**A Sampling of Christian Practice Ideas at PLNU**

**1. Kelli McCoy, History:** World Civ II.A student chooses and reads a brief passage of scripture and then lead us in prayer. We discuss that this Christian practice unites us with all Christians across time and space, consistent with our efforts in World Civ to learn about and understand people all over the world across a broad span of time…. even their pain and the injustice in the world. This helps us begin to respond to that in our own time.

Students practiced serving those in need through listening to people whose stories do not otherwise get heard. This is related to “listening” to primary sources and oral histories, an important historical practice and also a Christian practice. Students connected with one of the PLNU Student Ministry options involved in serving the homeless or elderly and then write a two-page reflection on their experience.

**2. Rob Gailey, Business:** Nonprofit Management: Wants to build students’ **empathy**  **and compassion,** especially toward people in poor nations whose photos might be exploited for fund-raising purposes.

* 1st day, students in small groups, compare and contrast how poverty is portrayed on 2 poverty alleviation websites. Post findings on Canvas.
* Mid-semester: Look for nonprofits actively serving marginalized communities, (homeless, suffering veteran, handicapped individual, a child in need, a family in poverty). Review their promotion materials esp. how they talk about the people they serve/help. Review “personal stories” of lives positively impacted by various organizations. Students generate several written assignments including a letter of appreciation to a nonprofit, written from the perspective of a positively-impacted individual receiving services, mentioning the ways they feel empowered and heard.

**3. Grace Fantaroni, SOE:** Grad classes for future Special Education Teachers**.** I focus on embedding empathy, understanding, and the importance of inclusion for students with special needs and their families. For students to humbly understand the overwhelming decisions, needs and grief that families and students with disabilities may face is something I want to embed in my future teachers.

* Students chose a parent support group for families with children with disabilities, attended a meeting and wrote a summary of their experiences.
* Students engaged with someone with a disability seeing the person inside first, hearing their experiences and being transformed by the knowledge that our work is the most important work in the actual lives of those with disabilities.
* I used former student videos and documentaries to highlight a disabled person’s successes and frustrations with schools and teachers. Students wrote reflections on how they might want to be remembered in the lives of their future students.

**4. Christine Phillips, CEL:** Management in Relational Development Capstone Project.Students develop a strategic plan to implement an improvement in their organization. They also evaluate their research and planning through a biblical worldview lens. There were 3 specific areas they were to address:

1. Evaluate their resources in their literature review with specific questions focused on authority, audience, and point of view.   
2. Ask whether the plan would cause employees to compromise their Christian faith, or infringe upon their religious rights.   
3. Evaluate their SWOT Analysis to see if there were any opportunities for Christian service within the plan, or threats to Christian practice because of it.

**5. Matthieu Rouffet, Chemistry**

* **CHE 103:** This is a Team-Based Learning course, with permanent teams for freshmen pre-nursing/ nutrition/physical therapy students. Stress levels and competitiveness are high! Teams rotate selecting one member to read scripture and then I pray for my students. In class, we discuss that this Christian practice allows us to understand the power and role of scripture as a daily guide in the midst of our busy lives. It also provides peace when worldwide issues happen. Working in permanent teams is also a practice that helps students learn to care for each other.
* **CHE 495:** Senior capstone. My students and I try to share a meal together during our time together so we can discuss relevant issues while eating. This practice allows our students to understand the idea of living in a Christian community.

**More Christian Practice Ideas**

In *The Spirit of the Disciplines,* Dallas Willard has compiled a list of spiritual disciplines and practices he believes were modeled in the life of Christ. These are listed below:

* **The Disciplines of Abstinence** **or Letting Go**
  + **Solitude -** Spending time alone to be with God
  + **Silence** – Removing noisy distractions to hear from God
  + **Fasting** – Skipping a meal(s) to find greater nourishment from God.
  + **Frugality** – Learning to live with less money and still meet your basic needs
  + **Chastity** – Voluntarily choosing to abstain from sexual pleasures for a time
  + **Secrecy** – Avoiding self-promotion, practice serving God without others knowing.
  + **Sacrifice** – Giving our resources beyond what seems reasonable to remind us of our dependence on Christ.
* **The Disciplines of Activity:** 
  + **Study** – Spending time reading the Scriptures and meditating on its meaning and importance to our lives
  + **Worship and Celebration** – Offering praise and adoration to God
  + **Prayer** – Talking to and listening to God about your relationship with Him and concerns about the concerns of others
  + **Service –** Being the hands and feet of Jesus to the world
  + **Fellowship** – Mutual caring and ministry in the body of Christ
  + **Confession** – Regularly confess your sins to the Lord and other trusted individuals.
  + **Submission** – Humbling yourself before God and others while seeking accountability in relationships.

Retrieved at: <https://bible.org/illustration/spiritual-disciplines>