

Spiritual Direction

St. Stephen Harding Theological College and Seminary

Courses numbered 100-499 are appropriate for CEP, Certificates, S.T.L. and Th.B. studies. Courses with combination numbers, 100-499/500+ may be used for above or graduate studies. Regardless of numbering, a course may only be applied once.

Courses with 500+ numbers are to be used for graduate studies only.

The letters after the course text indicate the publisher. See "Textbook Resource List."

SDIR: The Spiritual Direction series focuses on conversion, spiritual friendship, transforming self and community with many practical applications. Also a number of "Lives of the Saints" are given as role models and inspiration.

SDIR 104/504: Eucharistic Devotions: History, Theology, Psychology and Praxis (3)

Three textbooks are used in this course:

- Prayers and Devotions for Eucharistic Holy Hour (ID), no author given
- Eucharistic Devotion (ID), no author given
- In the Presence of Our Lord: The History, Theology, and Psychology of Eucharistic Devotion, by Fr. Benedict Groeschel (CML)

SDIR 301/501: Morality and Human Sexuality (3)

In Pursuit of Love: Catholic Morality and Human Sexuality, by Vincent Genovesi (MG)

SDIR 302: Pastoral Approaches to the Demonic (2)

Two textbooks are used in this course:

- The Devil, by Delaporte (AP)
- The Devil and How to Resist Him, by Gerald Vann (SIP)

SDIR 303: Angels and Demons, Scripture, St. Thomas Aquinas and Church Teaching (2)

Two textbooks are used in this course:

- Angels and Demons, by Peter Kreeft (IP)
- Angels and Devils, by Joan Carroll Cruz (LMC)

SDIR 304/502: Introduction to Christian Ethics (2)

- Christian Ethics, an Introduction; ed. by Bernard Hoose (MG)

SDIR 305/503: Christian Ethics II (3)

- Right and Reason: Ethics in Theory and Practice Based on the Teachings of Aristotle and St. Thomas Aquinas, by Fr. Austin Fagothey (SIP)

SDIR 306/505: Introduction to Philosophy, Socrates (2)

- Philosophy 101 by Socrates: An Introduction to Philosophy, by Peter Kreeft (IP)

SDIR 307/507: Christ: The Life of the Soul (3)

- Christ: The Life of the Soul, Columba Marmion (IP)

SDIR 308/508: Theology and Sanity (3)

Two textbooks are used in this course:

- Theology and Sanity, by Frank Sheed (IP)
- A Map of Life, Frank Sheed (IP)

SDIR 309/509: Seeking Christian Perfection (3)

- Transformation in Christ, by Dietrich von Hildebrand (IP)

SDIR 310/510: Life Work (2)

Two textbooks are used in this course:

- The Lifework Principle, by Rick Sarkisian (IP)
- The Lifework Principle Journal, by Rick Sarkisian (IP)

SDIR 311/511: Prayer (3)

Three textbooks are used in this course:

- Jesus, the Divine Physician, by Christoph Cardinal Schonborn (IP)
- Praying with Saint Paul, by Peter Cameron (IP)
- Five Pillars of the Spiritual Life, by Robert Spitzer (IP)

SDIR 312/512: Christian State of Life for Laity (3)

Two textbooks are used in this course:

- The Christian State of Life, by Von Balthasar (IP)
- The Laity in the Life of the Counsels, by Von Balthasar (IP)

SDIR 313/513: Essential Elements of Christian Discipleship (3)

Four textbooks are used in this course:

- The Way of the Disciple, by Erasmo Leiva-Merikakis (IP)
- Does Jesus Know Us? Do We Know Him? (IP)
- A Short Primer for Unsettled Laymen, by Von Balthasar (IP)
- Dare We Hope "That All Men be Saved?", by Von Balthasar (IP)

SDIR 314/514: Spiritual Exercises of St. Ignatius (3)

- The Spiritual Exercises of St. Ignatius (DVD) (IP)

SDIR 315/515: Lives of the Saints I (6)

- Butler's Lives of the Saints (On CD-ROM) (IP)

SDIR 317/517: Lives of the Saints II (3)

Three audio books (CDs) are used in this course. All are available through Ignatius Press. The item number follows the title:

Padre Pio: The Wonder Worker, by Br. Francis Mary (PPWW-D)

Saints for Sinners, by Alban Goodier (713-D)

The Story of a Soul, trans. By John Beevers (701-D)

SDIR 316/516: Men of Holiness (3)

Four DVDs are used in this course. All are available through Ignatius Press. The item number follows the DVD title:

- Saint Francis (STFRA-M)
- Fray Martin de Porres (FMDP-M)
- Padre Pio: Miracle Man (PPMM-M)
- St. John Bosco: Mission to Love (SJBML-M)

SDIR 450/604: The Art of Spiritual Direction (6)

Five textbooks are used in this course:

- Tuning Into Grace, by Andre Louf, OCSO, trans. by John Vriend (CP)
- The Way of Spiritual Direction, by Francis Kely Nemeck, OMI and Marie Theresa Coombs (MG)
- Spiritual Friendship, trans. by M. Eugenia Laker, SSND (CP)
- Transforming Self and Community: Revisioning Pastoral Counseling and Spiritual Direction, by Len Sperry (LP)
- Guidance in Spiritual Direction, by Fr. Charles Hugo Doyle (AP)