

## ACUCA Micro Degree/Certificate Program (MDP) Proposal

### Summer Term 2025

**Course Title:** Discovering Peace Amidst Trials: A Journey of Faith, Resilience, and Emotional Healing

**Prepared by:** Marietta T. Casanova

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Author - Discovering Peace Amidst Trials: How Our Life Lessons Reveal God's Faithfulness

**Course Duration:** 15 days (3 hours per day)

**Date of Classes:** Monday, July 21 to Friday, August 8, 2025

**Class Schedule:** Mondays to Fridays; 3 pm to 6 pm Japan Standard Time, GMT+9

#### Course Overview

This 15-day course invites participants into a deeply personal and spiritual exploration of inner peace amid life's adversities, inspired by the book *Discovering Peace Amidst Trials*. Combining reflective writing, scripture meditation, guided storytelling, and personal sharing, this course helps learners develop emotional resilience, spiritual maturity, and trust in divine providence. Participants will be guided through life themes such as waiting, letting go, financial challenges, vocational discernment, and healing, all anchored on Christian faith and personal experience.

#### Course Objectives

1. Identify personal trials as opportunities for spiritual and emotional growth.
2. Develop tools for discernment, surrender, and resilience based on Christian principles.
3. Understand the role of journaling, prayer, and reflective storytelling in emotional healing.
4. Recognize God's faithfulness in ordinary and extraordinary life events.
5. Create a personal "Faith and Peace Roadmap" integrating course insights into daily life.

#### Learning Plan

Day	Topic	Intended Learning Outcome	Activity
Day 1	Introduction to Inner Peace and Life Trials	Recognize the importance of inner peace and identify current life trials.	Lecture, Group Sharing, Devotional Reflection
Day 2	God's Goodness in Childhood and Innocence	Recall personal experiences of God's goodness and reflect on formative spiritual moments.	Scripture Reflection, Journaling, Sharing
Day 3	Dreams, Disappointments, and Divine Redirection	Understand how unmet expectations can lead to divine direction.	Testimony, Journaling Prompt, Discussion
Day 4	The Beauty of Waiting: Discernment and Trust	Apply discernment in areas of uncertainty and learn to trust God's timing.	Guided Meditation, Group Activity, Reflection
Day 5	Family and Community as Sources of Strength	Acknowledge the value of family and community support in spiritual resilience.	Bible Study, Role Play, Group Dialogue
Day 6	Emotional Awareness and Surrendering Control	Develop awareness of emotional responses and practice surrender to divine will.	Lecture, Guided Journaling, Personal Mapping

Day 7	God as Provider: Reflections on Financial Struggles	Recognize God's provision in financial trials and cultivate gratitude.	Case Study, Gratitude Journal, Sharing
Day 8	Career Delays and Divine Timing	Appreciate divine timing in vocational and career development.	Reflection Essay, Vision Board Activity, Sharing
Day 9	When Weakness Leads to Wisdom: Illness and Recovery	Identify wisdom gained through weakness and physical or emotional trials.	Lecture, Partner Sharing, Faith Exercise
Day 10	Praying and Journaling through the Storm	Strengthen reliance on prayer and journaling during times of crisis.	Devotion, Journaling Workshop, Prayer Time
Day 11	Learning to Surrender: God's Plan vs. Our Plan	Embrace surrendering personal plans in favor of God's will.	Reflection Questions, Group Activity, Sharing
Day 12	Gratitude and Humility in Adversity	Practice humility and gratitude even amidst difficult situations.	Gratitude Letter, Group Reflection, Praise Exercise
Day 13	Walking in Faith Despite Fear	Cultivate courage to walk in faith while facing fears.	Prayer Walk, Scripture Memory, Personal Commitment Sharing
Day 14	Final Workshop: Faith and Peace Roadmap	Construct a personal Faith and Peace Roadmap integrating course learnings.	Creative Project, Peer Review, Reflection
Day 15	Sharing, Reflection, and Culmination Ceremony	Articulate growth in faith and inner peace and affirm learnings in a communal setting.	Faith Roadmap Presentations, Group Affirmation, Closing Prayer

### Primary Reference

Casanova, M.T. (2021). *Discovering Peace Amidst Trials: How Our Life Lessons Reveal God's Faithfulness*. Write Conversations Publishing.

### About the Lecturer

Marietta T. Casanova is an educator, accomplished corporate leader, and published inspirational author whose career spans both the academic and airline industries. Currently serving as the Chairperson for the Business and Entrepreneurship Department and Assistant Professor at Assumption College, San Lorenzo, Makati, Philippines, she brings with her a wealth of industry experience and academic rigor.

She is the author of the book *Discovering Peace Amidst Trials: How Our Life Lessons Reveal God's Faithfulness*, which was a finalist in the 16th Cardinal Sin Catholic Book Awards (Inspirational Category). Through her writing and teaching, she continues to inspire students, professionals, and faith communities with stories of resilience, hope, and trust in divine providence.

Her professional background includes over two decades of leadership at Philippine Airlines, where she served as Assistant Vice President for the Mabuhay Miles Loyalty Program, Corporate Sales

Manager, and Product Manager for strategic regional routes. She has led large teams and shaped loyalty and customer engagement strategies for one of the country's most respected brands.

Marietta holds a Master's in Business Administration from De La Salle University, where she also earned a double degree in Psychology and Marketing Management. A proud alumna of Assumption College, she now gives back to her alma mater through education and leadership.

In addition to her professional and academic commitments, Marietta serves in faith-based leadership roles. Together with her husband, she leads the Couples Sector and serves as the Formation Ministry Head of the Catholic Charismatic Community called Servants of the Lord's Vineyard. Her ministry work enriches her teaching with lived experiences of spiritual mentorship, community building, and discipleship.