**Title and Code of Course:** Spirituality of Everyday Life (in English)  
ERP-HT 0047; HT ÉRTÉ549; ERPB-BAN 0047

**Venue and Time of Course:**  
KRE-BTK, Budapest, Reviczky str. 4/c  
Thursday 15.45 -17.15

**Instructor’s Name:** Dr. Dóra Bernhardt  
Dr. Balázs Siba

**Instructor’s Email Address:** siba.balazs@kre.hu, bernhardt.dora@kre.hu

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<th>Credit Point Value</th>
<th>Number of Lessons per Week</th>
<th>Type of Course</th>
<th>Method of Evaluation</th>
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**Course Description:**
The goal of the course is to examine and understand the meaning and outworking of Christian spirituality in everyday life, in its different aspects and areas.

**The program of the course:** Learning and thinking together about some aspects of everyday life that are less often addressed in Christian theology and spirituality.

- spiritual habits  
- different rituals of life  
- weekly rhythm of the spiritual life  
- the connection between work and prayer in the Christian life  
- the dynamics of spiritual growth  
- hospitality and table fellowship  
- living in the body, clothing  
- intimacy and sexuality  
- health and illness  
- life in the online world  
- the spirituality of travel and free time  
- Christian spirituality and public life

**Requirements**
Active participation in class  
Final written reflection based on the compulsory readings and class discussion (2-3 pages)  
Preparing and giving a presentation about a chosen topic
Bibliography:
Brudereck, Christina: Gesegnete Mahlzeit. Tischgebete und Küchengeschichten aus aller Welt (SCM, 2016)
Dearborn, Tim: Taste and See. Awakening Our Spiritual Senses (IVP, 1996)
Shenk, Sara Wenger: Why Not Celebrate! (Good Books, 1987)
Stevens, R. Paul: Disciplines of the Hungry Heart. Christian Living Seven Days a Week (Harold Shaw, 1993)