

## **CMCM1110: Personal Spiritual Disciplines**

New Orleans Baptist Theological Seminary

Center for the Americas

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### **Course Description**

The purpose of this course is to introduce students to the spiritual disciplines of the Christian life. The emphasis is on the practice of these disciplines in the daily lives of the students.

### **Student Objectives**

By the end of the semester, the student will:

1. Understand the biblical basis of discipleship and the call of God upon every person's life to be disciple.
2. Comprehend the classical Christian disciplines and understand the practice of these disciplines.
3. Internalize these disciplines in order to facilitate personal Christian growth.
4. Be prepared for further study in the area of Christian discipleship.

### **Textbooks**

Foster, Richard J. *Celebration of Discipline: The Path to Spiritual Growth*. San Francisco: Harper, 2002.

Whitney, Donald S. *Ten Questions to Diagnose Your Spiritual Health*. Colorado Springs: Navpress, 2002.

### **Course Methodology**

The course will mainly consist of small group meetings at which various matters will be discussed, including one's own spiritual growth and the implementation of spiritual disciplines in one's life.

### **Course Requirements**

1. Each student will be required to read the assigned chapter from the required text before coming to class.
2. The student will be encouraged to practice two spiritual disciplines unfamiliar to him/her throughout the term. The student will write and turn in two (2), two page reflection papers, one (1) per discipline, due one week before the final examination.
3. Students will seek Biblical, Patristic and Historical evidence for the Spiritual Disciplines discussed in class.
4. Students will acquire knowledge of the current trends in Christian Spirituality.
5. Students will read sections of key writings of Christian Spirituality and Mysticism across the centuries.

## **Attendance Policy**

The class will adhere to the attendance policy stated in the catalog. Any student missing more than three hours will receive an automatic grade of F for the course, unless excused by the Dean of Leavell College. Three tardies will count as one absence.

## **Evaluation**

25%	Attendance/Participation
25%	Summaries (2)
25%	Midterm
25%	Final

## **Class Schedule**

August 19:	Introduction
August 26:	Foster
September 2:	Foster
September 9:	Foster
September 16:	Foster
September 23:	Foster
September 30:	Foster/Review
October 7:	Midterm Evaluation
October 21:	Whitney
October 28:	Whitney
November 4:	Whitney
November 11:	Whitney
November 18:	Whitney
December 2:	Whitney/Review
December 9:	Final Examination

## **Selected Bibliography:**

Barna, George. *Growing True Disciples: New Strategies for Producing Genuine Followers of Christ*. Colorado Springs, CO: Waterbrook Press, 2001.

Bennett, Ron and John Purvis. *The Adventure of Discipling Others: Training in the Art of Disciplemaking*. Colorado Springs, CO: NavPress, 2003.

Biehl, Bobb. *Mentoring: Confidence in Finding a Mentor and Becoming One*. Nashville: Broadman and Holman, 1996.

Bonhoeffer, Dietrich. *The Cost of Discipleship*. Translated by R.H. Fuller. 2d rev. ed. New York: Macmillan, 1963.

Bridges, Jerry. *The Pursuit of Holiness*. Colorado Springs, CO: NavPress, 1978.

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- Bridges, Ronald F. *Disciplines of the Devoted Heart*. San Bernardino, CA: Here's Life Pub., 1991.
- Brown, Joe. *Battle Fatigue*. Nashville: Broadman and Holman, 1995.
- Coleman, Robert E. *The Master Plan of Evangelism*. Old Tappan, NJ: Fleming H. Revell, 1963.
- \_\_\_\_\_. *The Master Plan of Discipleship*. Old Tappan, N.J: Fleming H. Revell, 1987.
- Coppedge, Allan. *The Biblical Principles of Discipleship*. Zondervan, 1989.
- Eims, Leroy. *The Lost Art of Disciplemaking*. Colorado Springs, CO: NavPress, 1978.
- Elliot, Elisabeth. *Discipline, The Glad Surrender*. Old Tappan, NJ: Fleming H. Revell, Co., 1982.
- Foster, Richard J. *Celebration of Discipline*. New York: Harper & Row, 1978.
- \_\_\_\_\_. *The Challenge of the Disciplined Life: Christian Reflections on Money, Sex & Power*. San Francisco: HarperSanFrancisco, 1985.
- \_\_\_\_\_. *Prayer: Finding the Heart's True Home*. San Francisco: Harper, 1999.
- Getz, Gene A. *The Walk: The Measure of Spiritual Maturity*. Nashville: Broadman & Holman, 1994.
- Green, Michael and R. Paul Stevens. *New Testament Spirituality: True Discipleship and Spiritual Maturity*. Guildford, Surrey, Great Britain: Eagle, 1994.
- Hanks, Billy, Jr. and William A. Shell, eds. *Discipleship: The Best Writings from the Most Experienced Disciple Makers*. Grand Rapids: Zondervan, 1981.
- Heim, Pamela. *Nurturing Intimacy with God*. Nashville: Thomas Nelson Pub., 1990.
- Henrichsen, Walter A. *Disciples Are Made - Not Born*. Victor, 1988.
- Houston, James. *The Mentored Life: From Individualism to Personhood*. Colorado Springs, CO: NavPress, 2001.
- Hughes, R. Kent. *Disciplines of a Godly Man*. Wheaton, IL: Crossway Books, 1991.
- Hull, Bill. *The Disciple-Making Church*. Old Tappan, N.J: Fleming H. Revell, 1998.
- \_\_\_\_\_. *Jesus Christ Disciple-Maker*. Colorado Springs, CO: NavPress, 1984.

- Hybels, Bill. *Honest to God*. Grand Rapids: Zondervan, 1990.
- Hybels, Bill. *Too Busy Not to Pray*. Downers Grove, IL: InterVarsity Press, 1988.
- Kelley, Rhonda H. *Divine Discipline*. Gretna, LA: Pelican Pub., 1992.
- Klug, Ronald. *How to Keep a Spiritual Journal: A Guide to Journal Keeping for Inner Growth and Personal Recovery*. Augsburg Fortress, 1993.
- Koessler, John. *True Discipleship: The Art of Following Jesus*. Chicago: Moody Publishers, 2003.
- Liddell, Eric. *The Disciplines of the Christian Life*. Nashville: Abingdon Press, 1985.
- Littleton, Mark R. *Delighted by Discipline*. Wheaton, IL: Victor Books, 1990.
- Martin, Glen. *Beyond the Rat Race*. Nashville: Broadman and Holman, 1995.
- Martin, Glen and Dian Ginter. *Drawing Closer: A Step-by-Step Guide to Intimacy with God*. Nashville: Broadman and Holman, 1995.
- Masters, LaVonne. *Memorize and Meditate*. Nashville: Thomas Nelson Pub., 1991.
- McDonald, Gordon. *Ordering Your Private World*. Nashville: Oliver Nelson Pub., 1984.
- \_\_\_\_\_. *Rebuilding Your Broken World*. Nashville: Oliver Nelson, 1988.
- \_\_\_\_\_. *Renewing Your Spiritual Passion*. Nashville: Oliver Nelson Pub., 1989.
- \_\_\_\_\_. Maxie Dunnam, and Donald McCollough. *Mastering Personal Growth*. Sisters, OR: Multnomah Press, 1992.
- McIntosh, Gary. *Biblical Church Growth: How You Can Work with God to Build a Faithful Church*. Grand Rapids: Baker, 2003.
- \_\_\_\_\_. *The Exodus Principle: A 5-Part Strategy to Free Your People for Ministry*. Nashville: Broadman and Holman, 1995.
- McIntosh, Gary and Glen Martin. *Finding Them, Keeping Them: Effective Strategies for Evangelism and Assimilation in the Local Church*. Nashville: Broadman Press, 1992.
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- Miller, Keith. *A Taste of New Wine*. Waco, TX: Word Books, 1965.
- \_\_\_\_\_. *Habitation of Dragons*. Waco, TX: Word Books, 1970.
- Mulholland, M. Robert, Jr. *Invitation to a Journey: A Road Map for Spiritual Formation*. Downers Grove, IL: InterVarsityPress, 1993.
- Ogden, Gregory J. *Transforming Discipleship: Making Disciples a Few at a Time*. Downers Grove, IL: InterVarsity, 2003.
- \_\_\_\_\_. *Discipleship Essentials: A Guide to Building Your Life in Christ*. Downers Grove, IL: InterVarsity, 1998.
- Petersen, Jim. *Lifestyle Discipleship: The Challenge of Following Jesus in Today's World*. Colorado Springs: NavPress, 1993.
- Peterson, Eugene H. *Subversive Spirituality*. Jim Lyster and John Sharon, eds. Reprint ed. Vancouver: Regent College Bookstore, 1994.
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- Swindoll, Charles R. *Dropping Your Guard*. Waco, TX: Word Books, 1983.
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