

Empower Syllabus for Lament and Anxiety
October 15, 2022, 9am-12pm
Mrs. Lisa Plunket

Required Reading: Benner, David. The Gift of Being Yourself.
(Downers Grove, Illinois: InterVarsity Press, 2015).

Paper Formatting: For all writing assignments: double-space, one-inch margins, Times-New Roman 12 font.

There is one pre-class assignment for this class and one post-class assignment. The Pre-class assignment is due on September 23, 2022, and the Post-class assignment is due on October 21, 2022.

Assignments may always be turned in early!

Pre-class Assignment: Due September 23, 2022

Write a 3 page paper of your spiritual autobiography including the following parts:

- Part 1: Describe your family of origin's spirituality.
- Part 2: Write of when and how you came to faith in Christ.
- Part 3: What positive influences have encouraged your spiritual growth?
- Part 4: What influences have negatively impacted your spiritual growth?

Post-Class Assignment: Due October 21, 2022

Reflection Paper

Read the book, *The Gift of Being Yourself* by David Benner.

Write a Lament Psalm following the directions from October class.

Write a 4-page paper choosing 3 quotes that really stood out to you and write why they are meaningful to you. Also, answer the following questions:

- a. What role has fear played in developing your false self?
- b. How much fear do you feel as you contemplate unmasking your false self?
- c. How might this book change the direction of your spiritual life?
- d. How might the content of this book help you in ministry?