



# Spiritual Formation I

DISC5170-0085

New Orleans Baptist Theological Seminary

M.Div. Korean Program

5:00-5:50 PM, Tuesday

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*The mission of New Orleans Baptist Theological Seminary is to equip leaders to fulfill the Great Commission and the Great Commandments through the local church and its ministries.*

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## Purpose of the Course

The purpose of this course is to provide quality theological training for students in the area of spiritual and character formation with the primary emphasis on the student's personal faith development through the practice of spiritual disciplines.

## Core Value Focus

*Doctrinal Integrity* – Knowing that the Bible is the Word of God, we believe it, teach it, proclaim it, and submit to it. The doctrinal statements used in our evaluations are our Articles of Religious Belief and the Baptist Faith and Message Statement.

*Spiritual Vitality* – We are a worshipping community, with both personal spirituality and gathering together as a Seminary for the praise and adoration of God and instruction in His Word.

*Mission Focus* – We are not here merely to get an education or to give one. We are here to change the world by fulfilling the Great Commission and the Great Commandments through the local church and its ministries.

*Characteristic Excellence* – What we do, we do to the utmost of our abilities and resources as a testimony to the glory of our Lord and Savior Jesus Christ.

*Servant Leadership* – We follow the model of Jesus and exert leadership and influence through the nurture and encouragement of those around us.

Annually, the President will designate a core value that will become the focus of pedagogy for the year. For 2013-2014 academic year that Core Value is *Spiritual Vitality*.

## Curriculum Competencies Addressed

New Orleans Baptist Theological Seminary curriculum is guided by seven basic competencies: biblical exposition, Christian theological heritage, disciple making, interpersonal skills, servant leadership, spiritual and character formation, and worship leadership.

This course will emphasize the following curriculum competencies:

1. *Biblical Exposition*: To interpret and communicate the Bible accurately in regard to spiritual disciplines and their role in the process of spiritual formation.
2. *Disciple Making*: To stimulate church health through mobilizing the church for missions, evangelism, discipleship, and church growth and develop skills in leading discipleship groups and understand the connection between being a disciple and making disciples.
3. *Servant Leadership*: To serve churches effectively through team ministry and understand servant leadership as an essential part of being a fully devoted follower of Christ.
4. *Interpersonal Skills*: To perform pastoral care effectively, with skills in communication and conflict management and view interpersonal skills as a vital aspect of evidence of spiritual formation.
5. *Spiritual and Character Formation*: To provide moral leadership by modeling and mentoring Christian character and devotion. As a ministry leader, intentionally engage in the process of growing in relationship with God and becoming conformed to Christ through the power of the Holy Spirit.

### **Course Description**

This is the first of two semester-long, pass-fail experiences in a faculty-mentored group. The group will meet an hour weekly for accountability, mentoring, and spiritual formation. It will include specific assignments in the selected Christian devotional classics. ***This is a course to be taken during a student's first semester.*** Students registered for DISC5170 should register for DISC5171 (Spiritual Formation 2) ***with the same professor, at the same time, in the semester following DISC5170.***

### **Learning Objectives**

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 of making disciples.
  - The relationship between spiritual maturity and spiritual disciplines.
  - The variety of Christian devotional practices or disciplines.
2. Have a positive response to the following concepts:
  - A life-long intentional devotional discipline for life-long spiritual growth and benefit to the kingdom of God.
  - A meaningful and maturing relationship with God.
  - Christian community in a small group setting.
  - 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.
4. Have an appropriate perception as how to lead small discipleship groups

## **Required Readings**

The following texts and resources are required reading for class discussions and are to be read in accordance with the course assignments.

### **Required Text**

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

도널드 휘트니, *영적 훈련*. 서울: 네비게이토 출판사, 1997.

The Bible, a word-for-word translation such as NKJV, NASB, ESV, or others, not a paraphrase.

### **Optional Textbooks**

Bonhoeffer, Dietrich. *The Cost of Discipleship*. New York, NY: Touchstone, 1995.

Hull, Robert W. *The Complete Book of Discipleship: On Being and Making Followers of Christ*. Colorado Springs, CO: NavPress, 2006.

Bridges, Jerry. *The Pursuit of Holiness* (25th Anniversary ed.). Colorado Springs, CO: Navpress, 2003.

Morley, Patrick. *The Man in the Mirror*. You may want to visit <http://www.maninthemirror.org> for additional resources and readings

George, Timothy and Alister McGrath, eds. *For All the Saints: Evangelical Theology and Christian Spirituality*. Louisville: John Knox Press, 2003.

Wilhoit, James C. *Spiritual Formation as if the Church Mattered: Growing in Christ through Community*. Grand Rapids: Baker Academic, 2008.

Willard, Dallas. *The Spirit of the Disciplines: Understanding How God Changes Lives*. San Francisco: Harper and Row, 1988.

## **Course Teaching Methodology**

### **Units of Study**

The topics of study that will be covered in the course are as follows: prayer, meditation, Scripture reading, holiness, simplicity, the work of the Holy Spirit, spiritual gifts, service, witnessing, fasting, and disciple-making.

### **Teaching Method**

This course 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 exercises of various habits, practices, and disciplines; discernment and enlistment of, as well as time spent with an accountability partner; reflection and journaling of

the spiritual journey; and the use of an integration paper to capture the various exercises, ideas, etc., reflecting on God's involvement in spiritual formation.

### **Delivery Format**

The course will be delivered in the semester-long format.

### **Assignments and Evaluation Criteria**

The student is expected to complete the course assignments in the three learning domains: cognitive, affective, and psychomotor.

#### **Cognitive Domain of Learning**

1. *Weekly Textbook Reading* Due: **Each class session**  
Students will read the required text in its entirety by following the weekly reading schedule. Completing reading before each class session is intended to improve understanding of course content and enhance discussion participation. ***Students will be asked to indicate reading percentage of the required text at midterm (Oct 7) and the last class session of the semester (Dec 2).*** The professor reserves the right to monitor reading through a variety of means, such as class assignments, discussion questions, reading percentage, etc. if students do not seem to be prepared for class.
2. *Spiritual Discipline Reading Contract* Due: **Sep 9** and **Dec 2**  
Students will complete a reading contract of 50 additional pages, focusing on any one particular spiritual discipline of his/her individual interest. Those pages can come from texts, chapters of texts, journal articles, online articles, even from page estimates related to audio or visual resources. However, websites, blogs, and other unpublished materials are excluded. ***Submit a bibliography of sources with page numbers and reading schedule by Sep 9, 2013.*** Completion of Reading Contract is by **Dec 2, 2013**.

#### **Affective Domain of Learning**

3. *Spiritual Reflection Journal* Due: **Oct 7** and **Dec 2**  
Students will journal his/her spiritual journey, reaction to ideas, experiences through exercises, conversations with God, etc. throughout the semester. Journaling simply means keeping a record of your experiences and the insights you have gained along the way. The journal is personal to the student and will not be viewed by the professor.  
***At two assigned dates during the semester, the student will bring the spiritual reflection journal to the class session*** for the purpose of the professor documenting the student's progress. Students will be asked to indicate the total number of journal entries recorded (***a minimum of 5 entries per week***). A student should complete a minimum of thirty (30) entries by Oct 7 and an additional thirty-five (35) entries between midterm and Dec 2, equaling a total of 65 entries for the semester. Entries should be completed weekly, not in bulk.
4. *Integration Paper* Due: **Dec 2, 2013**  
Students will prepare a 4-5 page, double-spaced (Times New Roman 12pt font), first-person integration paper. The paper should allow the student opportunity to integrate life experiences during this semester, textbook ideas, spiritual exercises, journal notes,

insights from accountability meetings and other class students, prayer journey, and personal interaction that occurs along the way. **Note: This paper must be turned in ON TIME in order to earn a passing grade in the course.**

### **Psychomotor Domain of Learning**

5. *Spiritual Discipline*

Duration: **August – December**

Students will experiment with selected disciplines each week beginning the first week of September and continuing throughout the semester. A required discipline during semester is **Bible Reading** and then (**student's choice**); each student may select an additional spiritual discipline of interest. Each student may select a Bible reading schedule in alignment with current devotional readings or a selected discipline or course reading contract, or other interest. Note: Selecting your Bible reading on the same topic as your course reading contract topic and the same as the spiritual discipline you will practice this semester is encouraged so your focus is unified on one topic for all three course assignments. However, this method of selection is not required.

6. *Accountability Partner Meetings*

Duration: **Sep 9 – Nov 25**

Students will discern and enlist an accountability partner who meets the requirements of “full of grace, wisdom, and the Holy Spirit.” The accountability partner should be at least one step ahead of the student along his/her spiritual journey and should *not* be a spouse or fellow student in this or a similar Spiritual Formation section. The student will meet with the accountability partner for **at least 30 minutes a week** beginning the first week of February and continuing throughout the semester. The student should reserve one page per week in his/her journal to debrief the weekly accountability meeting. The accountability partner should be identified and enlisted **before** student arrives for class session, **Sep 9** and be available to the student through the week of Nov 25. The student should provide the professor a written statement identifying the accountability partner, title, relationship, and **a tentative schedule of meeting times for the semester**, etc. no later than Sep 9 class session.

7. *Leading Class Session*

Due: **Assigned by professor**

Students are expected to contribute to class discussions of the spiritual formation group and be prepared to discuss the assigned reading for the class period as well as **assuming leadership for the group discussion at least once during the semester**. In addition to leading a class discussion, students will **pray for their classmates weekly** and volunteer to **lead the class in prayer** at least once during the semester.

8. *Class Participation*

Due: **Each class session**

Students are expected to participate fully 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 their peers. Participation is required for every class session due to the interactive learning and discussion format of the course. This portion of the course grade will be evaluated by the professor with regard to attendance, meaningful participation, and evidence of discussion engagement and spiritual formation. **All**

**students begin with 100 and the class participation grade will be reduced 5 points for each absence and/or when students fail to contribute to the class discussion or adhere to the NOBTS Student Handbook policies.**

## Course Policies

### **Spiritual Formation Group Covenant**

- We will pray for one another on a regular basis.
- We will make prayer a priority.
- We will keep in confidence what is said in the class sessions.
- We will commit to majoring on listening and understanding rather than judging and giving advice.
- We will make a diligent effort to share openly and honestly.
- We will prepare for each class meeting conscientiously by reading chapters and analyzing content.
- We will work toward agreement regarding the practice of a basic level of spiritual disciplines for which we will be accountable to one another.

### **Assignment Submission**

All assignments are to be submitted by the designated due date. Assignments not submitted *by the designated due date* are considered *late* and late assignments will incur ***an initial 10-point penalty and accumulate a one-point penalty for each additional day.*** Late assignments are due no later than the final day of class, *no exceptions.* ***If all course assignments are not received by the final day of class, a grade of zero is automatically earned for the missing assignments.*** Assignments should **not** be e-mailed to professors.

### **Assignment Format**

All assignments are to be typed, double-spaced with 12-point font (Times New Roman preferred) and 1-inch margins unless otherwise indicated. Assignment pages should be submitted with a Turabian format cover page that includes name, date of submission and assignment title. A Turabian style guide is available in the NGA library and located on the NOBTS web site <http://www.nobts.edu/resources/pdf/Extensions.Old/turabiantutor7thjan08.pdf>.

### **Academic Integrity**

Each student is responsible for the academic integrity of his/her work. The following are examples of violations of academic integrity: plagiarism, turning in work done by someone else, submitting a paper which has been submitted for another course, and cheating on a quiz or exam. These and other violations of academic integrity may result in a failure of the course.

**\*Netiquette: *Appropriate Online Behavior.*** Each student is expected to demonstrate appropriate Christian behavior when working online on Discussion Boards or whenever interaction occurs through web, digital, or other electronic medium. The student is expected to interact with other students in a fashion that will promote learning and respect for the opinions of others in the course. A spirit of Christian charity is expected at all times in the online environment.

**\*Blackboard Discussion Boards will not be used for this course; only class meetings.**

### **Absences**

Class attendance is essential for effective learning. Class periods missed because of late enrollment will be counted as absences. Arriving late to class or leaving class early will count as ½ of an absence. Therefore, two late arrivals or early departures from class are considered the one allowable class session absence. According to the NOBTS Catalog, the maximum number of absences without failure for a 1-hour course meeting bi-weekly is two class sessions. A grade of “F” will be assigned to students who fail to attend class to adhere to the NOBTS graduate attendance policy.

**Grading Scale**

A 100-93      B 92-85              C 84-77              D 76-70              F 69 and below

**Course Evaluation**

The course is offered on a pass-fail basis. The professor will prescribe a “P” or “F” for the student’s final grade based upon the student’s satisfactorily completion of the following:

- Textbook Readings
- Spiritual Discipline Reading Contract
- Spiritual Reflection Journal
- **Integration Paper (must be submitted on time to earn a passing grade)**
- Practice of Spiritual Disciplines (Bible reading and student’s choice)
- Accountability Partner Meetings
- Leading Class Session
- Discussion Participation (includes leading one class devotion & prayer)

**Course Schedule**

Tentative Class Session Schedule\*

<b>Class Session</b>	<b>Class Session Topic</b>	<b>Assignments Due</b>	<b>Person Leading Class Session</b>
Aug 18	Introduction to Course Distribute syllabus	<i>Volunteer to lead a class devotion</i> Read Preface & Chapter 1	Professor
Aug 25	Ch. 1 Purpose of Spiritual Disciplines	Read Chapter 2	
Sep 1	<b>Labor Day; No Class</b>	Read Chapter 3	
Sep 8	Ch. 2 The Word of God	Read Chapter 4 Meet with accountability partner <b><i>Reading Contract Bibliography Due</i></b> <b><i>Accountability Partner enlisted &amp; Tentative meeting schedule established</i></b>	
Sep 15	Ch. 3 The Word of God	Read Chapter 5 Meet with accountability partner	
Sep 22	Ch. 4 Prayer	Read Chapter 6 Meet with accountability partner	
Sep 29	Ch. 5 Worship	Meet with accountability partner <b><i>Bring Spiritual Journal to Class</i></b>	

		(min. 30 entries) <b>Reading Verification of Chs. 1-6</b>	
Oct 6	Ch. 6 Evangelism	Read Chapter 7	
Oct 13	<b>Fall Break; No Class</b>	Meet with accountability partner	
Oct 20	Ch. 7 Service	Meet with accountability partner Read Chapter 8	
Oct 27	Ch. 8 Servanthood	Meet with accountability partner Read Chapter 9	
Nov 3	Ch. 9 Practice of Secrecy	Meet with accountability partner Read Chapter 10	
Nov 10	Ch. 10 Journal Writing	Read Chapter 11	
Nov 17	Ch. 11 Learning	Read Chapter 12 Meet with accountability partner	
Nov 24	<b>Thanksgiving Break; No Class</b>	Meet with accountability partner	
Dec 2	Ch. 12 Persistence	<b>Reading Contract Due completed by class time</b> <b>Integration Paper Due</b> <b>Reading Verification of Chs. 7-12</b> <b>Bring Spiritual Journal to Class</b> (min. of 35 additional entries)	
Dec 8	Conclusion		

\*The professors reserve the right to make changes to the schedule as needed.

\*\*Students are responsible for all assigned readings. All readings may not be covered in class.

## Selected Bibliography

- Henrichsen, Walter A. *Disciples Are Made—Not Born*. Wheaton, IL: Victor, 1988.
- Ogden, Greg. *Discipleship Essentials: A Guide to Building Your Life in Christ*. Downers Grove, IL: InterVarsity Press, 2007.
- Ortberg, John. *The Life You've Always Wanted: Spiritual Disciplines for Ordinary People*. Grand Rapids, MI: Zondervan, 2002.
- Peterson, Eugene H. *A Long Obedience in the Same Direction*. Downers Grove, IL: InterVarsity, 2000.
- \_\_\_\_\_. *Eat This Book: A Conversation in the Art of Spiritual Reading*. Grand Rapids, MI: Eerdmans, 2006.
- \_\_\_\_\_. *Leap Over A Wall: Earthly Spirituality for Everyday Christians*. San Francisco, CA: Harper Collins, 1997.
- \_\_\_\_\_. *Living the Resurrection: The Risen Christ in an Everyday Life*. Colorado Springs, CO: NavPress, 2006.
- Piper, John. *The Dangerous Duty of Delight*. Portland, OR: Multnomah Publishers, 1996.
- \_\_\_\_\_. *Desiring God*. Portland, OR: Multnomah Publishers, 1996.
- \_\_\_\_\_. *A Godward Life*. Portland, OR: Multnomah Publishers, 2001.
- Piper, John and Taylor, Justin, eds. *Stand: A Call for Endurance of the Saints*. Wheaton, IL: Crossway Books, 2008.
- Scazzero, Peter. *Emotionally Healthy Spirituality: Unleash The Power of Authentic Life in Christ*. Nashville, TN: Thomas Nelson, 2006.
- Whitney, Donald S. *Simplify Your Spiritual Life: Spiritual Disciplines for the Overwhelmed*. Colorado Springs, CO: NavPress, 2003.
- \_\_\_\_\_. *Spiritual Disciplines for the Christian Life*. Colorado Springs, CO: NavPress, 1991.
- \_\_\_\_\_. *Ten Questions to Diagnose Your Spiritual Health*. Colorado Springs, CO: NavPress, 2001.
- Wilhoit, James C. *Spiritual Formation as if the Church Mattered: Growing in Christ through Community*. Grand Rapids, MI: Baker Academic, 2008.