of your class presentation.
4. Summary of Course Requirements:

	Assignments	%
1	Reflection Report (1000 words)	25%
2	Group/Individual Presentation	25%
3	Case Study Paper (2,000 words)	50%
	<b>Total</b>	<b>100%</b>

## Course Texts:

1. Adele Ahlberg Calhoun. *Spiritual Disciplines Handbook: Practices That Transform Us*. Rev. ed. InterVarsity Press, 2013. [352 pp.]
2. Philip Sheldrake, *Spirituality: A Brief History*, 2<sup>nd</sup> ed. Wiley-Blackwell, 2013. [262 pp.]

For more information, contact us at **Biblical Graduate School of Theology**  
50 Kallang Pudding Road, #07-01, AMA Building Singapore 349326  
Tel: 65-62276815 ♦ [bgst.edu.sg](http://bgst.edu.sg) ♦ Email: [registration@bgst.edu.sg](mailto:registration@bgst.edu.sg)