



Academy for Learning Islam

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Term	Course Type	Number	Location
Spring 2016	Onsite	ALI 352	Marhaba Hall JCC

Course Title: Spiritual Self discipline

Duration: Four weeks, April 12-May 3, 2016

Timings: Tuesday mornings, 10.30 a.m. – 12.00 noon

Course Description

The journey towards God requires discipline and subjugation of the self. This course will explore various aspects of self-discipline that helps progress on the journey.

Course Objectives

- ❖ Understand the stages of the journey towards God
 - ❖ Learn how to effectively discipline the self
 - ❖ Recognize the causes of temptations and distractions
 - ❖ Increase in closeness to God
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Course Topics

Week 1 April 12	Understanding self-discipline What is self-discipline? Quran and Hadith on self-discipline. Its effect on spirituality. Practising it in daily life.
Week 2 April 19	Stages of Spiritual self-discipline Steps towards attaining spirituality through self-discipline. Aims of exercise for the soul.
Week 3 April 26	Spiritual Freedom The connection between spiritual freedom and social freedom. Freeing the soul from vices.
Week 4 May 3	Nobility of the soul How do human beings attain true humanity through honor of the spirit? Qualities of a noble soul.



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Readings from the Holy Quran

Week 1 – Sura Zumar (#39), verses 9-10

Week 2 – Sura Qasas (#28), verses 76-80

Week 3 – Sura Qasas (#28), verses 81-83

Week 4 – Sura Yusuf (#12), verses 99-101

Required Readings

Week 1 – Article #1: Importance of Self-discipline. By Syed Musavi Lari

Week 2 – Article #2: Exercise and self-discipline. By Ayt Mutahhari

Week 3 – Article #3: Spiritual Freedom. By Ayt Mutahhari.

Week 4 – Article #4: Nobility of the soul. By Ayt Mutahhari

A Case study on Self-discipline

In groups of four you will use the last 20 minutes of class to create a case study on self-discipline.

Requirements:

- 1) Details of the individual working on self-discipline; personality, family, life circumstances.
- 2) What are the individual's goals and needs?
- 3) Plan for achieving self-discipline for the individual.
- 4) Keeping track of the plan.
- 5) Ways of continuous self-inspiration for the motivation to continue.

The case study will be presented at the last session.

Useful Resources

Spiritual Discourses by Ayatullah Mutahhari

<http://www.al-islam.org/spiritual-discourses-murtadha-mutahhari/discourse-5-nobility-and-magnanimity-spirit>