



The Inner Journey

Exploring the Depths of Christian Spirituality and Wholistic Discipleship

Instructor: Dr. Jeffrey Breshears

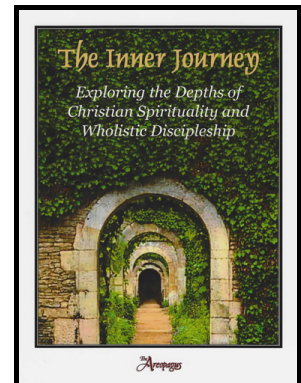
Time: Wednesdays, January 12 - April 20, 7:00 PM

Location: Johnson Ferry Baptist Church – The Pinnacle (Third Floor)
(Note: This course is available in-person and/or via Zoom.)

Tuition: \$60 per person or \$100 per couple

Supplemental Readings (optional):

- “Spiritual Disciplines”. Rose Publications (available for \$3.99 at <https://www.hendricksonrose.com/p/spiritual-disciplines/9781596363540>.)
- Dallas Willard, *The Spirit of the Disciplines: Understanding How God Changes Lives* (HarperOne, 1988).
- Richard J. Foster, *Celebration of Discipline: The Path to Spiritual Growth*. Twentieth Anniversary Edition (HarperSanFrancisco, 1998).
- Henri Nouwen, *The Way of the Heart* (Ballantine Books, 1981).
- Brother Lawrence, *The Practice of the Presence of God* (Image Books/Doubleday, 1977).
- Viktor Frankl, *Man’s Search for Meaning* (Touchstone Books, 1958, 1984).
- Paul C. Vitz, *Psychology as Religion: The Cult of Self-Worship*. Second Edition (William B. Eerdmans Publishing Company, 1994, 2002).
- Additional handouts and outlines.



Course synopsis:

“The Inner Journey: Exploring the Depths of Christian Spirituality and Wholistic Discipleship” can be considered the capstone of our entire Areopagus seminar catalogue of courses.

This course is an introduction to the theory and practices of contemplative Christian spirituality as rooted in biblical theology, biblical philosophy and Christian history. As such, it is ideal for those whose priority in life is to nurture their relationship with God through the internal presence of the Holy Spirit and the practice of the traditional spiritual disciplines that broaden and deepen our understanding of what it means to be a conscientious and committed Christian in today’s society and culture.

Christians have no higher calling than to love God with all our heart, soul, mind and strength, and to love others as we love ourselves (Matt. 22:37-39). This kind of personal and intimate relationship with God transforms our thinking, our values and our priorities in life in keeping with the tenets and practices of wholistic Christian discipleship. As I wrote in my book, *American Crisis:*

Christians cannot afford to continue on as in the past, functioning under the naive assumption that we live in a Christ-friendly or even a neutral society and culture. If we value our spiritual lives, we cannot continue to mindlessly consume and absorb the

dominant values of this world. More than at any time since the first few centuries of church history, committed Christians must understand that our calling is to think and live as a radical countercultural community that offers spiritual Light, Love, Hope and Truth in the midst of an increasingly dark, degenerate and dysfunctional society and culture.

To that end, each of us is called to make our own “Inner Journey” – the cultivation of our soul through the development of an intimate relationship with God – our preeminent priority in life.

Note on the Instructor:

Dr. Jeffrey Breshears is an author, historian, a former university professor, and the founder and president of The Areopagus, a Christian education ministry that sponsors forums and semester-length seminars on topics related to Bibliology, Christian history and apologetics, contemporary cultural issues, and Christian spiritual formation. You can read about the ministry of The Areopagus at www.TheAreopagus.org and www.facebook.com/TheAreopagus.



The Inner Journey Readings for Discussion

- The Inner Journey: Songs for Reflection.
- Chart: Christian Religion and Christian Spirituality.
- Lilian Daniel, “Spiritual But Not Religious? Stop Boring Me.”
- “The Kingdom of Noise: A Screwtape Letter.”
- “Spiritual Disciplines” (Rose Publishing, 2009. Available for \$3.99 at <https://www.hendricksonrose.com/p/spiritual-disciplines/9781596363540>)
- William Lane Craig, “The Dual Nature of Jesus.”
- Dallas Willard, *The Spirit of the Disciplines: Understanding How God Changes Lives*** (HarperOne, 1988).
- Richard J. Foster, *Celebration of Discipline: The Path to Spiritual Growth*** (HarperSanFrancisco, 1998).
- Confession of Sins.
- D. A. Carson, “Why Pray to an All-Knowing God?”
- Henri Nouwen, *The Way of the Heart*** (Ballantine Books, 1981).
- Cal Thomas, “The Matrix at 20.”
- The Origins of Contemplative Christian Spirituality: A Brief Overview.
- Brother Lawrence, *The Practice of the Presence of God*** (1694; Image Books, 1977).
- Song: Loreena McKennit, “The Dark Night of the Soul.”
- Christian and Eastern Spirituality: The Fundamental Differences.
- Viktor Frankl, *Man’s Search for Meaning*** (Touchstone Books, 1959, 1984).
- Paul C. Vitz, *Psychology as Religion: The Cult of Self-Worship. Second Edition*** (William B. Eerdmans Publishing Company, 1994, 2002).
- Jeffrey Breshears, “Is the Doctrine of the Trinity Irrational?”
- Jeffrey Breshears, “Countercultural Christianity and Spiritual Warfare.”
- Jeffrey Breshears, “A Contemplative Response to America’s Culture War.”

Other sources:

- Jeanne Guyon, *A Short and Very Easy Method of Prayer* (a.k.a. *Experiencing the Depths of Jesus Christ*, c. 1685).
- Rick Warren, *The Purpose Driven Life: What On Earth Am I Here For?* (Zondervan, 2002).
- The Life of Francis of Assisi.
- The Life of Sadhu Sundhar Singh.