BENEDICTINE TRADITION
The Benedictine tradition predates the divisions that continue to afflict Christianity. In the sixth century, the Benedictine emphasis on prayer and community offered hope in a war-torn world. Today people from many Christian denominations are discovering practical wisdom for daily life in the Rule of Saint Benedict. The monastic communities of Saint John’s and Saint Benedict’s provide a prayerful context for this training in the ancient and yet modern art of listening to God in our lives.

GRADUATE CERTIFICATE IN SPIRITUAL DIRECTION
- A two-year program of 12 credits in core theology and 10 credits in the art and skills of spiritual direction, including an 8-month practicum
- Offered by Saint John’s School of Theology–Seminary in collaboration with Saint Benedict’s Monastery

INTEGRATED PRACTICES
Specific practices guide the Benedictine way of living. Four are integrated into the spiritual direction courses:

- *Lectio Divina*
  - Prayerful reading of scripture prepares us to practice lectio on life

- *Hospitality*
  - Receiving others as Christ opens us to receive God in unexpected ways

- *Stability*
  - Yielding to God’s presence helps us stay with and savor our experiences

- *Continual Conversion*
  - Accepting the need for continual conversion strengthens our ability to be true to our calling

The Parable of the Sower and the Seed
Aidan Hart, with contributions from Donald Jackson and Sally McJoseph
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COLLABORATION
This unique collaboration of Saint John’s School of Theology–Seminary with Saint Benedict’s Monastery offers students a practicum guided by trained supervisors within the context of solid theological study.

What is supervision? Supervision helps directors, whether experienced or in training, grow in the ability to listen “with the ear of the heart” to directees. A contemplative, prayerful attitude can then encourage the one being accompanied to experience God’s presence.

Learn more about the Graduate Certificate in Spiritual Direction at www.csbsju.edu/sot

Listen with the ear of your heart.
— from the preface of the Rule of St. Benedict
ABOUT THE PROGRAM

Required Courses • 22 total credits

SPIRITUAL DIRECTION (10 CREDITS)
- Prayer Formation for Spiritual Direction
- Dynamics of Spiritual Direction (pre-practicum)
- Practicum (at Saint Benedict’s Monastery)
- Integrating Spiritual Direction (post-practicum course)

CORE THEOLOGY (12 CREDITS)
- 3 credits in Scripture
- 3 credits in Prayer
- 3 credits in Spirituality
- 3 credits in Ministry

Prerequisites for Admission
- Have a bachelor’s degree or the equivalent.
- Belong to a faith community.
- Be at least 30 years old.
- Be in spiritual direction for a significant period of time.
- Be ready to engage in ongoing discernment.

Tuition
- The tuition for the certificate program is the non-degree rate which is approximately one-third the cost for degree-seeking students. Scholarships ranging from 50% to 100% of the tuition are available to degree-seeking students. The current tuition rates are posted on the website.

www.csbsju.edu/sot

FOR MORE INFORMATION

Becky Van Ness, Director
Graduate Certificate in Spiritual Direction

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