



## **Spiritual Formation for Intercultural Life**

<b>Instructor</b>	<b>Joseph Wong</b>
<b>Class Hours</b>	<b>Asynchronous</b>
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<b>Format</b>	<b>Online</b>

### **Course Information**

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Spiritual formation is an ongoing journey of drawing closer to God and being shaped into the image of Christ. This course invites participants into a holistic process of transformation, weaving together prayer, self-awareness, and intentional spiritual practices that nurture Christlikeness.

Through guided meditative exercises and reflective practices, participants will learn to notice God's presence and movement in the complexities of daily life. They will engage alternatives to Western models of spiritual formation, explore how denominational traditions have shaped their spiritual practices.

As participants deepen their awareness of emotions, body, and inner resistance, they will grow in emotional and spiritual attentiveness. The course also equips learners with practices of discernment, recognizing the movement of the Spirit.

This journey cultivates deeper self-awareness, a clearer sense of one's true and essential self, and a renewed openness to God's unique calling, formed not only for personal transformation, but for faithful, grounded, and compassionate leadership within diverse communities.

## LEARNING OUTCOMES

- Participants identify key markers and expressions of Evangelical/Protestant spiritualities and reflect on denominational shaping of practice.
- Participants learn various prayer practices, develop an evolving prayer rhythm and attentiveness to God's voice, vocation, and community.
- Participants will deepen their understanding of self, identity, values, motivations, and calling.

## COURSE SCHEDULE

Week	Topic
1	Christian Spiritual Tradition
2	Prayer: Listening to God
3	Understanding Our Identity
4	Self/Spiritual Awareness
5	Lament
6	Discernment

## Course Policies

### **Academic Integrity**

All work must be your own and properly cited appropriately.

### **Accessibility & Accommodations**

If you require accommodation, please inform the instructor at the beginning of the term so appropriate arrangements can be made.

## Resources

- TIM Centre: <http://tyndale.ca/TIM>
- Academic Integrity & Citation Guidelines: <https://www2.tyndale.ca/academic-integrity>