



# CS105 Spiritual Disciplines for Emotional Self-Care

Ms Seah Chiew Kwan | 1.5 CR

## About the Course

Am I able to hold my bundle of emotions (thoughts, feelings, visceral experiences and urges) so that I do not simply react to situations but respond in a way that reflect that I am a follower of Christ? Perhaps we struggle with this in stressful situations, with anger, sadness, anxiety and other emotional experiences in our day-to-day living. There is hope. We learnt from neuroscience that it is possible to regulate our emotions through new experiences.

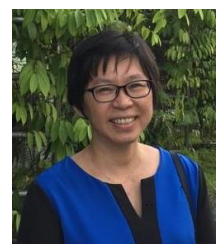
As part of our self-care, we can tap on Christian spiritual disciplines to

create new emotional experiences that make space for God in our life. In this space we open ourselves to be more aware of God’s presence, to notice and hold our inner experiences with more openness, to discern with greater clarity what God is saying to us through his Word in our situation, and to allow the Holy Spirit to enable us to act in a way that brings greater love, praise and service to God.

This course is experiential; it is for anyone who desires to experiment with embracing the Christian spiritual disciplines in their ordinary living towards greater emotional well-being. May we receive and experience God’s grace in our emotional self-care.

## About the Lecturer

**Ms Seah Chiew Kwan** is a graduate from BGST (Grad Dip CS, MCS) and TCA College (MA Counselling). Currently, she is an adjunct lecturer with BGST and Tung Ling Bible School. Since 2010 Chiew Kwan has been facilitating silence & solitude retreats and workshops for church and small groups. She offers professional counselling to individuals as a private practitioner as well as spiritual formational counselling for Christian individuals. Her interest is integrating psychotherapy and Christian spirituality in her work and ministry. She was a lecturer with Singapore Polytechnic for 20 years. She is married with two adult children. She is also a cancer surviour.



<b>Dates (2019)</b> Jul 6, 20 Aug 3, 17, 31 (9:30am – 12:30pm)	<b>Location</b> Biblical Graduate School of Theology 50 Kallang Pudding Road, #07-01, Singapore 349326
<b>Credits</b> 1.5 CR	<b>Fees*</b> S\$225(Credit) S\$120 (Audit)
<b>Class Format</b> Live Class	* Students from Host Churches are entitled to 20% off credit courses only

# Academic Information

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## Assignments:

- (1) Reflection Report on Readings cum Spiritual Disciplines Practice [4 x 15%=60%] [450-500 words each]. *Readings will be taken from specific chapters in selected texts.*
- (2) Spiritual Disciplines Practices
- (3) Individual/Group Class Presentation on an area of interest [20%].
- (4) Final Reflection Report. Reflection of experience for the entire module [20%] [800-1000 words]

## Main Text

- (1) McNeill, D. P., Morrison, D. A., & Nouwen, H. J. (2005). *Compassion: A Reflection on the Christian Life*. Image: Doubleday.

## Reading Texts:

- 1) David Benner, *The Gift of Being Yourself: The Sacred Call to Self-Discovery*. (Downers Grove: IVP, 2004)
- 2) Eugene H. Peterson. *As Kingfishers Catch Fire: A Conversation on the Ways of God Formed by the Words of God*. (London: Hodder & Stroughton; 2017)
- 3) Eugene H. Peterson. *The Contemplative Pastor: Returning to the Art of Spiritual Direction* (Grand Rapids: Eerdmans, 1989)
- 4) Harrison, Nonna Verna, *God's Many-Splendored Image: Theological Anthropology for Christian Formation*. (Grand Rapids: Baker, 2010)
- 5) McNeill, D. P., Morrison, D. A., & Nouwen, H. J. (2005). *Compassion: A Reflection on the Christian Life*. Image: Doubleday.
- 6) Nouwen, Henri J. M., *Spiritual Direction: Following the Movements of the Spirit*, ed. Michael J. Christensen and Rebecca Laird (New York: Harper-One, 2006)
- 7) Swoboda, A.J. *Subversive Sabbath*. (Grand Rapids: Brazos Press, 2018),
- 8) Warren, Tish Harrison, *Liturgy of the Ordinary: Sacred Practices in Everyday Life* (Downers Grove: IVP, 2016).

For more information, contact us at **Biblical Graduate School of Theology**

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