



**Course Syllabus  
SPRING & SUMMER SCHOOL 2012**

**SPIR 0670  
SPIRITUALITY, LEISURE AND SPACE FOR GOD**

**June 25 - 29, 2012  
Monday - Friday, 8:30 am – 12:00 noon, 1:00 - 4:00pm**

**INSTRUCTOR: PAUL HEINTZMAN**

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Office Hours: After class or by appointment

To access your course materials at the start of the course, please go to  
<https://www.mytyndale.ca>

## **I. COURSE DESCRIPTION**

Christians often find their lives characterized by work, responsibility, busyness and stress with little experience of rest, recreation and leisure. This course will examine Christian understandings of leisure and related concepts throughout history. Biblical themes, principles and concepts will also be studied, especially the notions of Sabbath and rest, to develop a biblical understanding of leisure and lifestyle. The historical Christian understandings and biblical sources will be applied to the contemporary world. Finally, the relationship between work and lifestyle as well as the role of recreation and holy leisure in spiritual growth will be explored.

## **II. LEARNING OUTCOMES**

At the end of the course, students should be able to:

- Demonstrate a critical understanding of the major concepts of leisure
- Demonstrate an understanding of how leisure has been understood throughout Christian history
- Demonstrate knowledge and understanding of biblical themes and principles relevant to leisure
- Develop a personal understanding of leisure from a Christian perspective
- Foster a positive attitude towards the biblical notions of Sabbath and rest
- Foster an attitude of contemplative leisure
- Integrate leisure into one's life in a way that facilitates spiritual growth and formation

### III. COURSE REQUIREMENTS

#### A. REQUIRED TEXTS

Johnston, R.K. (1983/1997). *The Christian at play*. Eugene, OR: Wipf & Stock Publishers. [166 pages]  
ISBN 10: 1-57910-052-X, ISBN 13: 978-1-57910-052-0

Neville, G. (2004). *Free time: Towards a theology of leisure*. Birmingham, England: University of Birmingham Press. [162 pages]  
ISBN- 10: 1902459210, ISBN-13: 978-1902459219

Pieper, J. (1952/2009). *Leisure: The basis of culture*. San Francisco, CA: Ignatius Press. [pages 1-76] (students are not required to read the second part of this book titled, The Philosophical Act ).  
ISBN 978 1586 172565

Ryken, L. (1995). *Redeeming the time: A Christian approach to work and leisure*. Grand Rapids, MI: Baker Books. (chapters 2, 3, 5, 7, 12, 13, 14, 15, 16, 17, 19, Conclusion) [139 pages] ISBN: 978-0-8010-5169-2

#### B. ADDITIONAL REQUIRED READING (available electronically on course page)

Crittenden, J. P. (2001). *Holy leisure: A life of prayer, contemplation and celebration*. (Unpublished master's thesis). St. Stephen's College, Edmonton, AB. [116 pages] A copy will be available on reserve in the Tyndale library. An electronic copy is available from [Library and Archives Canada](#).

Doohan, L. (1990). *Leisure: A spiritual need*. Notre Dame, IN: Ave Maria Press. [100 pages] ISBN: 0877934339, 9780877934332  
This book is out of print; a scanned copy will be provided by permission of author.

Heintzman, P., Van Andel, G.E., & Visker, T.L. (Eds.). (2006). *Christianity and leisure: Issues in a pluralistic society* (Rev. ed). Sioux Center, IA: Dordt College Press (chapters 2, 8, 11, 20). [49 pages] ISBN: 0-932914-66-7; a scanned copy will be provided on the course page by copyright agreement.

(The following papers will be available on reserve in the Tyndale library and/or on MyTyndale):

Fox, K.M. (2009). Does the gospel of Luke suggest a Christian-Judaic form of leisure in the Graeco-Roman world? *Leisure/Loisir*, 33(1), 11-30. [20 pages]

Heintzman, P. (2000). Leisure and spiritual well-being relationships: A qualitative study. *Society and Leisure*, 23(1), 41-69. [29 pages]

Heintzman, P. (2002). A conceptual model of leisure and spiritual well-being. *Journal of Park and Recreation Administration*, 20(4), 147-169. [23 pages]

Heintzman, P. (2006). Listening for a leisure remix in ancient Israel and early Christianity. *Leisure Sciences*, 28(5), 431-435. [5 pages]

Heintzman, P. (2007). Defining leisure. In R. McCarville & K. MacKay (Eds.), *Leisure for Canadians*. (pp. 3-12). State College, PA: Venture. [10 pages]

Heintzman, P. (2009). The spiritual benefits of leisure. *Leisure/Loisir*, 33(1), 419-445. [27 pages]

Heintzman, P. (2009). "Have leisure and know that I am God": Hermeneutical considerations. In B.D. Kivel & H. Gibson (Comps.), *Leisure Research Symposium* (pp. 130-134). Ashburn, VA: National Recreation and Park Association. [5 pages]

Heintzman, P. (2011). "There is nothing new under the sun": A weaving of social scientific research findings on leisure and spirituality with wisdom from Christian classics of spirituality. In *An evolving tapestry: Weaving together threads of leisure*. 12<sup>th</sup> Canadian Congress on Leisure Research, May, 2011 (pp. 148-152). St. Catharines, ON: Department of Recreation and Leisure Studies, Brock University. Available at: [http://www.brocku.ca/webfm\\_send/19988](http://www.brocku.ca/webfm_send/19988) [5 pages]

Joblin, D. (2009). Leisure and spirituality: An engaged and responsible pursuit of freedom in work, play and worship. *Leisure/Loisir*, 33(1), 95-120. [26 pages]

Livengood, J. (2009). The role of leisure in the spirituality of new paradigm Christians. *Leisure/Loisir*, 33(1), 389-417. [29 pages]

Williams, R.R. (2010). Space for God: Lived religion at work, home and play. *Sociology of Religion*, 71(3), 257-279. [23 pages]

## **C. ASSIGNMENTS AND GRADING**

### **1.Critical Book Review: 25% of final grade**

There are different Christian perspectives on leisure. In this book review, briefly

summarize the similarities and differences between Crittenden's, Doohan's, Hoffman's (in Heintzman, Van Andel & Visker), Johnston's, Neville's, Pieper's, and Ryken's views of leisure (play). Whose view of leisure do you find more persuasive and why? The paper should be four to six pages in length, double-spaced.

**Due: (Postmarked by) August 10, 2012**

**2. Reflective Essay:** 25% of final grade

In this paper develop your own understanding of leisure, and its relationship with spirituality, from a Christian perspective. While the paper should reflect your own understanding, your ideas should be developed in response to biblical, historical and contemporary ideas about leisure and spirituality that were presented in the lectures, discussions and readings. This paper should be four to six pages in length, double-spaced.

**Due: (Postmarked by) August 10, 2012**

**3. Research Paper:** 50% of final grade

Students will select a topic related to Christian spirituality and leisure that is of interest to them, and will then research and write a paper on the topic. The paper may be an analysis and critique from a Christian perspective of a specific concept of leisure and its relation to spiritual growth, it may be an exploration of a particular historical understanding of leisure and how this understanding influenced spirituality, it may be an examination of an issue related to leisure and spirituality in contemporary society, or it may be a study of biblical concepts, passages or themes relevant to leisure and spirituality. The paper must go beyond purely description to include a critical analysis of the chosen topic. The paper should be in the range of 15-20 pages (3,000 words) in length, double-spaced. This paper is expected to follow all the requirements for a research paper as set out in the student handbook.

**Due: (Postmarked by) August 10, 2012**

**D. GENERAL GUIDELINES FOR THE SUBMISSION OF WRITTEN WORK**

For proper citation style, consult the [Chicago-Style Quick Guide](#) (Tyndale e-resource) or the full edition of the [Chicago Manual of Style Online](#), especially [ch. 14](#). For citing scripture texts, refer to sections [10.46 to 10.51](#) and [14.253 to 14.254](#).

Students should consult the current *Academic Calendar* for academic policies on Academic Honesty, Gender Inclusive Language in Written Assignments, Late Papers and Extensions, Return of Assignments, and Grading System. The Academic Calendar is posted at <http://tyndale.ca/registrar>. An excerpt is attached with this syllabus for easy reference.

**E. SUMMARY OF ASSIGNMENTS AND GRADING**

Evaluation is based upon the completion of the following assignments

Critical Book Review	25 %
Reflective Essay	25 %

Research Paper	50%
Total Grade	100 %

#### IV. COURSE SCHEDULE, CONTENT AND REQUIRED READINGS

*Mon., June 25*

Introduction to the course.

An overview of historical understandings of leisure: classical state of being view, leisure as activity.

An overview of modern views of leisure: leisure as time, leisure as a function of social class.

Reading for Tuesday:

Pieper, J. (1952/2009). *Leisure: The basis of culture*. San Francisco, CA: Ignatius Press. [pages 1-76]

*Tues., June 26*

An overview of contemporary views of leisure: state of mind view, feminist view, holistic view.

A review of how Christians and the church have viewed leisure over the centuries, especially the views of Augustine, Aquinas, medieval monasticism, the reformers and the Puritans.

Reading for Wednesday:

Heintzman, P. (2007). Defining leisure. In R. McCarville & K. MacKay (Eds.), *Leisure for Canadians*. (pp. 3-12). State College, PA: Venture.

Joblin, D. (2009). Leisure and spirituality: An engaged and responsible pursuit of freedom in work, play and worship. *Leisure/Loisir*, 33(1), 95-120.

*Weds. June 27*

An exploration of biblical passages relevant to leisure with a particular focus on the principle of Sabbath and the concept of rest.

An exploration of other biblical passages relevant to leisure such as Psalm 46:10, and biblical themes of hospitality, friendship and eating.

Reading for Thursday:

Fox, K.M. (2009). Does the gospel of Luke suggest a Christian-Judaic form of leisure in the Graeco-Roman world? *Leisure/Loisir*, 33(1), 11-30.

Heintzman, P. (2006). Implications for leisure from a review of the biblical concepts

- of Sabbath and rest. In P. Heintzman, G.E. Van Andel, & T.L. Visker (Eds.), *Christianity and leisure: Issues in a pluralistic society* (Rev. ed., pp. 14-31). Sioux Center, IA: Dordt College Press.
- Heintzman, P. (2006). Listening for a leisure remix in ancient Israel and early Christianity. *Leisure Sciences*, 28(5), 431-435.
- Heintzman, P. (2009). "Have leisure and know that I am God": Hermeneutical considerations. In B.D. Kivel & H. Gibson (Comps.), *Leisure Research Symposium* (pp. 130-134). Ashburn, VA: National Recreation and Park Association.

*Thurs. June 28*

Christian perspectives on leisure for today's society will be derived from a synthesis of biblical passages relevant to leisure and historical Christian understandings of leisure.

An exploration of the relationships between leisure and work.

An exploration of the role of leisure in spiritual formation. Social scientific studies on the relationship between leisure and spiritual well-being.

Reading for Friday:

Doohan, L. (1990). *Leisure: A spiritual need*. Notre Dame, IN: Ave Maria Press.

*Fri. June 29*

An exploration of the role of leisure in spiritual formation. Social scientific studies on the relationship between leisure and spiritual well-being (cont'd).

Issues related to Christianity and leisure in contemporary society such as recreation and the environment, and the ethics of leisure.

## **V. SELECTED BIBLIOGRAPHY**

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- Banks, R. (1983). *The tyranny of time: When 24 hours is not enough*. Downers Grove, IL: InterVarsity Press.
- Berryman, J.W. (1991). *Godly play: A way of religious education*. San Francisco, CA: Harper.
- Collins, C.W. (1993) Leisure and Christianity: The case of the Brethern. In A.J. Veal, P. Jonson, & G. Cushman (Eds.), *Leisure and tourism: Social and environmental change, Papers from the World Leisure and Recreation Congress*, Sydney, Australia, July 16-19, 1991 (pp. 290-297). Sydney, Australia: Centre for Leisure and Tourism Studies, University of Technology, Sydney; Sharbot Lake, ON: World Leisure and Recreation Association.
- Csikszentmihalyi, I.S. (1988). Flow in historical context: The case of the Jesuits. In M.

- Csikszentmihalyi & I.S. Csikszentmihalyi (Eds.), *Optimal experience: Psychological studies of flow in consciousness*. New York, NY: Cambridge University Press.
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- Daniels, B.C. (1995). *Puritans at play: Leisure and recreation in Colonial New England*. New York, NY: Columbia University Press.
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- Dawn, M.J. (1989). *Keeping the Sabbath wholly*. Grand Rapids, MI: Eerdmans.
- de Graf, J. (Ed.) (2003). *Take back your time: Fighting overwork and time poverty in America*. San Francisco, CA: Berrett-Koehler Publishers.
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- Doohan, L. (1981). The spiritual value of leisure. *Spirituality Today*, 31(2), 157-167.
- Gingrich, K.A. (1979, Winter) A theology of leisure. *Brethren Life and Thought*, 24(1), 50-54.
- Gordis, R. (1982, Winter). The Sabbath—cornerstone and capstone of Jewish life. *Judaism*, 31, 6-11.
- Goodale, T.L., & Godbey, G.C. (1988). *The evolution of leisure*. State College, PA: Venture.
- Hansel, T. (1979). *When I relax I feel guilty*. Elgin, IL: David C. Cook Publishing.
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- Heintzman, P. (2005). In and out of context: The use of 2 Thessalonians 3:10 in leisure literature. In T. Delamere, C. Randall, & D. Robinson (Eds.), *The two solitudes: Isolation or impact?* The Eleventh Canadian Congress on Leisure Research (pp. 251-256). Nanaimo, BC: Department of Recreation and Tourism Management, Malaspina University-College.  
Available at <http://www.lin.ca/resource/html/cclr%2011/CCLR11-57.pdf>
- Heintzman, P. (2006). What we do for rest and enjoyment. In D. Koetje (Ed.), *Living the good life on God's good earth* (71-77). Grand Rapids, MI: Faith Alive.
- Heintzman, P. (2007). Men's wilderness experience and spirituality: A qualitative study. In R. Burns & K. Robinson (Comps.), *Proceedings of the 2006 Northeastern Recreation Research Symposium* (pp. 216-225) (Gen. Tech. Rep. NRS-P-14). Newton Square, PA: U.S. Department of Agriculture, Forest Services, Northern Research Station. Available at:  
[http://www.nrs.fs.fed.us/pubs/gtr/gtr\\_nrs-p-14/30-heintzman-p-14.pdf](http://www.nrs.fs.fed.us/pubs/gtr/gtr_nrs-p-14/30-heintzman-p-14.pdf)
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- explorations. In C. LeBlanc & C. Vogt (Eds.), *Proceedings of the 2007 Northeastern Recreation Research Symposium* (pp. 55-59) (Gen. Tech. Rep. NRS-P-23). Newton Square, PA: U.S. Department of Agriculture, Forest Services, Northern Research Station. Available at: [http://nrs.fs.fed.us/pubs/gtr/gtr\\_nrs-p-23papers/08heintzman-p23.pdf](http://nrs.fs.fed.us/pubs/gtr/gtr_nrs-p-23papers/08heintzman-p23.pdf)
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