

## **CMCM1110: Personal Spiritual Disciplines**

New Orleans Baptist Theological Seminary

Center for the Americas

Prof: Dr. David R. Lema, Jr

Fall 2012 (Term 113) – Monday 5:00-5:55 p.m.

Leavell College

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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.
5. Read systematically the Bible through the Guided Reading Plan.

### **Textbooks**

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

\_\_\_\_\_. *Spiritual Disciplines for the Christian Life*. Colorado Springs: Navpress, 1991.

### **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. The student will attend and participate in the small group sessions. The groups will be a time of reflection upon what has been studied. A major emphasis will be placed upon time spent in prayer during the meetings.
2. Each student will be required to read the assigned chapter from the required text before coming to class.
3. The student will keep a personal spiritual journal during the semester (5 days per week). The journal will include, but is not limited to, daily reflections from quiet times, recordings of one's personal Bible study plan, reflections from the disciplines; thoughts from the small group sessions, and other materials. The journal will be checked at the mid-term and the last week of class.
4. The student will be encouraged to practice the disciplines of Bible study,

prayer, journaling, and scripture memorization during this semester and write and turn in a two page reflection paper on the semester experience.

5. Each student will read the Bible systematically using a *Guided Reading Plan* of their choice.

6. Each student will register in Blackboard and participate in the discussion questions for each week. These questions will pertain to the reading material and class discussions and will constitute additional work for the course which is to be done online.

### **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 and participation in Blackboard
25%	Required Bible and textbook reading
25%	Journal
25%	Reflection Paper

### **Class Schedule**

August 20:	Introduction
August 27:	Chapter 1
September 3:	Labor Day – NO CLASSES
September 10:	Chapter 2
September 17:	Chapter 3
September 24:	Chapter 4
October 1:	Chapter 5
October 8:	Chapter 6
October 15:	Fall Break Begins – NO CLASSES
October 22:	Chapter 7
October 29:	Chapter 8
November 5:	Chapter 9
November 12:	Discussion and Dialogue
November 19:	Thanksgiving Week – NO CLASSES
November 26:	Reflection Paper Due; Discussion and Dialogue
December 3:	Perspectives in Discipleship
December 10:	Final class meeting and Evaluation

### **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.
- \_\_\_\_\_. *The Practice of Godliness*. Colorado Springs, CO: NavPress, 1983.
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- 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.

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- 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.
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- \_\_\_\_\_. *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.
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- 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.
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- Ogden, Gregory J. *Transforming Discipleship: Making Disciples a Few at a Time*. Downers Grove, IL: InterVarsity, 2003.
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