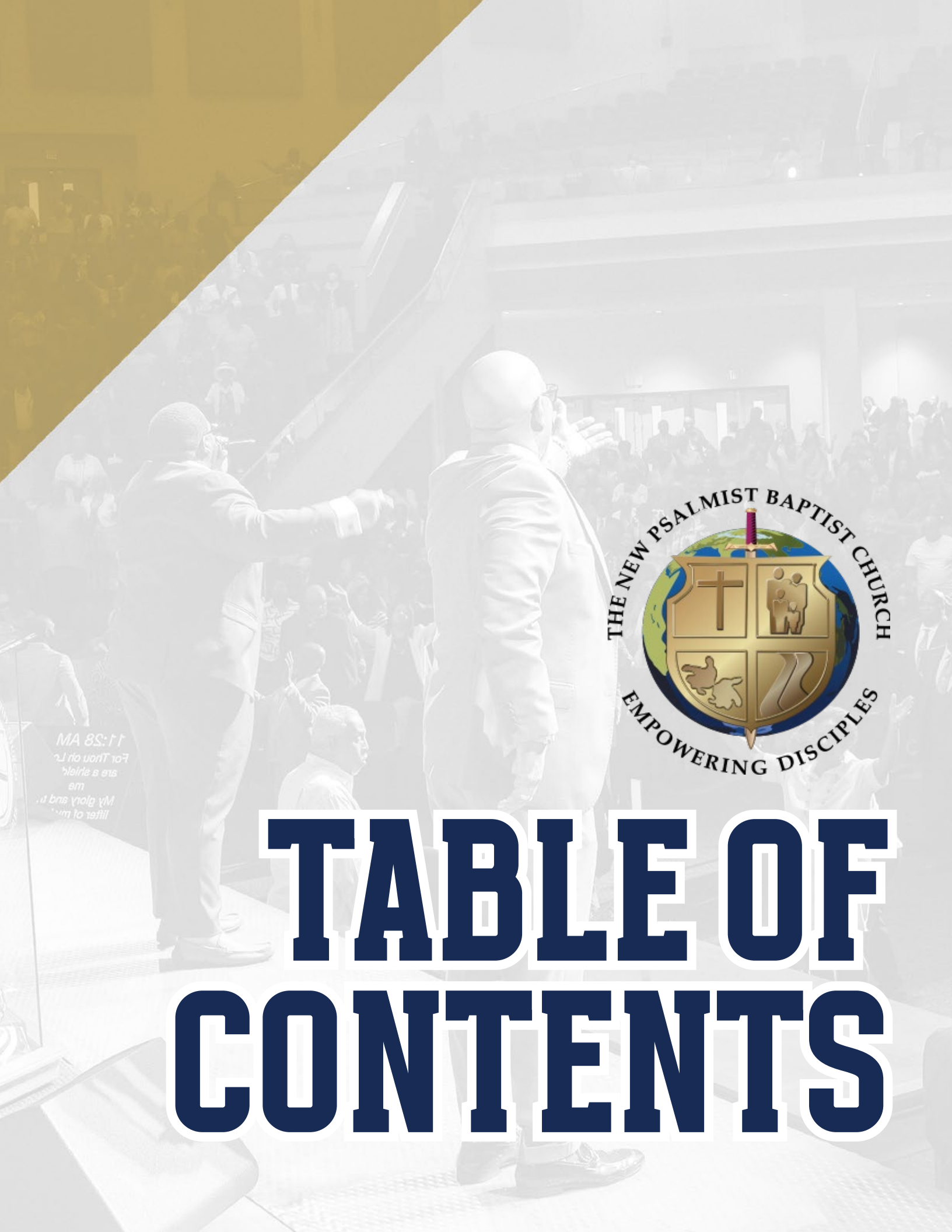


# THE UNIVERSITY



LIVING IN FAITH  
EVERYDAY

SYLLABUS



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

# TABLE OF CONTENTS



**01 FAITH HISTORY**

**03 WORSHIP/HYMNOLGY**

**05 TRANSFORMATIONAL  
PSYCHOLOGY**

**07 PHYSICAL THERAPY**

**09 FAMILY LIFE**

**11 STORYTELLING**

# FAITH HISTORY

COURSE TITLE:

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

 Course Duration: **20 minutes**



### COURSE OVERVIEW

This course encourages participants to reflect on their personal faith journeys, focusing on how past experiences have shaped their spiritual growth. The session will culminate in a collaborative art project that symbolizes the power of shared testimonies.



### PRE-COURSE PREPARATION

- Bring a journal or notes on significant life events that have impacted your faith.
- Reflect on how these events have contributed to your spiritual growth.



### COURSE OBJECTIVES

- Reflect on key moments in your faith journey.
- Identify lessons learned from past challenges.
- Contribute to a collective expression of faith through art.



## COURSE OUTLINE

1. **Introduction (5 min):** Overview of the session and the importance of reflecting on faith journeys.
2. **Personal Reflection (5 min):** Participants write or sketch their thoughts on significant moments in their faith journey.
3. **Community Testimony Tapestry (10 min):** Participants contribute their reflections to the communal tapestry.



## MATERIALS NEEDED

- Journal or notes
- Fabric squares and markers for the tapestry



## POST-COURSE REFLECTION

- Consider how sharing your testimony with others can inspire and uplift the community.
- Reflect on the tapestry as a symbol of collective faith overcoming adversity.



# WORSHIP/HYMNNOLOGY

**COURSE TITLE:**

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

 Course Duration: **20 minutes**



### COURSE OVERVIEW

This course explores the transformative power of collective worship. Participants will engage in a large group worship session, learning to harmonize and create a unified sound that represents the beauty of communal praise.



### PRE-COURSE PREPARATION

- Listen to a playlist of selected hymns and worship songs provided by the instructor.
- Reflect on your personal experiences with worship and communal praise.



### COURSE OBJECTIVES

- Understand the significance of collective worship.
- Learn and perform hymns and worship songs in harmony with others.
- Experience the spiritual connection created through communal praise.



## COURSE OUTLINE

1. **Introduction (5 min):** Explanation of the role of music in worship and the importance of unity in worship.
2. **Learning the Hymns (10 min):** Participants are taught simple, powerful hymns and worship songs.
3. **Mass Choir Experience (5 min):** Group worship session led by a choir director.



## MATERIALS NEEDED

- Lyric sheets
- Comfortable attire for singing



## POST-COURSE REFLECTION

- Reflect on the experience of worshipping with others and how it strengthens your connection to God and the community.
- Consider how you can incorporate collective worship into your daily life.



# TRANSFORMATIONAL PSYCHOLOGY

COURSE TITLE:

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

 Course Duration: **20 minutes**



### COURSE OVERVIEW

This course focuses on the power of renewing the mind through faith. Participants will engage in an interactive activity designed to help them reframe negative thoughts into positive, faith-based perspectives.



### PRE-COURSE PREPARATION

- Identify common negative thoughts or beliefs that you struggle with.
- Reflect on scriptures or affirmations that counter these thoughts.



### COURSE OBJECTIVES

- Recognize and challenge negative thought patterns.
- Reframe negative thoughts with positive, faith-based perspectives.
- Contribute to a collective transformation display.





## COURSE OUTLINE

1. **Introduction (5 min):** Overview of the importance of renewing the mind and transforming thought patterns.
2. **Interactive Thought Wall (10 min):** Participants write down negative thoughts and then rewrite them with positive, faith-based perspectives.
3. **Group Reflection (5 min):** Discussion on the power of collective transformation.



## MATERIALS NEEDED

- Writing materials
- Optional: Scriptures or affirmations to share



## POST-COURSE REFLECTION

- Reflect on the new perspectives you've gained and how they can influence your daily life.
- Consider how you can continue the practice of renewing your mind through faith.



# PHYSICAL THERAPY

**COURSE TITLE:**

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

 Course Duration: **20 minutes**



### COURSE OVERVIEW

This course emphasizes the connection between physical wellness and spiritual well-being. Participants will engage in a guided movement session that integrates gentle exercise with scripture readings and prayer.



### PRE-COURSE PREPARATION

- Wear comfortable clothing suitable for light exercise.
- Reflect on the connection between your physical health and spiritual well-being.



### COURSE OBJECTIVES

- Understand the importance of caring for your body as a temple of the Holy Spirit.
- Experience the integration of physical wellness with spiritual practices.
- Learn simple exercises that can be incorporated into daily routines.



## COURSE OUTLINE

1. **Introduction (5 min):** Overview of the significance of physical wellness in faith.
2. **Guided Movement Session (10 min):** Participants engage in gentle exercises combined with scripture readings and prayer.
3. **Group Reflection (5 min):** Discussion on the experience and how to integrate these practices into daily life.



## MATERIALS NEEDED

- Yoga mat or towel (optional)
- Comfortable clothing



## POST-COURSE REFLECTION

- Reflect on how you can maintain the connection between your physical and spiritual health.
- Consider setting a routine that includes physical and spiritual practices.



# FAMILY LIFE

COURSE TITLE:

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

 Course Duration: **20 minutes**



### COURSE OVERVIEW

This course explores the essential elements of a healthy and thriving family life. Participants will engage in a collaborative art project that symbolizes the shared values that strengthen families.



### PRE-COURSE PREPARATION

- Reflect on the core values that are most important in your family.
- Consider how these values have influenced your family dynamics.



### COURSE OBJECTIVES

- Identify key values that contribute to a strong family foundation.
- Collaborate with others to create a visual representation of these values.
- Reflect on the importance of family and shared values in Christian life.



## COURSE OUTLINE

1. **Introduction (5 min):** Overview of the importance of family values in Christian life.
2. **Family Values Tree (10 min):** Participants write their core family values on leaves or branches and add them to the collective tree.
3. **Group Reflection (5 min):** Discussion on the significance of these values and how they strengthen families.



## MATERIALS NEEDED

- Writing materials
- Family values to share



## POST-COURSE REFLECTION

- Reflect on the values you identified and how they can be further strengthened within your family.
- Consider ways to nurture and communicate these values in your daily family life.



# STORYTELLING

COURSE TITLE:

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

 Course Duration: **20 minutes**



### COURSE OVERVIEW

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



### PRE-COURSE PREPARATION

- Reflect on significant events in your life that have shaped who you are today.
- Consider how these events can be viewed through the lens of faith and growth.



### COURSE OBJECTIVES

- Map out key events in your life story.
- Reframe challenges from a perspective of growth and divine purpose.
- Share and reflect on your story with others.



## COURSE OUTLINE

1. **Introduction (5 min):** Overview of the power of storytelling and reframing life experiences.
2. **Life Story Mapping (10 min):** Participants create a map of their life story, highlighting key events and reframing them through faith.
3. **Group Sharing (5 min):** Participants share their stories in small groups, offering support and reflection.



## MATERIALS NEEDED

- Large sheets of paper or digital tablets
- Writing or drawing materials



## POST-COURSE REFLECTION

- Reflect on the new narrative you've created and how it can shape your future.
- Consider how you can continue to reframe your story through faith in your daily life.





**LIVING IN FAITH  
EVERYDAY**

**[WWW.NEWPSALMIST.ORG](http://WWW.NEWPSALMIST.ORG)**