



Term	Course Type	Number	Location
Fall 2016	Onsite	ALI 369	Marhaba Hall JCC

Course Title: The Spiritual Journey: A Practical Approach

Duration: Three weeks, Sept.14-28, 2016

Timings: Wednesday evenings, 8.30 - 9.30 p.m.

Course Description

Human beings are in a constant state of self-development and strive for perfection through God consciousness and spirituality. This course will look at practical instructions and methods to introduce spirituality into everyday life. Readings will be based on articles on Spirituality by Dr. Mohammed Ali Shomali.

Course Objectives

- ❖ Understand different approaches to Spirituality
 - ❖ Gain insight into the key concepts of Spirituality.
 - ❖ Learn practical ways of attaining Spirituality
 - ❖ Become familiar with verses of Quran and Hadith about the above
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Course Topics

Different Approaches to Spirituality
Spirituality as self struggle, Spirituality as medicine, Spirituality as a journey
Key Concepts of Spirituality
Love, Thankfulness, and Humility
Practical Instructions for the Journey
Countering negligence, stages of negligence, danger of extended hopes



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Readings for Discussion

Week 1 – Article #1: Different Treatments of Spirituality

Week 2 – Article #2: Key Concepts of Islamic Spirituality; Love, Thankfulness and Humility

Week 3 – Article #3: Practical Instructions for the Spiritual Journey

Readings from the Holy Quran

Week 1 - Sura Ankabut #29, verse 69

Week 2 - Sura Zumr #39, verse 7

Week 3 - Sura Dhariyat, #51, verses 15-19

Group Discussions

In the last 15 minutes of class you will work in groups of three or four to discuss the Readings and Lesson.

- 1) Identify: What were some main points discussed?
- 2) Reflect: What are your thoughts about these points?
- 3) Connect: How do these connect with other things you know?
- 4) Apply: How can you practically use this in life?

Please present your paper to the instructor after each discussion.

Useful Resources

<http://www.messageofthaqalayn.com/index.php>