

SPIRITUAL FORMATION

SYLLABUS/WEEKLY SCHEDULE/IMPORTANT DATES (FALL SEMESTER)

I. Instructor Information

Instructor: Dr. Ylawnda Peebles, Pastor
IHU Email: IntrepidHopeUniversity@gmail.com
Phone Number: 301-333-0500
Office: Administration Building
Office Hours: Tuesday - Friday from 10:00am - 5:00pm

II. Class Meeting Information

- Self-paced on-line course
- A few in-person meetings (see Calendar of Events)

III. Description of Course

This lecture-based course uses the engaged pedagogy model to introduce core ideologies around hope and spiritual formation highlighted by Dr. Ylawnda Peebles and other prominent theologians. It is divided into two sections. The first section will allow students to develop in their spiritual formation from a lens of gratitude. The second section will prepare students for symposium presentations.

IV. Prerequisites

The only prerequisite is to possess an inherent willingness to invest in your own personal equanimity, growth and freedom, while finding your new community of Hope Believers.

V. Course Goals

1. Develop a critical understanding of individual hope from a theological and psychological perspective.
2. Demonstrate in written and oral communication, a basic competency of course materials.
3. Design presentations that exhibit growth in the individual's spiritual and mental formation.

VI. Course Objectives

At the end of this course, students will be able to:

1. Explore the theological and psychological implications of HOPE.
2. Produce a presentation that portrays growth in one's spiritual and mental formation based on the material learned in the course.
3. Communicate in written and oral delivery.
4. Assess skills and preparedness of colleagues' presentations.

VII. Required Reading

1. Peebles, Ylawnda. H.O.P.E.: A Journey Through 150 Glorious Days to Freedom, 2020. ISBN-13 978-1-942705-62-8

(purchase on www.IntrepidHopeUniversity.com for discount price)

1. Required Readings

1. Gundry, Robert H. *Commentary on the New Testament*. Baker Books, 2010.

https://books.google.com/books?hl=en&lr=&id=WrbZXTcWE1sC&oi=fnd&pg=PT4&dq=New+Testament+commentary&ots=v1OpDFHocW&sig=BCHp8FobwuIdtx5KHQNXuEd_NcY#v=onepage&q=New%20Testament%20commentary&f=false

2. Kaveny, Cathleen. *Prophecy without contempt: religious discourse in the public square*. Harvard University Press, 2016.

https://books.google.com/books?hl=en&lr=&id=E4CgCwAAQBAJ&oi=fnd&pg=PT7&dq=“Prophecy+without+contempt,+Religious+Discourse+on+Public+Square&ots=UXXKvrwCqo&sig=SVSiTA4rD_O8hLTwxPWqCe05gq4#v=onepage&q=“Prophecy%20without%20contempt%2C%20Religious%20Discourse%20on%20Public%20Square&f=false

2. **Recommended Readings**

1. Gundry, Robert H. *Commentary on the New Testament*. Baker Books, 2010.

https://books.google.com/books?hl=en&lr=&id=WrbZXTcWE1sC&oi=fnd&pg=PT4&dq=New+Testament+commentary&ots=v1OpDFHocW&sig=BCHp8FobwuIdtx5KHQNXuEd_NcY#v=onepage&q=New%20Testament%20commentary&f=false

3. **Required Attendance on Facebook Live Gratitude Journey Show**

IHU Students are required tune into the Facebook Live YP Gratitude Journey @City of Praise Family Ministries on Tuesdays at 7:00pm. Students will be required to type, “Present for IHU” in comment section, no later than 7:05pm, for the IHU Staff to consider you present. Any comments for present after 7:05pm will be considered an absence.

VIII. **STUDENT Discussion Board**

Students have their own individualized Discussion Board, and your Discussion Posts are a mandatory part of your IHU Experience and a major part of your grade. Dates to submit your Discussion Posts are detailed on your syllabus.

REMEMBER: click the link for the STUDENT DISCUSSION BOARD to receive credit for your post.

IMPORTANT: See Student Assignment Section for complete details on Discussion Posts.

IX. **PUBLIC Discussion Board**

This Discussion Board can be used by students and the public. If students wish to post something inspirational and/or thought-provoking, it is encouraged (adhering to the IHU Student Policy #3); however, you will not receive academic credit for those posts. Your interaction on the Public Discussion Board may be considered for extra credit, deemed by the university.

X. **Student Instructor Opportunities**

To become a Student Instructor, the IHU Staff will identify students that have excelled in the program, show exemplary growth, completed requested assignments, shown outstanding respect to their peers, etc. Once student has been notified of this opportunity, the process to solidify this position will be underway.

XI. **IHU Student Policies**

1. *Class Attendance*

Communication is important. If you are not able to attend a class, please contact the IHU office, 24 hours prior to the start of class. Students are only allocated **two absences**. A third absence will result in the student being dropped from the course, with NO REFUND.

2. *Accommodations for Disabilities*

To determine what is reasonable, IHU must look at the request made by the applicant with a disability. Whether or not an accommodation is reasonable will vary according to the position the student holds and the way their disability affects their ability to complete the course, Accommodations will be individualized based on student's needs.

3. *Stay Respectful*

The beauty of educational spaces provides room for various opinions. Whether you agree or disagree with your IHU peers or the public posts, always be mindful of the way in which you approach and/or respond to them. Always be respectful of one another and respond to your peers/public as you would like to be responded to. Please be mindful that this is a university that seeks to train, teach and inspire its students, as they intrepidly take their individualized work on the heart and soul. Thank you in advance.

If the IHU staff has deemed your posts, interactions, etc., have not been respectful, the following actions will be taken based on the level of dishonor toward your peers:

1. First Action: The IHU Staff will have a conversation with the student to resolve the matter.
2. Intense Action: The IHU Staff will have a final conversation which may conclude in dropping student from the program.
3. Severe Action: Student will be immediately dropped from the program with NO REFUND.

4. *Engagement*

To maximize your experience in the course, it is imperative to be an active participant in class discussions and consistently engage course materials.

5. *Use of Electronics*

The use of electronics will not be micromanaged. However, a lack of attention and engagement in class is not a fruitful approach to maximizing your educational experience.

XII. Assignments

This is a pass/fail course. All assignments **must** be completed and submitted on time. The IHU experience is designed to be a week by week, self-paced course, with your work/family schedule in mind; therefore, there will be no exceptions regarding late work. PLEASE BE CERTAIN TO CLICK THE **“STUDENT DISCUSSION BOARD** for submission, otherwise your work will NOT be accepted. Below are the course assignments:

Discussion Post 1

Due: Friday (week 6) no later than 11:59pm

Description: From Your H.O.P.E Journal, the, “Topic is I Will Trust What I Can’t See.” Page 17

Write a 450-word summary on your individual self-discovery and personal research of this topic. Explain how it relates to your own spiritual formation. Use your Intrepid Hope Book from last semester and the Gratitude Journey notes as sources to cite and support your discovery. Then, respond to 6 classmates by the Sunday after class at 11:59pm. Responses must be at least 50 words.

Discussion Post 2

Due: Friday (week 8) no later than 11:59pm

Description: From Your H.O.P.E. Journal, the Topic is, "I am Protecting My Paradise." Page 42

Write a 350-word summary on your individual self-discovery and personal research of this topic. Explain how it relates to your own spiritual formation. Use your Intrepid Hope Book from last semester and the Gratitude Journey notes as sources to cite and support your discovery. Then, respond to 6 classmates by the Sunday after class at 11:59pm. Responses must be at least 50 words.

Discussion Post 3

Due: Friday (week 12) no later than 11:59pm

Description: From Your H.O.P.E. Journal, the Topic is, "Today, I Celebrate Me!" Page 97

Write a 250-word summary on your individual self-discovery and personal research of this topic. Explain how it relates to your own spiritual formation. Use your Intrepid Hope Book from last semester and the Gratitude Journey notes as sources to cite and support your discovery. Then, respond to 6 classmates by the Sunday after class at 11:59pm. Responses must be at least 50 words.

XIII. Mandatory Electives

The electives aid in cultivating a mindset of equanimity, freedom and community. A list of electives may be found below, and a video tutorial is provided for each on the IHU website.

Music Therapy (SPRING ELECTIVE)

The clinical evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship. IHU students will be invited into this virtual space to create calm/equanimity and manifest more productive thinking and peaceful response reactions. Watch the Music Therapy video on the IHU website for explanation of how to engage Music Therapy.

Deep Breathing Therapy (SPRING ELECTIVE)

A slower and more effective way of breathing is engaged when you consciously activate, the diaphragm, the muscle that separates the chest and abdominal cavity. There are many different types of deep breathing exercises; however, IHU students will participate in breathing awareness, with the focus placed on each inhale and exhale. Watch the Deep Breathing Therapy video on the IHU website for explanation of how to engage Deep Breathing Therapy.

Meditation Therapy (FALL ELECTIVE)

The deliberate practice of focusing your attention on feelings of calm and equanimity, to heighten your introspective energy and awareness. IHU students will embrace the three aspects of meditation: approach, practice and integration. Watch the Meditation Therapy video on the IHU website for explanation of how to engage Meditation Therapy.

Static Stretch Therapy (FALL ELECTIVE)

It is a common form of stretching that is safe and effective. There are five types of stretching: active, passive, dynamic, static and proprioceptive neuromuscular facilitation (PNF); however, IHU students will only participate in individualized static stretching. Static stretching is holding a stretch for a period of 8 to 10 seconds and maximally 2 minutes. Watch the Static Stretch Therapy video on the IHU website for explanation of how to engage Static Stretch Therapy.

Benefits of these electives include, but not limited to decrease stress, increase, calm, relieves pain, stimulates the lymphatic system, detoxifies the body, improves immunity, increases energy, lowers blood pressure, improves, digestion and more.

XIV. Symposium Information

Symposium Paper Submission

Date: Saturday, November 24, 2024

Time: On or before 11:59pm (no exceptions)

Email To: IntrepidHopeUniversity@gmail.com

Description: A symposium is a formal public meeting about an Intrepid Hope Topic of your choice. **Purpose:** is for IHU students to inspire colleagues and attendees in an area of your choice, that has been taught this semester, that they too may gain a new-found perspective on equanimity, freedom and community.

- Students must write, submit via email to IntrepidHopeUniversity@gmail.com that provides a basis for your symposium presentation and must be a 3-Page Paper (font: times new roman ~ font size 12).
- Students must complete a Comprehensive Poster Board Presentation to highlight your talking points in your paper (poster board presentation should be neat, creative, clear of thought, within the scope of what you learned this semester and with relevant life experiences.
- Prepare to interact with peers and visitors to your presentation. Be secure and confident in what you are presenting, as you may be asked questions or provided feedback.

Symposium Meeting Location

Location: City of Praise Family Ministries
8501 Jericho City Dr., Landover, MD 20785

Symposium Presentation Dates

Friday, December 13th from 7:00pm-9:00pm

Saturday, December 14th from 3:00pm-5:00pm

Sunday, December 15th from 3:00pm-5:00pm

- Students will only be presenting on one of the dates provided above. The day will be designated at the in-person meeting schedule during Week 8.
- Please make sure to arrive at 30-50 minutes early to set-up your presentation, as we will begin promptly.

Symposium Rubric

A. Organization:

1. Appropriate introduction, body, and conclusion
2. Logical sequence of concepts taught in class

B. Delivery and Knowledge of Subject Matter

1. Quality of verbal delivery (enthusiasm, volume)
2. Quality of non-verbal delivery (eye contact, gestures, posture)
3. Knowledge or fluency with subject

C. Quality of Visual Aids

1. Poster/slides visually appealing, uncluttered, and concise

D. Overall

1. Good command of subject (i.e., collegiate presentation of material and answers questions well)
2. Appears confident and professional
3. Clear purpose and explanation of research

Weekly Schedule

Week 1 (8/4): Explosive Manifestations

- Workbook #1-7 (pages 8-14)
- Pray 3 Minutes 3 Times a Day (Morning/Afternoon/Evening)
- Watch YP Gratitude Journey (details in #VIII)
- Choose 3 Days this Week to Participate Fall Electives (Click Electives Tab on IHU Website)

Week 2 (8/11): I Will Let The Mind of Christ Be in

- Workbook #8-14 (pages 15-21)
- Pray 3 Minutes 3 Times a Day (Morning/Afternoon/Evening)
- Watch YP Gratitude Journey (details in #VIII)
- Choose 3 Days this Week to Participate Fall Electives (Click Electives Tab on IHU Website)

Week 3 (8/18): NO VIDEO CLASS ~ National Senior Citizen Day

- Workbook #15-21 (pages 22-28)
- Pray 3 Minutes 3 Times a Day (Morning/Afternoon/Evening)
- Give an Act of Kindness to a Senior Citizen
- Watch YP Gratitude Journey (details in #VIII)
- Choose 3 Days this Week to Participate Fall Electives (Click Electives Tab on IHU Website)

Week 4 (8/25): I Can See Clearly Now...The Rain Is Gone

- Workbook #22-28 (pages 29-35)
- Pray 3 Minutes 3 Times a Day (Morning/Afternoon/Evening)
- Watch YP Gratitude Journey (details in #VIII)
- Choose 3 Days this Week to Participate Fall Electives (Click Electives Tab on IHU Website)

Week 5 (9/1): NO VIDEO CLASS (MENTAL HEALTH WEEKEND)

- Workbook #29-35 (pages 36-42)
- Pray 3 Minutes 3 Times a Day (Morning/Afternoon/Evening)
- Assignment: Settle into a Quiet Place and Participate in Guided Meditation
<https://youtu.be/uTN29kj7e-w?si=BFnVeM9wEhyqBXQQ>
- Watch YP Gratitude Journey (details in #VIII)
- Choose 3 Days this Week to Participate Fall Electives (Click Electives Tab on IHU Website)

Week 6 (9/8): I Will Share My Paradise Experience ~ National Grandparents Day

- Workbook #36-42 (pages 43-49)
- Pray 3 Minutes 3 Times a Day (Morning/Afternoon/Evening)
- Write a Love Letter to Your Grandparents or A Senior Close to You
- Watch YP Gratitude Journey (details in #VIII)
- Choose 3 Days this Week to Participate Fall Electives (Click Electives Tab on IHU Website)

Week 7 (9/15): NO VIDEO CLASS

- Workbook #42-48 (pages 50-56)
- Assignment: Complete **Discussion Post 1** (See Assignment Section for Details)
- Pray 3 Minutes 3 Times a Day (Morning/Afternoon/Evening)
- Watch YP Gratitude Journey (details in #VIII)
- Choose 3 Days this Week to Participate Fall Electives (Click Electives Tab on IHU Website)

Week 8 (9/22): My Love Shall Govern My Time

- Workbook #49-55 (pages 57-63)
- Pray 3 Minutes 3 Times a Day (Morning/Afternoon/Evening)
- Watch YP Gratitude Journey (details in #VIII)
- Choose 3 Days this Week to Participate Fall Electives (Click Electives Tab on IHU Website)

Week 9 (9/29): NO VIDEO CLASS

- Workbook #56-62 (pages 64-70)
- Assignment: Complete **Discussion Post 2** (See Assignment Section for Details)

- Pray 3 Minutes 3 Times a Day (Morning/Afternoon/Evening)
- Watch YP Gratitude Journey (details in #VIII)
- Choose 3 Days this Week to Participate Fall Electives (Click Electives Tab on IHU Website)

**SATURDAY, SEPTEMBER 14th ~ IHU STUDENT CONNECTION CELEBRATION
LOCATED in LANDOVER, MARYLAND WILL BE EMILED TO YOU**

Week 10 (10/6): I am a True Solider in God's Army

- Workbook #63-69 (pages 71-77)
- Pray 3 Minutes 3 Times a Day (Morning/Afternoon/Evening)
- Watch YP Gratitude Journey (details in #VIII)
- Choose 3 Days this Week to Participate Fall Electives (Click Electives Tab on IHU Website)

Week 11 (10/13): NO VIDEO CLASS (RESURRECTION SEASON)

- Workbook #70-76 (pages 78-84)
- Pray 3 Minutes 3 Times a Day (Morning/Afternoon/Evening)
- Watch YP Gratitude Journey (details in #VIII)
- Choose 3 Days this Week to Participate Fall Electives (Click Electives Tab on IHU Website)

Week 12 (10/20): Simply, Thank You Lord!

- Workbook #77-83 (pages 85-91)
- Pray 3 Minutes 3 Times a Day (Morning/Afternoon/Evening)
- Watch YP Gratitude Journey (details in #VIII)
- Choose 3 Days this Week to Participate Fall Electives (Click Electives Tab on IHU Website)

Week 13 (10/27): I Will Love Regardless

- Workbook #84-90 (pages 92-98)
- Complete **Discussion Post 3** (See Assignment Section for Details)
- Pray 3 Minutes 3 Times a Day (Morning/Afternoon/Evening)
- Watch YP Gratitude Journey (details in #VIII)
- Choose 3 Days this Week to Participate Fall Electives (Click Electives Tab on IHU Website)

Week 14 (11/3): I Give Myself Permission to Live

- Workbook #91-97 (pages 99-105)
- Pray 3 Minutes 3 Times a Day (Morning/Afternoon/Evening)
- Watch YP Gratitude Journey (details in #VIII)
- Choose 3 Days this Week to Participate Fall Electives (Click Electives Tab on IHU Website)

Week 15 (11/10): Symposium Presentation Prep Week #1

- Symposium Preparation
- Workbook #98-104 (pages 106-112)
- Pray 3 Minutes 3 Times a Day (Morning/Afternoon/Evening)
- Watch YP Gratitude Journey (details in #VIII)
- Choose 3 Days this Week to Participate Fall Electives (Click Electives Tab on IHU Website)

Week 16 (11/17): Symposium Presentation Prep Week #2

- Symposium Preparation
- Workbook #105-111 (pages 113-119)
- Pray 3 Minutes 3 Times a Day (Morning/Afternoon/Evening)
- Watch YP Gratitude Journey (details in #VIII)
- Choose 3 Days this Week to Participate Fall Electives (Click Electives Tab on IHU Website)

Week 17 (11/24): Symposium Presentation DUE DATE

- Symposium Paper Due (Read XVI. Symposium Paper for Details)
- Pray 3 Minutes 3 Times a Day (Morning/Afternoon/Evening)
- Watch YP Gratitude Journey (details in #VIII)

- Choose 3 Days this Week to Participate Fall Electives (Click Electives Tab on IHU Website)

ENJOY YOUR THANKSGIVING SEASON ☺

Week 18 (12/13 - 12/15): IN-PERSON Symposium Presentation Weekend

- For Information, Read XVI. Symposium Presentation
- Additional Details will be Emailed in Week 12

IMPORTANT DATES:

September 14, 2024 ~ IHU Student Connection Celebration

City of Praise Family Ministries, 8501 Jericho City Drive, Landover, Maryland 20721

December 13th, 14th & 15th 2024 ~ FALL SEMESTER Symposium Presentation Dates

City of Praise Family Ministries, 8501 Jericho City Drive, Landover, Maryland 20721