

## Mode of delivery

The programme has a minimum duration of two years and will start in February 2024 with the presentation of one module per semester. Students are required to do self-study using a prescribed reading list and to submit assignments. Once a semester, students are required to attend a compulsory meeting block of not more than three days at the Faculty of Theology and Religion, situated at the main campus of the University of the Free State.

## Requirements for admission

Requirements for admission and academic articulation: A four-year degree in Theology or, alternatively, a three-year Bachelors degree followed by an Honours degree. The successful completion of the Masters programme in Spirituality, based on certain requirements, provides students access to enrolment for a PhD in Spirituality.

## Cost of the program

The University of the Free State yearly stipulates the cost of the programme. It is possible to apply for a limited number of available bursaries.

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THEOLOGY AND RELIGION  
**UFS**



**MTh in Spirituality**  
“... the lived experience of  
Christian faith and  
discipleship”





## Overview

This Masters degree provides an in-depth study of Christian spirituality. The following themes are addressed in this programme:

- The development of spirituality as academic discipline in the Christian tradition and contemporary trends.
- Spirituality as expressed in the reception as well as through a spiritual reading of the Bible.
- Traditional and new spiritual practices such as, for example, prayer and spiritual formation, embodying the dynamics of growth and transformation.

## Structure

The programme, consisting of the following four modules, must be completed over the course of four semesters:

- **Advanced study in spirituality as academic discipline**

This module focuses on the various dimensions fundamental to the study of spirituality as academic discipline. For example, the new interest in the phenomenon, various understandings of the notion, methodological questions, the history in the Christian tradition, and contemporary trends.

- **Advanced study in the Bible and spirituality**

In this module, two important questions are addressed in detail, namely how spirituality is depicted in specific Old and New Testament

writings, and the spiritual reading of pericopes from both the Old and the New Testament. Upon completion of this module, students will not only have a good understanding of the spirituality of some of the writings of the Bible, but also be able to do spiritual readings of pericopes independently.

- **Advanced study in practices of spirituality**

This module addresses the dynamics of spiritual growth and transformation in a theoretical and practical manner. Various practices such as prayer, spiritual direction and spiritual formation are explored systematically. Upon completion of this module, students will be able to personally reflect on the dynamics associated with the practices of spirituality.

- **Mini-Dissertation**

Potential areas for independent postgraduate research (Note: a specific research problem will be identified within these fields):

- Distinctive features of spirituality in the contemporary postmodern, postsecular or postcolonial horizons.
- Spirituality of specific traditions. For example, African, Reformed or Pentecostal.
- Spirituality as embodied by specific individuals such as T. Merton, D. Bonhoeffer, or D. Tutu.
- The impact of specific interpretations of God, or holiness, or theological approach on spirituality.
- Spirituality in specific New Testament writings.\*
- The spiritual reading of pericopes from the New Testament.\*

- The reception of Biblical texts in the writings of mystics.\*
- The use of a specific spiritual practice with regard to transformation.
- Various expressions of spiritual practices in daily and contemporary life.
- \*To do research in one of the three indicated areas above, students must be able to use the Greek text of the New Testament.

