

# CHRISTIAN SPIRITUALITY - SPIRITUAL DIRECTION CONCENTRATION (MA)

The Spiritual Direction Concentration provides MA in Christian Spirituality students the opportunity to focus their formation on acquiring the theoretical and practical skills they need to provide spiritual direction, where they will accompany others with their spiritual development and relationship with God. Spiritual directors walk alongside each person on his or her spiritual journey, accompanying individuals as they become more fully realized spiritual beings. Students also have the unique opportunity to learn to direct and use the *Spiritual Exercises of Ignatius of Loyola* in and for spiritual direction, offering spiritual accompaniment framed by and infused with the Jesuit perspective and values.

This degree is suited to those holding a bachelor's degree in any field and who are interested in forming themselves for the vocation of spiritual director, including the integration of spiritual direction into existing careers and current contexts, including retreat centers, community programs, church and parish offices, and more.

Those already holding a graduate degree in theology, ministry, or related fields may qualify to pursue formation as a spiritual director through the Spiritual Direction Certificate (<https://catalog.luc.edu/graduate-professional/institute-pastoral-studies/spirituality/spiritual-direction-certificate/>).

Available Online.

## Related Programs

### Master's

- Christian Spirituality (MA) (<https://catalog.luc.edu/graduate-professional/institute-pastoral-studies/spirituality/christian-spirituality-ma/>)

### Certificate

- Christian Spirituality Certificate (<https://catalog.luc.edu/graduate-professional/institute-pastoral-studies/spirituality/christian-spirituality-certificate/>)
- Spiritual Direction Certificate (<https://catalog.luc.edu/graduate-professional/institute-pastoral-studies/spirituality/spiritual-direction-certificate/>)

## Curriculum

MA in Christian Spirituality students opting for the Spiritual Direction concentration (MACS-SD) must complete the 33 credit hour core course of the MACS plus two additional specialized spiritual direction courses. Students must also complete the Contextual Education (<https://www.luc.edu/ips/resources/contextualeducation/>) requirement (3 credit hours) and the Integration Paper (<https://www.luc.edu/ips/resources/procedures/>) (a capstone writing project).

Code	Title	Hours
IPS 545	The Foundations of Christian Spirituality	3
IPS 417	Introduction to the Old Testament	3
IPS 416	Introduction to New Testament	3
IPS 555	Human Person and Psychological Development	3

IPS 531	Christian Doctrine	3
IPS 403	Spiritual Paths in World Religions	3
IPS 501	Advanced Human Relation Skills	3
IPS 430	Spiritual Direction Development and Practice	3
IPS 512	Ethics, Pastoral Counseling, and Spirituality	3
IPS 572 or IPS 573	Ignatian Spirituality Spiritual Exercises of St Ignatius	3
IPS 578	Contextual Education Preparation	0
IPS 579	Contextual Education Introduction	1.5
IPS 580	Contextual Education I	1.5
IPS 593	Integration Project	0
One IPS Elective Course		3
<b>Total Hours</b>		<b>36</b>

Students must also complete 4 semesters of spiritual direction. The 30-day or 30-week version of the *Spiritual Exercises of Ignatius of Loyola* (optional) will count for 2 semesters of personal spiritual direction.

Students in the MACS-Spiritual Direction concentration with the goal of learning how to direct the Spiritual Exercises of St. Ignatius must have completed the 30-day or the 30-week (19th Annotation) format of the Exercises prior to beginning the Contextual Education component of their program (before your final year begins). This requirement will be waived for those who have completed the Spiritual Exercises within 5 years of commencing their studies at IPS.

The Contextual Education requirement is adapted to enable MA in Christian Spirituality: Spiritual Direction Concentration students to acquire the practical skills for and experience of spiritual direction in learning interaction with their peers and under the supervision of an experienced spiritual director. Students have the unique opportunity to learn to direct and use the *Spiritual Exercises of Ignatius of Loyola* in and for spiritual direction. They also have the possibility of learning to practice spiritual direction in a spiritual tradition other than Ignatian (e.g., Carmelite, Benedictine, Franciscan, etc.) under the guidance of a trained mentor. Suitable field learning settings may be found in the Chicago area, elsewhere in the United States or in other countries, upon approval by the Faculty Coordinator of Contextual Education.

## Graduate & Professional Standards and Regulations

Students in graduate and professional programs can find their Academic Policies in Graduate and Professional Academic Standards and Regulations (<https://catalog.luc.edu/academic-standards-regulations/graduate-professional/>) under their school. Any additional University Policies supersede school policies.

## Learning Outcomes

- Spiritual perspective formed in self-awareness and engagement with modern culture and the classic and contemporary resources of the Christian tradition;
- Spirituality literacy grounded in biblical, theological and psychological competencies;
- Spirituality praxis through personal engagement with the spiritual dimension of Christian faith, discipleship and ministry;
- An understanding of key components and considerations for the practice of spiritual direction;

- Self-awareness of one's own spirituality as it relates to the ministry and practice of spiritual direction;
- Demonstrate professional skills in and for spiritual direction.