

**Center for Spiritual Formation**  
 March 2026 Joint Session of Both Cohorts

In preparation for our March 2026 session with author and spiritual director Dr. Barbara L. Peacock, please read her book **“Soul Care in African American Practice”** and answer the questions as noted below.

Readings	Answer Questions at the end of each section
PREFACE & INTRODUCTION	# 1, 6
PART ONE	SPIRITUAL DIRECTION AND SPIRITUAL DISCIPLINES
Chapter 1: Dr. Frederick Douglass <i>Spiritual Direction and Lectio Divina</i>	# 3, 4, 5, 6
Chapter 2: Dr. Martin Luther King Jr <i>Spiritual Direction and Prayer</i>	# 1, 2, 3
Chapter 3: Mrs. Rosa Parks <i>Meditation and Contemplation</i>	# 1, 2, 3
Chapter 4: Dr. Darrell Griffin <i>Spiritual Direction and Soul Care</i>	# 3, 4, 5
Chapter 5: Dr. Renita Weems <i>Detachment and Attachment in Spiritual Direction</i>	# 3, 4, 5
PART TWO	PRAYER DISCIPLINES
Chapter 6: Dr. Harold Carter <i>Prayer and Generational Spiritual Foundation</i>	# 4, 5, 6
Chapter 7: Dr. Jessica Ingram <i>Prayer and Spiritual Direction</i>	# 5, 6
Chapter 8: Mrs. Coretta Scott King <i>Prayer and Civil Rights</i>	# 1, 2
Chapter 9: Dr. James Washington <i>Prayer and Rest</i>	# 5, 6, 7
Chapter 10: Dr. Howard Thurman <i>Prayer and Suffering</i>	# 3, 4
CONCLUSION	# 5, 13, 20