

“The mission of Tyndale Seminary is to provide Christ-centred graduate theological education for leaders in the church and society whose lives are marked by intellectual maturity, spiritual vigour and moral integrity, and whose witness will faithfully engage culture with the Gospel.”

Semester, Year	Spring/Summer, 2026
Course Title	FINDING YOUR WAY: PRINCIPLES OF SPIRITUAL DIRECTION
Course Code	SPIR 0601 1P/1S
Date	From May 3, 2026 to May 8, 2026 SUNDAY TO FRIDAY OFF-SITE
Time	From 9am To 9pm
Delivery Format	IN-PERSON WITH SYNCHRONOUS ONLINE OPTION
Class information	<p>This course is being offered in person in a retreat module at Queen of Apostles Renewal Center 1617 Blythe Rd Mississauga (905 278 5229). Students who take this course as SYNCHRONOUS ONLINE will need to adhere to the schedule and log in to the course at the same time as in-person students.</p> <p>The cost for the week at the retreat center is \$750.00 which includes a private room all meals, coffee breaks, the use of all facilities and all taxes. Payment to the Renewal Center can be by cash, cheque or credit card. This is payable when you arrive.</p>
Instructor	DAVID SHERBINO, DMin, CSDS, CTPS, FT.
Contact Information	Email: Dsherb@tyndale.ca Tyndale Phone Number: (416) 226-6620 Ext. 6741
Office Hours	By appointment only.
Course Materials	<p>Access course material at classes.tyndale.ca or other services at Tyndale One.</p> <p>Course emails will be sent to your @MyTyndale.ca e-mail account only.</p>

I. COURSE DESCRIPTION

Designed to give insight into the ministry of spiritual direction. An experience in learning through an informational as well as formational process. There are readings, lectures, periods of reflection, daily community worship, journaling and student interaction through a small group process

Prerequisite: SPIR 0700 or special permission by the professor.

II. LEARNING OUTCOMES

At the end of the course students will be able to:

1. Recognize the process of spiritual formation
2. Discern and identify the movement of God in a person's life
3. Gain and restate a biblical and theological foundation for spiritual direction
4. Evaluate religious experiences
5. Foster and practice a contemplative attitude
6. Construct a healthy relationship between director and directee
7. Describe and affirm a code of ethics in spiritual direction

III. COURSE REQUIREMENTS

A. REQUIRED READING

Chan, Simon. *[Spiritual Theology: A Systematic Study of the Christian Life](#)*. Downers Grove, IL: IVP Press, 1998/2013. Pg. 300. [ISBN# 0830815422]

Dirks, Morris. *[Forming the Leader's Soul: An Invitation to Spiritual Direction](#)*. SoulFormation, 2013. Pp. 210. [ISBN 13: 978-06615867090]

Muholland, Robert. M. *[Invitation to a Journey](#)*. Downers Grove, IL: IVP Press, 2016. Pp. 218. [ISBN # 0-8308-9373-3]

Thompson, Curt. *[Anatomy of the Soul](#)*. Carol Stream, IL: Tyndale House Publishers, 2010. Pp. 282. [ISBN # 978-1414334158]

B. SUPPLEMENTARY / RECOMMENDED READING AND TOOLS

Tyndale recommends www.stepbible.org – a free and reputable online resource developed by Tyndale House (Cambridge, England) – for word searches of original-language texts, as well as for topical searches, interlinear texts, dictionaries, etc. Refer to the library for other [online resources for Biblical Studies](#).

C. ASSIGNMENTS AND GRADING

1. Critical Book reviews: 40% of final grade

From the required reading list submit a two-page critique for each of the four books. Each critique should focus on ONE issue raised in the book and should reflect thoughtful interaction with the issue raised in the text.

Due Date: June 5, 2026

This meets learning outcomes 1, 2, 3 and 5.

2. Journal Exercise: 20% of final grade

You will be required to journal each day during the week of instruction. At the end of the course, you are required to write a 3–5 pages reflection paper that captivates the essence of your learning and the integration from the daily groups experience in Lectio Divina.

Due Date: May 29, 2026

This meets learning outcomes 2, 3 and 5.

3. Research Paper: 40% final grade.

Write a 10–15 pages research paper on the topic, “A Model of Spiritual Direction.” You are expected to do research on one author to discover their unique approach to spiritual direction and how you would integrate some of their concepts of spiritual direction into your own practice. This paper is expected to follow all the requirements of a research paper as set forth in the student handbook. A minimum of eight outside resources is expected in this research.

Due Date: June 26, 2026

This meets learning outcomes 1, 2, 3, 4, 6 and 7.

Late Penalty: Assignments submitted late will incur a penalty of 10% per week.

D. SUMMARY OF ASSIGNMENTS AND GRADING

Evaluation is based upon the completion of the following:

Critical Book review	40%
Journal Exercise	20%
Research Paper	40%
Total Grade	100%

IV. COURSE SCHEDULE, CONTENT AND REQUIRED READINGS**Sunday May 3**

Arrive at Queen of Apostles and register no later than 5pm.

5:30 pm Dinner

7-8:30 pm Introduction to the course

Monday May 4

7:30 am Morning prayer (Daily)
8:00 am Breakfast (Daily)
9 am -12 noon Christian Spirituality
12-1pm Lunch (Daily)
1:30-2:30 pm Lectio Divina (Daily)
3:00-4:30 pm The Prayer of Examen in Spiritual Direction
4:30 -5:30 Free Time (Daily)
5:50-6:30 Supper (Daily)
7:00 – 8:30 Spiritual Direction with Children and Youth

Tuesday May 5

9am – 12:00 Spiritual Direction
3:00-4:30 Meditation on Scripture
7:00-8:30 True Self and False Self

Wednesday May 6

9am – 12:00 Transformational Prayer part 1
3:00 – 4:30 Transformational Prayer part 2
FREE EVENING

Thursday May 7

9am -12 Soul Care
3:00 -4:30 Discernment in Spiritual Direction
7:00- 8:30 Being and Spiritual Director (Q and A)

Friday May 8

9am – 10:30 Transference and Counter Transference in Spiritual Direction
10:30 – 12 Ethics in Spiritual Direction

V. SELECTED BIBLIOGRAPHY

A select bibliography will be posted on the class page during the course.

VI. GENERAL REQUIREMENTS FOR ALL COURSES**A. EQUITY OF ACCESS**

Students with permanent or temporary disabilities who need academic accommodations must contact the [Accessibility Services](#) at the [Centre for Academic Excellence](#) to register and discuss

their specific needs. *New students* must self-identify and register with the Accessibility Office at the beginning of the semester or as early as possible to access appropriate services. *Current students* must renew their plans as early as possible to have active accommodations in place.

B. INTERACTIVE LIVESTREAM AND/OR BLENDED COURSE REQUIREMENTS

- Livestream attendance for the entire duration of the class at announced times
- Headphones (preferred), built-in microphone, and web-camera
- Well-lit and quiet room
- Stable high-speed internet connection, preferably using an Ethernet cable over Wi-Fi
- Full name displayed on Zoom and Microsoft Teams for attendance purposes*
- A commitment to having the camera on to foster community building*

*exceptions with permission from professor

C. GUIDELINES FOR INTERACTIONS

Tyndale University prides itself in being a trans-denominational community. We anticipate our students to have varied viewpoints which will enrich the discussions in our learning community. Therefore, we ask our students to be charitable and respectful in their interactions with each other, and to remain focused on the topic of discussion, out of respect to others who have committed to being a part of this learning community. Please refer to "Guidelines for Interactions" on your course resource page at classes.tyndale.ca.

D. GUIDELINES FOR THE SUBMISSION OF WRITTEN WORK

Grading Rubric

Please consult the rubric provided for each individual assignment.

Academic Integrity

Integrity in academic work is required of all our students. Academic dishonesty is any breach of this integrity and includes such practices as cheating (the use of unauthorized material on tests and examinations), submitting the same work for different classes without permission of the instructors; using false information (including false references to secondary sources) in an assignment; improper or unacknowledged collaboration with other students, and plagiarism (including improper use of artificial intelligence programs). Tyndale University takes seriously its responsibility to uphold academic integrity, and to penalize academic dishonesty. Please refer to the [Academic Integrity website](#) for further details. Students must review the policies and procedures regarding Artificial Intelligence (AI) outlined in [Academic Calendar](#) and consult guidance from their course instructors.

For proper citation style, consult [Citation Guides](#) for different styles. Students are encouraged to consult [Writing Services](#).

Students should also consult the current [Academic Calendar](#) for policies and expectations on Attendance and Classroom Expectations, Academic Honesty, Gender Inclusive Language in Written Assignments, Late Papers and Extensions, Return of Assignments, and Grading System.

Turnitin Text-Matching Software

Tyndale has a subscription to Turnitin, a text-matching software that ensures the originality of academic writing and verifies the proper citation of all sources. The instructor for this course will use Turnitin for assignments submitted through your course resource page at [classes.tyndale.ca](#). Upon submission, you will receive a summary that includes your submitted files along with a similarity report generated by Turnitin. Please be aware that Turnitin can also detect AI-generated content from tools like Grammarly, so students should be mindful of when using such software. It's advisable to confirm with your instructor before using any AI tools into your assignments. Below are some useful resources:

- [Student Guides](#) for Turnitin via [classes.tyndale.ca](#) course resource page
- Interpreting Similarity ([Guide](#), [Video](#), [Spectrum](#))

Research Ethics

All course-based assignments involving human participants require ethical review and may require approval by the [Tyndale Research Ethics Board \(REB\)](#). Check with the Seminary Dean's Office (seminaryoffice@tyndale.ca) before proceeding.

Late Papers and Extensions Policy

All papers and course assignments must be submitted by the due dates indicated in the course syllabus. Unless the instructor already has a policy on grading late papers in the course syllabus, grades for papers submitted late without an approved extension will be lowered at the rate of two-thirds of a grade per week or part thereof (e.g., from "A+" to "A-", from "B" to "C+"). Please note that some programs, such as cohort-based or intensive courses, may follow a different policy due to the nature of the program.

Faculty may not grant an extension beyond the last day of exams for the semester. Requests for extensions beyond this date must be addressed in writing to the Registrar by filling out the [Extension Request Form](#). The application will be considered only in cases such as a death in the family, medical emergency, hospitalization of oneself or immediate family member or prolonged illness requiring treatment by a physician. Factors such as assignments for other courses, holidays, and technology-related difficulties are insufficient grounds for requesting an extension.

A temporary grade of incomplete ("I") may be granted by the Registrar. Once an extension is granted, it is the student's responsibility to contact the instructor and make satisfactory arrangements to complete the outstanding work. A grade of "F" will be recorded for students who do not complete the outstanding work by the deadline.

E. COURSE EVALUATION

Tyndale Seminary values quality in the courses it offers its students. End-of-course evaluations provide valuable student feedback and are one of the ways that Tyndale Seminary works towards maintaining and improving the quality of courses and the student's learning experience. Student involvement in this process is critical to enhance the general quality of teaching and learning.

Before the end of the course, students will receive a MyTyndale email with a link to the online course evaluation. The link can also be found in the left column on the course page. The evaluation period is 2 weeks; after the evaluation period has ended, it cannot be reopened.

Course Evaluation results will not be disclosed to the instructor before final grades in the course have been submitted and processed. Student names will be kept confidential, and the instructor will only see the aggregated results of the class.

F. LIBRARY RESOURCES

[Tyndale Library](#) supports this course with [e-journals, e-books](#), and the [mail delivery of books](#) and circulating materials. See the [Library FAQ page](#).

G. GRADING SYSTEM & SCALE

For each course's grading rubric, please refer to your course syllabus or [classes.tyndale.ca](#). For general grading guidelines, refer to Seminary [Grading System & Scale](#).