



INSTITUTE FOR MINISTRY

Certificate in Spiritual Fitness and Resiliency

The Loyola Institute for Ministry (LIM) proudly offers a [Certificate in Spiritual Fitness and Resiliency](#), designed to empower and equip individuals with the tools necessary to foster spiritual well-being and resilience, specifically within the context of the military. This innovative program aligns seamlessly with LIM's mission to educate, prepare, and empower diverse learners through the method of practical theology, enabling them to serve those with whom they work or minister. This certificate program is designed to meet the evolving needs of young adults in the armed services.

Recognizing the shifting landscape where fewer individuals claim religious affiliation, this certificate aims to support the Air Force's efforts to support the holistic well-being of soldiers and their families—mind, body, and spirit. Studies underscore spirituality as a key indicator of positive mental health, prompting the Air Force to enhance their support for soldiers' spiritual lives as part of overall wellness efforts.

The Certificate in Spiritual Fitness and Resiliency is delivered through the Institute's innovative LIMEX (LIM Extension) model, a leader in distance education for ministry since 1983. This extension program, known for its hybrid format, integrates academic study, theological reflection, and practices that enhance one's sense of meaning, purpose, and belonging within local/virtual learning groups. Participants engage in four courses meeting once a week synchronously via Zoom/MS Teams with a trained facilitator. Students, with the facilitator, choose the day and time they will meet and decide when they are ready to begin each course. This cohort model of adult education ensures a comprehensive and contextually relevant educational experience that aligns with the spiritual needs of those whom students work or minister with.

This four-course [CEU](#) certificate focuses on integrating faith-based support within and beyond traditional religious institutions. The program draws on insights from the biology and psychology of spirituality and interfaith and ecumenical perspectives to address contemporary challenges faced by Religious Affairs Airmen, Chaplains, and Religious Educators, equipping them to better respond to the needs of young adult airmen. Upon successful evaluation, this certificate aims to broaden the education and training of students, ensuring comprehensive support for their soldiers' spiritual and overall well-being.