



**DISC 5170-01 Introduction to Spiritual Formation**  
**New Orleans Baptist Theological Seminary**  
**Division of Church Ministry**  
**Spring 2022 Tuesdays 2:00-2:50 PM**

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**Mission Statement**

New Orleans Baptist Theological Seminary and Leavell College prepare servants to walk with Christ, proclaim His truth, and fulfill His mission.

**Course Description**

This course is a pass-fail experience in a faculty led learning context. Students in the course will meet weekly for accountability, mentoring, discussion, and spiritual formation by participating in and leading weekly meetings. Students will comprehend a variety of Christian devotional practices by completing specific assignments on basic spiritual disciplines.

**Student Learning Outcomes**

In order to provide moral leadership by modeling and mentoring Christian character and devotion and in order to stimulate church health through mobilizing the church for discipleship, the student, by the end of the course should:

1. Comprehend the following concepts:
  - The marks of a disciple as something beyond the point of salvation.
  - Effective methods of becoming a disciple and making disciples.
  - The relationship between spiritual maturity and spiritual disciplines.
  - Christian devotional practices or disciplines.
2. Have a positive response to the following concepts:
  - a. A life-long intentional devotional discipline for lifelong spiritual growth and benefit to the kingdom of God.
  - b. A meaningful and maturing relationship with God.
  - c. Christian community in a small group setting.
  - d. A personal commitment to basic devotional practices.
3. Be able to, with the help of resources, accomplish the following tasks:
  - Develop a plan for personal discipleship and assist others to develop a personal discipleship plan.
  - Practice appropriate disciplines of the Christian faith.
  - Lead small discipleship groups.
4. Have an appropriate perception as how to lead small discipleship groups.

## Course Teaching Methodology

The course will involve the following methodologies:

Methodology will include reading/reflection on a text in the field through participation in class/group discussions; intense periods of personal spiritual preparation through the accountable exercising of various habits, practices, and disciplines, reflection and journaling of the journey; and the use of an integration paper to capture the various exercises, ideas, etc., reflecting on God's involvement in it all.

## Textbooks

*Spiritual Disciplines for the Christian Life*, rev., by Donald S. Whitney, NavPress, 2014.

## Course Requirements

1. The learner will follow a reading schedule (below) for reading the textbook and to be able to participate in a group discussion each week, assuming leadership for the group discussions at least once during the semester. Each week, EACH STUDENT will come to class with three or four WRITTEN questions or issues to discuss in class to aid the student leading the discussion.
2. On the date assigned each student will lead the discussion of the week's assigned reading. The student will see that the discussion moves along and that essential components of the chapter are discussed.
3. Spiritual Retreat- Plan and execute a one day spiritual retreat for yourself. It must consist of at least four hours of uninterrupted time away from your home, office, church, car, or place of employment. At least one week prior to your retreat submit a brief outline of what you intend to do during this time. The retreat must be completed by the end of the spring break. Be prepared to discuss your retreat in class on March 22. If the retreat is not completed by the end of spring break then the retreat will need to be 8 hours in length.
4. The learner will experiment with selected disciplines each week beginning early in September and continuing throughout the semester. The student will be expected to have a regular time of Scripture reading and prayer. Students may be called on occasionally to share about their practice of their quiet time.
5. The learner will participate in group life, not only through the group discussions, but also by giving attention to prayer needs emerging and shared throughout the semester. Group members should grow to share requests, report answers/updates, and be available to the Holy Spirit to speak words of encouragement, instruction, challenge or rebuke into the lives of others. Proper participation entails a commitment to attend class. If the student must be out he or she should contact the instructor well before class time.
6. Spiritual Disciplines. Keep a journal for at least two weeks during the semester, journaling at least five times per week. Experiment with at least four other spiritual disciplines during the semester and journal about this (separate from the two weeks of journaling). Your journal will remain private.
7. Memorize assigned Bible verses.
8. Write a three-page, double-spaced reflection paper at the end of the semester. The reflection paper is a first-person synopsis of a personal spiritual formation and discipleship plan relating to the importance of spiritual maturity and spiritual disciplines. The student should write about their perception of meeting in small groups for Christian community and the role of spiritual disciplines/devotional practices such as journaling, scripture memorization, and prayer. Reflect on your activity in various disciplines. The assignment is due on Tuesday, May 3 and should be **emailed** to the instructor. **This assignment is an Embedded Assignment.**

## Evaluation of Grade

This experience is a pass/fail course. Grades will be determined by participation in the class and by the completion of assignments. Repeated failure to submit assignments will result in a failing grade. The final grade decision will be made by the professor.

## Attendance

Students are expected to attend all classes. Absence of more than 3 hours will result in a failing grade. Three tardies will be considered as one hour's absence.

In the event that the normal NOBTS schedule is impacted due to a natural event or epidemic go to the seminary website for information. Our class will continue through our Blackboard site.

Please note announcements and assignments on the Blackboard site in the event one or more of our classes is cancelled.

## Outline of Course

| Reading Assignment           | Scripture Memory Assignment |
|------------------------------|-----------------------------|
| Jan. 18- First Class         |                             |
| Jan. 25- Whitney, chap. 1    | Galatians 2:20              |
| Feb. 1- Whitney, chap. 2     | Psalm 1:1-3                 |
| Feb. 8- Whitney, chap. 3     | Psalm 1:1-3                 |
| Feb. 15- Whitney, chap. 4    | Philippians 4: 6-7          |
| Feb. 22- Whitney, chap. 5    | Philippians 4: 6-7          |
| Mar. 1- No Class- Mardi Gras |                             |
| Mar. 8- Whitney, chap. 6     | Matthew 28:18-20            |
| Mar. 15- Spring Break        | Mar. 14-18                  |
| Mar. 22- Whitney, chap. 7    | 1 Peter 4:10                |
| Mar. 29- Whitney, chap. 8    | Romans 12:1-2               |
| Apr. 5- Whitney, chap. 9     | Romans 12:1-2               |
| Apr. 12- Whitney, chap. 10   | Mark 1:35                   |
| Apr. 19- Whitney, chap. 11   | Hebrews 10:24-25            |
| Apr. 26- Whitney, chap. 12   | Hebrews 10:24-25            |
| May 3- Whitney, chap. 13     |                             |

## Technical Assistance

For assistance regarding technology, consult ITC (504-816-8180) or the following websites:

1. [Selfserve@nobts.edu](mailto:Selfserve@nobts.edu) - Email for technical questions/support requests with the [Selfserve.nobts.edu](http://Selfserve.nobts.edu) site (Access to online registration, financial account, online transcript, etc.)
2. [BlackboardHelpDesk@nobts.edu](mailto:BlackboardHelpDesk@nobts.edu) - Email for technical questions/support requests with the NOBTS Blackboard Learning Management System [NOBTS.Blackboard.com](http://NOBTS.Blackboard.com).
3. [ITCSupport@nobts.edu](mailto:ITCSupport@nobts.edu) - Email for general technical questions/support requests.
4. [www.NOBTS.edu/itc/](http://www.NOBTS.edu/itc/) - General NOBTS technical help information is provided on this website.

## Writing Style Guide

A copy of the approved NOBTS Style Guide can be found in the course Blackboard shell, or can be located online at the Writing Center's page on the seminary website at:

[https://www.nobts.edu/\\_resources/pdf/writing/StyleGuide.pdf](https://www.nobts.edu/_resources/pdf/writing/StyleGuide.pdf)

## **Help for Writing Papers at “The Write Stuff”**

NOBTS maintains a Writing Center designed to improve English writing at the graduate level. Students can receive writing guides, tips, and valuable information to help in becoming a better writer.

## **Plagiarism on Written Assignments**

NOBTS has a no tolerance policy for plagiarism. Plagiarism in certain cases may result in expulsion from the seminary. See the NOBTS Student Handbook for definition, penalties, and policies associated with plagiarism.

## **Selected Bibliography**

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Coleman, Robert E. *The Master Plan of Discipleship*. Revell, 1987.

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Coppedge, Allan. *The Biblical Principles of Discipleship*. Zondervan, 1989.

Cosgrove, Francis M., Jr. *Essential in Discipleship*. Roper Press, 1985.

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Cully, Iris V. *Education for Spiritual Growth*. Harper & Row, 1984.

Day, R. Alan. *Lordship: What Does It Mean?* Broadman, 1993.

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Edgemon, Roy T. *DiscipleAll*. Convention, 1990.

Eims, LeRoy. *Disciples in Action*. NavPress, 1981.

Fletcher, Jesse C. *Practical Discipleship*. Broadman, 1980.

Foster, Richard J. *Celebration of Discipline*. Harper & Row, 1998.

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Hall, R. Clyde. *Handbook for Youth Discipleship*. Broadman, 1988.

Hanks, Jr. and William A. Shell, eds. *Discipleship: Great Insights from the Most Experienced Disciple Makers*. Zondervan, 1981.

Henrichsen, Walter A. *Disciples Are Made - Not Born*. Victor, 1988.

Horton, Michael. *Christ the Lord*. Baker, 1992.

Hughes, R. Kent. *Disciplines of a Godly Man*. Crossway Books, 1991.

Hull, Bill. *Jesus Christ Disciplemaker*. NavPress, 1984.

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Kincaid, Ron. *A Celebration of Disciplemaking*. SP Publications, 1990.

McClung, Floyd. *Basic Discipleship*. InterVarsity, 1990.

Powell, Paul W. *Beyond Conversion*. Broadman, 1977.

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Thiele, W. Edward. *Fruitful Discipleship*. Insight, 1994.

Whitney, Donald S. *Spiritual Disciplines for the Christian Life*. NavPress, 1991.

Wilkins, Michael J. *Following the Master*. Zondervan, 1992.

Wirt, Sherwood Eliot. *The Inner Life of the Believer*. Here's Life Publishers, 1989.

**RUBRIC FOR GRADING A SUMMATIVE PROJECT – REFLECTION PAPER  
IN THE COURSE DISC5170: SPIRITUAL FORMATION**

**Assignment Description:**

Write a three-page reflection paper at the end of the semester. The reflection paper is a first-person synopsis of a personal spiritual formation and discipleship plan relating to the importance of spiritual maturity and spiritual disciplines. The student should write about their perception of meeting in small groups for Christian community and the role of spiritual disciplines/devotional practices such as journaling, scripture memorization, and prayer.

| <b>Element</b>         | <b>SLOs</b>                                                                                                            | <b>Inadequate<br/>(1 PT)</b>                                                                            | <b>BASIC<br/>(2PTS)</b>                                                                             | <b>COMPETENT<br/>(3 PTS)</b>                                                                                                                             | <b>GOOD<br/>(4 PTS)</b>                                                                                                                        | <b>EXCELLENT<br/>(5 PTS)</b>                                                                                                                        | <b>POINTS</b>          |
|------------------------|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
| UNDER-<br>STANDI<br>NG | Understand the basic marks of personal spiritual disciplines, spiritual growth and discipleship.                       | Shows an inadequate understanding of personal disciplines, spiritual growth and discipleship.           | Shows a minimal understanding of personal disciplines, spiritual growth and discipleship .          | Shows an adequate understanding of personal disciplines, spiritual growth and discipleship. Student lists and explains one or two spiritual disciplines. | Shows a good understanding of personal disciplines, spiritual growth and discipleship. Student lists and explains three spiritual disciplines. | Shows an exemplary understanding of personal disciplines, spiritual growth and discipleship. Student lists and explains four spiritual disciplines. |                        |
| APPLI-<br>CATION       | Develop a positive response to lifelong spiritual growth through the practice of spiritual disciplines.                | Makes poor application to respond to lifelong spiritual growth through spiritual disciplines            | Makes minimal application to respond to lifelong spiritual growth through spiritual disciplines     | Makes one practical applications to respond to lifelong spiritual growth through spiritual disciplines.                                                  | Makes two applications to respond to lifelong spiritual growth through spiritual disciplines.                                                  | Makes three practical application to respond to lifelong spiritual growth through spiritual disciplines.                                            |                        |
| COMMU<br>NI-<br>CATION | Express in writing a personal discipleship plan and lead others in spiritual disciplines within a small group setting. | Used none or an incoherent expression that fails to communicate a plan to help others grow spiritually. | Use of an inconsistent expression that fails to communicate a plan to help others grow spiritually. | Limited expressions that communicate a competent plan to help others grow spiritually by valuing relationships.                                          | Used more than one expression that communicate a good plan to help others grow spiritually by valuing relationships                            | Used two or more expressions that communicate an exemplary plan to help others grow spiritually by valuing relationships.                           | <u>Aver.<br/>Score</u> |