



Eston College Online

Self-Awareness and Managing Yourself

30 Hours

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I. Course Description

Have you ever looked at other Christians and felt like they have an understanding of themselves and God that you're missing? Maybe you've reached a spiritual lull and aren't sure where to go from here. Intentionally stepping into God's transforming work in our lives can bring us to an ever-deepening place of self-awareness and understanding of God. As this self-awareness is explored and experienced through listening deeply to God in the context of loving Christian community, we begin to step into the reality of who we are in Christ.

II. Learning Outcomes

A. Primary Student Outcomes

Upon completion of this course, you will...

1. Be able to recognize areas of personal growth where God is inviting you to be available for his transforming grace.
2. Step into those invited areas of growth with the aid of spiritual practices, tools, and the support of the community of believers, the Church.

B. Learning Objectives

Upon completion of this course, you will...

Cognitive (Head) – After completing this course you will...

1. Solidify the understanding that self-awareness is a necessary component for ongoing personal spiritual growth.
2. Recognize and personally implement aids to self-awareness such as spiritual disciplines, relational analyses, discernment, accountability, among others.
3. Learn how to think deeply about your personal relationships and how you engage in the world with a goal to God-fuelled and God-honouring self-management.

Affective (Heart) – After completing this course you will...

1. Grow in certainty of God's love for you and Holy Spirit's continual engagement in your life.
2. Deeply value the importance of Christ-centred spiritual friendships for your spiritual and emotional well-being.
3. Seek to compassionately engage with others as they are on their own journey to self-awareness.

Conative (Hands) – After completing this course you will...

1. Continue to engage in those spiritual practices that point to your continued availability to God's transforming work in your life
2. Implement personal self-awareness in relational and ministry contexts with the goal of building healthier relationships and serving others from a place of ever deepening health and wholeness.
3. Share your experiences through the telling of your spiritual story in order to build up the body of believers, the Church.

III. Course Content

Lesson 1: Introduction to the Self Awareness and Managing Yourself

- What is this course about?
- What is Self Awareness and Self Management?
- 3 Components: Listening, Willingness, Community • Are you willing?
- Building Spiritual Friendships

Lesson 2: Listening to God

- What does God's voice sound like?
- How do I begin to listen for God's voice?
- How do I hear God's voice through Scripture?
- How does hearing God help me be more self-aware?

- How can others help me listen to God?

Lesson 3: Inner Awareness

- What is my Spiritual Story?
- Who is God to me?
- Do I need spiritual healing?
- What wins, my head or my heart?
- What about my sin?
- How can being in community help me with my sin?

Lesson 4: Managing myself in relationships

- What are family patterns that have shaped how I view the world?
- Why do people respond to me the way they do?
- Why can't I control my reactions to other people?
- Can conflict ever be positive?

Lesson 5: Managing Myself in Community and Ministry

- What are my Spiritual Gifts?
- How am I wired to worship?
- Can personality tests help?
- How disciplined am I?
- Now what? Moving Forward

V. Course Evaluation

A. To complete this course for credit with ACOP's credentialing, or for the sake of Eston College's future accreditation, complete the following assignments:

B. Assignments

1. *Reading* – 20%

Choose *one* of the following books and read in its entirety (when possible we choose books from the [Scribd library](#)):

[Barton, R. Ruth. *Sacred Rhythms: Arranging Our Lives for Spiritual*](#)

[Transformation. Downers Grove, Ill: InterVarsity Press, 2006.](#)

OR

[Foster, Richard J. *Celebration of Discipline: the Path to Spiritual Growth*. San Francisco: HarperOne, 2018.](#)

During your time in this course, you will be engaging with and practicing various spiritual disciplines as laid out in your chosen textbook. These spiritual disciplines are intrinsic to your Rule of Life assignment (see item 3 below).

2. *Spiritual Story Map* – 20%

Telling our spiritual story gives us the opportunity to see the movement of God in and through us as we reflect on key events, experiences, and times of learning throughout our lives.

a. This assignment correlates with the first video in *Lesson 3: Inner Awareness* and gives you the opportunity to tell your personal spiritual story. Through a series of guiding questions given in the video's supplemental material, you have the opportunity to see God's work and faithfulness in your life through key events, experiences, and learning times.

b. This assignment is intended to be reflective in nature and individual in expression. Think broadly and creatively about how your story could be expressed. It could be a written narrative, a pictograph, a series of paintings or collages. Let your imagination and wiring guide you.

3. *Rule of Life Assignment* – 20%

“Christian tradition has a name for the structure that enables us to say yes to the process of spiritual transformation day in and day out. It is called *a rule of life*. A rule of life seeks to respond to two questions: Who do I want to be? How do I want to live?” (Ruth Haley Barton, *Sacred Rhythms*, 208)

a. This assignment, writing your Rule of Life, gives you the opportunity to articulate your spiritual intentions moving forward as you engage with what you have learned in the course and the spiritual practices you have incorporated through your reading and personal practices.

The textbook you have chosen, either [Richard Foster's *Celebration of Discipline*](#), or Ruth Haley Barton's [Sacred Rhythms](#), as well as your practiced spiritual disciplines, will be integral to this assignment.

b. In 2-3 pages (or equivalent), articulate your rule of faith as you ponder the questions given in supplementary material to the Rule of Life video in Lesson 5. This Rule of Life may take a number of different forms: a statement of intentionality (I will statements), a prayer, paragraph form, a manifesto, a video, etc. Choose the format that is most meaningful and useful for you.

B. Time Investment:

Online Instruction 4 hours of video and 5 hours of supplementary material
 Reading 11 hours
 Spiritual Story Map 5 hours
 Rule of Life 5 hours

Total: 30 Hours

Assignment Name	Hours	Percentage
Complete Online Curriculum	8	40%
Reading	12	20%
Spiritual Story Map	5	20%
Rule of Life	5	20%

IX. Bibliography

Required Textbooks:

Your Bible

ONE of the following textbooks for your required reading:

[Barton, R. Ruth. *Sacred Rhythms: Arranging Our Lives for Spiritual Transformation*. Downers Grove, Ill: InterVarsity Press, 2006.](#)

[Foster, Richard J. *Celebration of Discipline: the Path to Spiritual Growth*. San Francisco: HarperOne, 2018.](#)

Recommended Resources

Barton, Ruth Haley. *Pursuing God's Will Together: A Discernment Practice for Leadership Groups*.

Downer's Grove: InterVarsity Press, 2012.

_____. *Sacred Rhythms*. Downer's Grove: IVP Books, 2006.

_____. *Strengthening the Soul of Your Leadership*. Downer's Grove: InterVarsity Press, 2008.

Benner David G. *Sacred Companions*. Downer's Grove: InterVarsity Press, 2002.

_____. *Spirituality and the Awakening Self: The Sacred Journey of Transformation*. Grand Rapids: Brazos Press, 2012.

Bogel, Anne. *Reading People: How Seeing the World through the Lens of Personality Changes Everything*.

Grand Rapids: Baker Books. 2017.

Bonhoeffer, Dietrich. *Life Together*. London: SCM Press, 2015.

Brueggemann, Walter. *Praying The Psalms*. Eugene: Cascade Books, 2007.

_____. *Sabbath as Resistance*. Louisville: John Knox Press, 2017.

Buchanan, Mark. *God Walk*. Grand Rapids: Zondervan, 2020.

Calhoun, Adele Ahlberg. *Invitations from God: Accepting God's Offer to Rest, Weep, Forgive, Wait, Remember, and More*. Downer's Grove: InterVarsity Press, 2011.

Cloud, Henry and John Townsend. *Boundaries*. Grand Rapids: Zondervan, 2017.

Creech, R. Robert. *Family Systems and Congregational Life*. Grand Rapids: Baker Academic, 2019.

Gaultiere, Bill and Kristi Gaultiere. *Journey of the Soul: A Practical Guide to Emotional and Spiritual Growth*. Grand Rapids: Revell, 2021.

Gilbert, Roberta M. *Extraordinary Relationships: A New Way of Thinking About Human Interactions*. New York: John Wiley & Sons, 1992.

St. John of the Cross. *Dark Night of the Soul*. USA: Star Publishing, 2012.

Moore, Thomas. *Care of the Soul*. Toronto: Harper Collins, 1992.

Morgan Cron, Ian. *The Road Back to You: An Enneagram Journey to Self-Discovery*. Downer's Grove: InterVarsity Press, 2016.

Norwich, Julian of. *All Will Be Well*. Notre Dame: Ave Maria Press, 2008.

O'Connor, Flannery. *A Prayer Journal*. New York: Farrar, Straus and Giroux, 2013.

O'Donohue, John. *Anam Cara: A Book of Celtic Wisdom*. Toronto: Harper Collins, 1997.

Osborne, Graham. *Be a Better Leader: Personality Type and Difference in Ministry*. London, Society for Promoting Christian Knowledge, 2016.

Riso, Don Richard. *Personality Types: Using the Enneagram for Self-Discovery*. New York: Houghton Mifflin Publishing, 1996.

Rolheiser, Ronald. *Sacred Fire: A Vision for a Deeper Human and Christian Maturity*. New York: Image, 2014.

Rupp, Joyce. *anchors for the Soul*. Notre Dame: Sorin Books, 2018.

Scazzero, Peter. *Emotionally Healthy Spirituality*. Grand Rapids: Zondervan, 2017.

Schreiner, Thomas R. *Spiritual Gifts: What They Are and Why They Matter*. Nashville: B&H Publishing, 2018.

Stabile, Suzanne. *The Path Between Us: An Enneagram Journey to Healthy Relationships*. Downer's Grove: InterVarsity Press, 2018.

Teresa of Avila. *Interior Castle*. Notre Dame: Ave Maria Press, 2007.

Thompson, Marjorie J. *Soul Feast*. Louisville: John Knox Press, 2014.

Wakefield, James L. *Sacred Listening: Discovering the Spiritual Exercises of Ignatius Loyola*. Grand Rapids: Baker Books, 2006.

Whitney, Donald S. *Spiritual Disciplines within the Church: Participating Fully in the Body of Christ*. Chicago: Moody Publishers, 1996.

Online Resources

Barton, Ruth Haley. "Discerning God's Will Together" June 13, 2012. Four part Educational Video Series, average Length 2:25 minutes, Part 1 - <https://www.youtube.com/watch?v=tXf1BCNnW9o>, Part 2 - <https://www.youtube.com/watch?v=4eCw5OwoaVc>, Part 3

<https://www.youtube.com/watch?v=4nzClzSLvZc>, Part 4 -
<https://www.youtube.com/watch?v=XTJghNds0UM>

Beck, Julie. "Affective Presence: How you make other people feel". The Atlantic. January 8, 2019.

<https://www.theatlantic.com/family/archive/2019/01/affective-presence-how-you-make-other-people-feel/579643/>

"Bowen Family Systems Theory." March 14, 2019. Educational Video. 7:33 minutes.

<https://www.youtube.com/watch?v=-GK7LaT5rxY>

Faust, Katrina, "Myers Briggs Type Indicators" LeadX, April 11, 2019. <https://leadx.org/articles/mbti-myers-briggs-type-indicator-overview/>

First Baptist Concord. "Spiritual Gifts Inventory" Accessed May 23, 2020.

<https://fbconcord.org/am-site/media/spiritualgiftstest.pdf>

JustPeace "Changing our Attitude Toward Conflict" June 7, 2010. Educational Video. 3:20 Minutes

<https://www.youtube.com/watch?v=zmTiMLmDQfI&list=PLMCx4cktTvRX7hGsOnISnMDbVk1dOyZNS>

Myers Briggs Foundation. Accessed June 2, 2020. <https://www.myersbriggs.org/my-mbti-personality-type/mbti-basics/>

Smith, Kathleen. "25 Ways you're borrowing Self from Others" Psychology Today, January 26, 2020.

Retrieved from <https://www.psychologytoday.com/ca/blog/everything-isnt-terrible/202001/25-ways-youre-borrowing-self-others#:~:text=Murray%20Bowen%20called%20%E2%80%9Cself.%E2%80%9D,very%20effective%20at%20stabilizing%20relationships.>

Soul Shepherding. "Life in Christ: Questions on Developmental Stages". Accessed May 12, 2012.

<https://www.soulshepherding.org/life-in-christ-questions-on-developmental-stages/>

The Enneagram Institute. Accessed June 15, 2021. <https://www.enneagraminstitute.com/>

