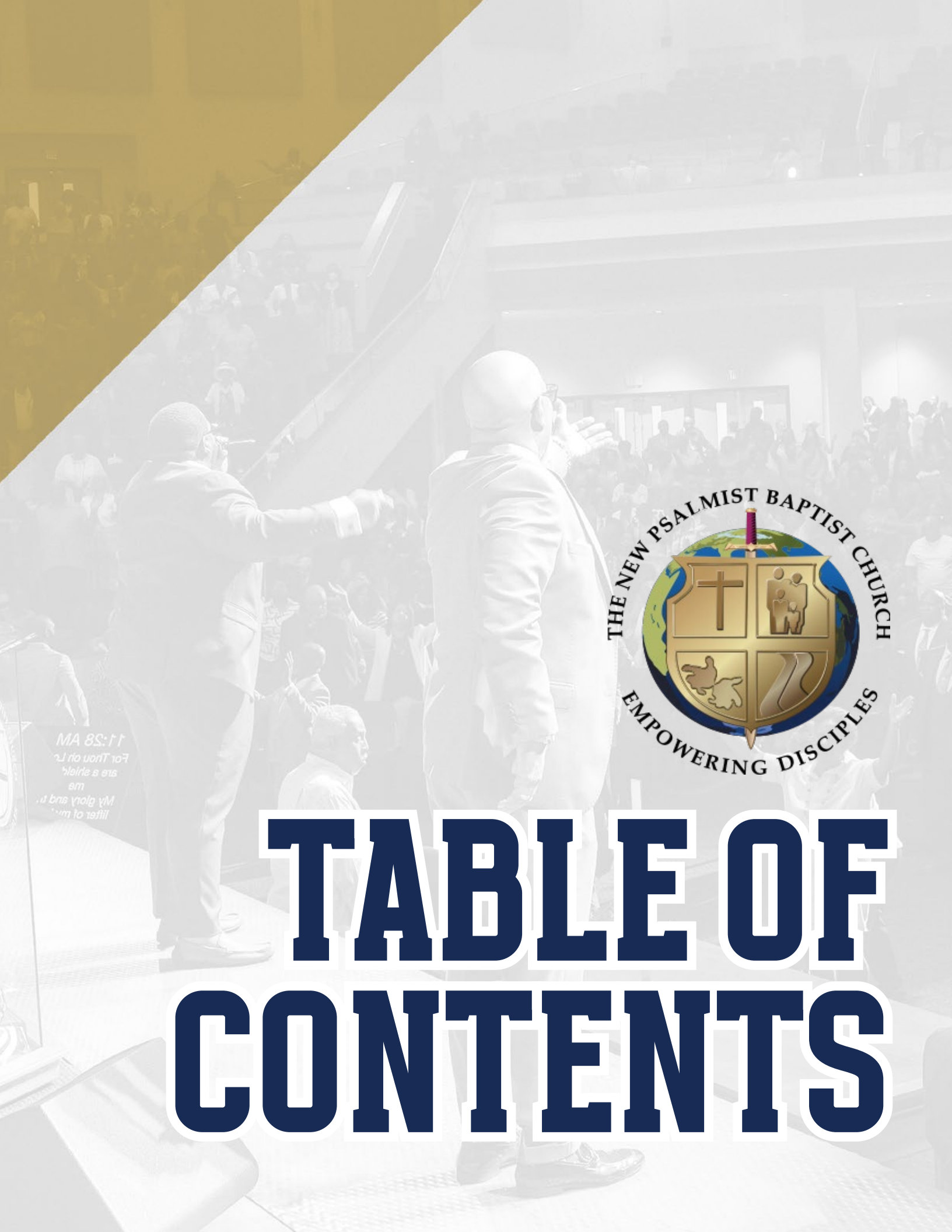


# THE UNIVERSITY



LIVING IN FAITH  
EVERYDAY

CATALOG



11:28 AM  
For them on the  
are a slight  
am  
My glory and  
litter to me

# TABLE OF CONTENTS





**01 FAITH HISTORY**

**02 WORSHIP/HYMNOLGY**

**03 TRANSFORMATIONAL  
PSYCHOLOGY**

**04 PHYSICAL THERAPY**

**05 FAMILY LIFE**

**06 STORYTELLING**

# DEPARTMENT OF FAITH HISTORY

## COURSE TITLE:

### *Faithful Journeys: Reflecting on the Past, Building the Future*



## COURSE DESCRIPTION

This course invites participants to explore the personal and collective narratives of overcoming adversity through faith. Students will examine significant moments in their lives, acknowledging the growth and lessons learned along the way.

## INTERACTIVE ELEMENT:

### **Community Testimony Tapestry**

Participants contribute to a large, communal tapestry by writing or drawing their personal testimonies on fabric squares. These squares are then added to the tapestry, symbolizing the collective strength found in shared experiences. The final piece is a powerful visual representation of faith overcoming adversity, which can be viewed and added to throughout the event.



# DEPARTMENT OF WORSHIP/HYMNNOLOGY

**COURSE TITLE:**

## *Harmony of Heaven: The Power of Collective Worship*



### COURSE DESCRIPTION

This course focuses on the unifying power of worship through music. Students will learn about the spiritual significance of hymns and worship songs, and participate in creating a harmonious, collective worship experience.

**INTERACTIVE ELEMENT:**

## Mass Choir Experience

A large group worship session where participants are taught simple, yet powerful, hymns and worship songs. The session is led by a choir director who guides the group in harmonizing and creating a unified, collective sound. This creates an immersive worship experience that highlights the beauty of communal praise.



# TRANSFORMATIONAL PSYCHOLOGY

**COURSE TITLE:**

## *Mind Renewal: Transforming Thought Patterns through Faith*

**COURSE DESCRIPTION**

This course guides participants in the process of renewing their minds by reframing negative thought patterns with faith-based perspectives. It focuses on the power of positive thinking, reinforced by scripture.

**INTERACTIVE ELEMENT:**

## Interactive Thought Wall

A giant, interactive wall where participants write down negative thoughts on one side and then move to the other side to rewrite those thoughts with a positive, faith-based perspective. The wall could be digital or physical, allowing many participants to engage simultaneously, with their contributions becoming part of a collective transformation display.





# DEPARTMENT OF PHYSICAL THERAPY

## COURSE TITLE:

### *Temple Care: Integrating Faith with Physical Wellness*



## COURSE DESCRIPTION

This course emphasizes the importance of caring for the body as a temple of the Holy Spirit. It combines physical wellness practices with spiritual exercises, promoting a holistic approach to health.

## INTERACTIVE ELEMENT:

### **Group Movement Session**

A large, guided movement session that blends gentle exercises (like stretching or yoga) with scripture readings and prayer. Participants are led by an instructor who emphasizes the connection between physical health and spiritual well-being. The session is designed to be inclusive, allowing people of all fitness levels to participate together.



# DEPARTMENT OF FAMILY LIFE

**COURSE TITLE:**

## ***Building Strong Foundations: Keys to a Thriving Family Life***



### **COURSE DESCRIPTION**

This course explores the essential elements of a healthy and thriving family life, grounded in Christian values. Participants will learn strategies for nurturing strong family bonds.

**INTERACTIVE ELEMENT:**

## **Family Values Tree**

Participants work together to create a large, symbolic “family tree” by writing core family values on leaves or branches. This interactive art installation grows throughout the day as more people contribute. It serves as a visual reminder of the importance of family and the shared values that strengthen it.



# DEPARTMENT OF STORYTELLING

## COURSE TITLE:

### *Rewritten Narratives: Reframing Your Life Story through Faith*



## COURSE DESCRIPTION

This course helps participants reframe their life stories through the lens of faith, turning challenges into opportunities for growth and spiritual development.

## INTERACTIVE ELEMENT:

### Life Story Mapping

Participants are given large sheets of paper or digital tablets to create a “map” of their life story. They highlight key events, challenges, and turning points, then use guided prompts to reframe these events from a perspective of growth, faith, and divine purpose. Afterward, participants can share parts of their story in small groups, encouraging collective reflection and support.





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