

**DISC 5170**  
**SPIRITUAL FORMATION 1**  
New Orleans Baptist Theological Seminary  
Graceville Extension Center  
Fall 2009/2010  
Dr. Bradley Rushing

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Monday, 11:00-12:00 ct, 1 hr.

**MISSION STATEMENT**

The mission of the 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.

**PASTORAL MINISTRIES DIVISION MISSION STATEMENT**

To prepare leaders by the development of the skills necessary for performing pastoral ministries, primarily within the context of the Church, and to assist churches, organizations, and individuals through the engagement of spiritual disciplines and spiritual gifts.

**CORE VALUE FOCUS**

Spiritual Vitality

**CURRICULUM COMPETENCIES ADDRESSED**

Spiritual and Character Development

**COURSE DESCRIPTION**

This is the first of 2 semester-long, pass/fail experiences in a faculty-mentored group. The journey will include elements such as accountability, mentoring, discussion, and spiritual formation with the help of others. There will be specific assignments from a variety of Christian devotional practices. This course is designed to be taken during a student's first Fall semester.

**STUDENT LEARNING OUTCOMES**

1. The learner will grow in his/her biblical understanding of spiritual maturation (what is referred to as discipleship).
2. The learner will be challenged to develop a strong personal commitment to a discipling lifestyle.
3. The learner will develop skills in leading discipleship groups and consider such groups as a part of the discipleship strategy of a local church ministry.

**COURSE TEACHING METHODOLOGIES**

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

## **TEXTBOOK**

Whitney, Donald S. *Spiritual Disciplines for the Christian Life*. Grand Rapids: NavPress, 1997. ISBN: 1576830276

## **COURSE REQUIREMENTS**

1. The learner will follow a reading schedule to read the textbook and participate in a discussion formulated of salient features of the content. The learner will also follow the daily Bible reading as assigned in the Bible reading plan. (Given the first day of class.)
2. Students will present an idea to the professor concerning a short-term experiential project in a selected spiritual discipline and present an oral report to the class concerning your experience.
3. The learner will journal her/his spiritual journey, reaction to ideas, experiences through exercises, conversations with God, etc. throughout the semester. The journal will be the learner's sole property and will NOT be turned into faculty. The learner will be asked to provide a written (email) statement as to the fulfillment of this course expectation and will utilize the material in the final class project. The learner will also give in this email statement the percent of Bible reading which was completed.
4. The learner will design and prepare a 4-5 page, double spaced, 1<sup>st</sup> person integration paper. The paper should allow the students opportunity to integrate life experiences during this season, text ideas, spiritual exercises, journal notes, insights from other class students, prayer journey, and personal interaction that occurs along the way. The paper is Due November 30, 2009.

## **COURSE EVALUATION**

This experience is a pass/fail course. Graders will be determined by participation in the reading, discussions, and on-line prayer community, experimentation with various spiritual disciplines, and completion/ submission of the integration paper. The final grade decision will be made by the professor.

### **Class Schedule**

- August 17: Syllabus and Class Introduction, Read pp.15-24
- August 24: Discuss ch. 1 "Spiritual Disciplines for the Purpose of Godliness," Read pp. 27-39
- August 31: Discuss ch.2 "Biblical Intake (Pt.1)," Read pp. 41-64
- September 7: No Class (Labor Day)
- September 14: Discuss ch.3 "Bible Intake (Pt. 2)," Read pp. 65-83
- September 21: Discuss ch.4 "Prayer," Read pp. 85-97
- September 28: Discuss ch. 5 "Worship," Read pp. 99-114
- October 5: Discuss ch. 6 "Evangelism," Read pp. 115-129
- October 12: Library Day (Discover and read an article discussing one of the disciplines discussed in our textbook; write a one page review on the article. To be turned in on Oct. 26).

- October 19: No Class (Fall Break)
- October 26: Discuss ch.7 “Serving,” Read pp. 131-157
- November 2: Discuss ch.8 “Stewardship,” Read 159-180
- November 9: Discuss ch.9 “Fasting,” Read pp. 181-203
- November 16: Discuss ch. 10 “Silence and Solitude,” Read pp. 205-221
- November 23: No Class (Thanksgiving Break)
- November 30: Discuss ch. 11 “Journaling” Read pp. 223-234
- December 7: Discuss ch. 12 “Learning” Read pp. 235-249
- December 14: Discuss ch. 13 “Perseverance in the Disciplines”

## Fall Semester Bible Reading Plan September 1, 2009 – December 19, 2009

### SEPTEMBER

- 1 Genesis 1:1-2:25, Matthew 1:1-25, Psalm 1:1-6, Proverbs 1:1-4
- 2 Genesis 3:1-4:26, Matthew 2:1-23, Psalm 2:1-6, Proverbs 1:5-6
- 3 Genesis 5:1-6:2, Matthew 3:1-17, Psalm 2:7-12, Proverbs 1:7
- 4 Genesis 7:1-9:7, Matthew 4:1-20, Psalms 3:1-8, Proverbs 1:8-9
- 5 Genesis 9:8-10:32, Matthew 4:21-5:12, Psalm 4:1-8, Proverbs 1:10-14
- 6 Genesis 11:1-12:20, Matthew 5:13-32, Psalm 5:1-6, Proverbs 1:15-16
- 7 Genesis 13:1-15:6, Matthew 5:33-6:4, Psalm 5:7-12, Proverbs 1:17-19
- 8 Genesis 15:7-17:27, Matthew 6:5-24, Psalm 6:1-5, Proverbs 1:20-23
- 9 Genesis 18:1-19:22, Matthew 6:25-7:12, Psalm 6:6-10, Proverbs 1:24-27
- 10 Genesis 19:23-21:21, Matthew 7:13-8:4, Psalm 7:1-8, Proverbs 1:28-31
- 11 Genesis 21:22-23:20, Matthew 8:5-27, Psalm 7:9-17, Proverbs 1:32-33
- 12 Genesis 24:1-54, Matthew 8:28-9:17, Psalm 8:1-9, Proverbs 2:1-5
- 13 Genesis 24:55-26:11, Matthew 9:18-38, Psalm 9:1-6, Proverbs 2:6-8
- 14 Genesis 26:12-27:29, Matthew 10:1-20, Psalm 9:7-12, Proverbs 2:9-10
- 15 Genesis 27:30-29:12, Matthew 10:21-42, Psalm 9:13-20, Proverbs 2:11-15
- 16 Genesis 29:13-30:43, Matthew 11:1-19, Psalm 10:1-6, Proverbs 2:16-19
- 17 Genesis 31:1-55, Matthew 11:20-12:8, Psalm 10:7-12, Proverbs 2:20-22
- 18 Genesis 32:1-33:20, Matthew 12:9-37, Psalm 10:13-18, Proverbs 3:1-2
- 19 Genesis 34:1-35:29, Matthew 12:38-13:9, Psalm 11:1-3, Proverbs 3:3-4
- 20 Genesis 36:1-43, Matthew 13:10-35, Psalm 11:4-7, Proverbs 3:5-6
- 21 Genesis 37:1-38:30, Matthew 13:36-58, Psalm 12:1-5, Proverbs 3:7-8
- 22 Genesis 39:1-41:7, Matthew 14:1-21, Psalm 12:6-8, Proverbs 3:9-10
- 23 Genesis 41:8-42:4, Matthew 14:22-15:9, Psalm 13:1-6, Proverbs 3:11-12
- 24 Genesis 42:5-43:14, Matthew 15:10-39, Psalm 14:1-7, Proverbs 3:13-14
- 25 Genesis 43:15-44:34, Matthew 16:1-20, Psalm 15:1-5, Proverbs 3:15-16
- 26 Genesis 45:1-46:27, Matthew 16:21-17:13, Psalm 16:1-6, Proverbs 3:17-18
- 27 Genesis 46:28-48:22, Matthew 17:14-18:9, Psalm 16:7-11, Proverbs 3:19-20

- 28 Genesis 49:1-50:26, Matthew 18:10-35, Psalm 17:1-5, Proverbs 3:21-24  
29 Exodus 1:1-2:25, Matthew 19:1-22, Psalm 17:6-12, Proverbs 3:25-26  
30 Exodus 3:1-4:31, Matthew 19:23-20:19, Psalm 17:13-15, Proverbs 27-28

## OCTOBER

- 1 Exodus 5:1-6:30, Matthew 20:20-21:11, Psalm 18:1-6, Proverbs 3:29-32  
2 Exodus 7:1-8:32, Matthew 21:12-27, Psalm 18:7-12, Proverbs 3:33-35  
3 Exodus 9:1-10:20, Matthew 21:28-46, Psalm 18:13-19, Proverbs 4:1-2  
4 Exodus 10:21-12:36, Matthew 22:1-22, Psalm 18:20-24, Proverbs 4:3-4  
5 Exodus 12:37-14:20, Matthew 22:23-46, Psalm 18:25-29, Proverbs 4:5-6  
6 Exodus 14:21-16:20, Matthew 23:1-22, Psalm 18:30-36, Proverbs 4:7-9  
7 Exodus 16:21-18:27, Matthew 23:23-39, Psalm 18:37-42, Proverbs 4:10-13  
8 Exodus 19:1-20:26, Matthew 24:1-14, Psalm 18:43-50, Proverbs 4:14-17  
9 Exodus 21:1-22:20, Matthew 24:15-35, Psalm 19:1-6, Proverbs 4:18-19  
10 Exodus 22:21-24:18, Matthew 24:36-51, Psalm 19:7-14, Proverbs 4:20-22  
11 Exodus 25:1-26:14, Matthew 25:1-13, Psalm 20:1-9, Proverbs 4:23-24  
12 Exodus 26:15-28:14, Matthew 25:14-30, Psalm 21:1-7, Proverbs 4:25-27  
13 Exodus 28:15-29:25, Matthew 25:31-26:5, Psalm 21:8-13, Proverbs 5:1-2  
14 Exodus 29:26-30:38, Matthew 26:6-25, Psalm 22:1-5, Proverbs 5:3-6  
15 Exodus 31:1-32:35, Matthew 26:26-50, Psalm 22:6-10, Proverbs 5:7-8  
16 Exodus 33:1-34:35, Matthew 26:51-75, Psalm 22:11-15, Proverbs 5:9-10  
17 Exodus 35:1-36:19, Matthew 27:1-23, Psalm 22:16-21, Proverbs 5:11-14  
18 Exodus 36:20-37:29, Matthew 27:24-44, Psalm 22:22-26, Proverbs 5:15-17  
19 Exodus 38:1-39:31, Matthew 27:45-66, Psalm 22:27-31, Proverbs 5:18-20  
20 Exodus 39:32-40:38, Matthew 28:1-20, Psalm 23:1-6, Proverbs 5:21-23  
21 Leviticus 1:1-3:17, Mark 1:1-20, Psalm 24:1-10, Proverbs 6:1-3  
22 Leviticus 4:1-5:19, Mark 1:21-45, Psalm 25:1-7, Proverbs 6:4-5  
23 Leviticus 6:1-7:21, Mark 2:1-22, Psalm 25:8-15, Proverbs 6:6-8  
24 Leviticus 7:22-8:36, Mark 2:23-3:12, Psalm 25:16-22, Proverbs 6:9-11  
25 Leviticus 9:1-11:12, Mark 3:13-35, Psalm 26:1-7, Proverbs 6:12-15  
26 Leviticus 11:13-13:17, Mark 4:1-20, Psalm 26:8-12, Proverbs 6:16-19  
27 Leviticus 13:18-14:14, Mark 4:21-41, Psalm Ps 27:1-6, Proverbs 6:20-22  
28 Leviticus 14:15-15:12, Mark 5:1-20, Psalm 27:7-14, Proverbs 6:23-26  
29 Leviticus 15:13-16:34, Mark 5:21-43, Psalm 28:1-5, Proverbs 6:27-29  
30 Leviticus 17:1-19:10, Mark 6:1-20, Psalm 28:6-9, Proverbs 6:30-31  
31 Leviticus 19:11-20:27, Mark 6:21-46, Psalm 29:1-6, Proverbs 6:32-33

## NOVEMBER

- 1 Leviticus 21:1-22:33, Mark 6:47-7:16, Psalm 29:7-11, Proverbs 6:34-35  
2 Leviticus 23:1-24:23, Mark 7:17-37, Psalm 30:1-6, Proverbs 7:1-3  
3 Leviticus 25:1-55, Mark 8:1-21, Psalm 30:7-12, Proverbs 7:4-5  
4 Leviticus 26:1-46, Mark 8:22-9:1, Psalm 31:1-8, Proverbs 7:6-8  
5 Leviticus 27:1-34, Mark 9:2-29, Psalm 31:9-18, Proverbs 7:9-12  
6 Numbers 1:1-54, Mark 9:30-50, Psalm 31:19-24, Proverbs 7:13-17  
7 Numbers 2:1-3:16, Mark 10:1-22, Psalm 32:1-7, Proverbs 7:18-21  
8 Numbers 3:17-4:20, Mark 10:23-45, Psalm 32:8-11, Proverbs 7:22-23  
9 Numbers 4:21-5:31, Mark 10:46-11:11, Psalm 33:1-9, Proverbs 7:24-27  
10 Numbers 6:1-7:29, Mark 11:12-33, Psalm 33:10-17, Proverbs 8:1-3  
11 Numbers 7:30-89, Mark 12:1-27, Psalm 33:18-22, Proverbs 8:4-5  
12 Numbers 8:1-10:10, Mark 12:28-44, Psalm 34:1-7, Proverbs 8:6-7

- 13 Numbers 10:11-11:35, Mark 13:1-20, Psalm 34:8-14, Proverbs 8:8-9
- 14 Numbers 12:1-14:4, Mark 13:21-37, Psalm 34:15-22, Proverbs 8:10-13
- 15 Numbers 14:5-45, Mark 14:1-21, Psalm 35:1-10, Proverbs 8:14-17
- 16 Numbers 15:1-41, Mark 14:22-42, Psalm 35:11-16, Proverbs 8:18-19
- 17 Numbers 16:1-50, Mark 14:43-72, Psalm 35:17-21, Proverbs 8:20-21
- 18 Numbers 17:1-19:8, Mark 15:1-21, Psalm 35:22-28, Proverbs 8:22-24
- 19 Numbers 19:9-21:9, Mark 15:22-47, Psalm 36:1-6, Proverbs 8:25-26
- 20 Numbers 21:10-22:41, Mark 16:1-20, Psalm 36:7-12, Proverbs 8:27-29
- 21 Numbers 23:1-24:25, Luke 1:1-23, Psalm 37:1-6, Proverbs 8:30-31
- 22 Numbers 25:1-26:22, Luke 1:24-56, Psalm 37:7-13, Proverbs 8:32-33
- 23 Numbers 26:23-65, Luke 1:57-80, Psalm 37:14-20, Proverbs 8:34-36
- 24 Numbers 27:1-28:31, Luke 2:1-20, Psalm 37:21-26, Proverbs 9:1-2
- 25 Numbers 29:1-30:16, Luke 2:21-38, Psalm 37:27-33, Proverbs 9:3-6
- 26 Numbers 31:1-54, Luke 2:39-52, Psalm 37:34-40, Proverbs 9:7-9
- 27 Numbers 32:1-42, Luke 3:1-20, Psalm 38:1-8, Proverbs 9:10-12
- 28 Numbers 33:1-56, Luke 3:21-38, Psalm 38:9-14, Proverbs 9:13-15
- 29 Numbers 34:1-35:34, Luke 4:1-21, Psalm 38:15-22, Proverbs 9:16-18
- 30 Numbers 36:1- Deuteronomy 1:46, Luke 4:22-44, Psalm 39:1-6, Proverbs 10:1-2

## DECEMBER

- 1 Deuteronomy 2:1-3:29, Luke 5:1-20, Psalm 39:7-13, Proverbs 10:3-5
- 2 Deuteronomy 4:1-49, Luke 5:21-6:11, Psalm 40:1-5, Proverbs 10:6-8
- 3 Deuteronomy 5:1-6:25, Luke 6:12-36, Psalm 40:6-10, Proverbs 10:9-11
- 4 Deuteronomy 7:1-8:20, Luke 6:37-7:10, Psalm 40:11-17, Proverbs 10:12-14
- 5 Deuteronomy 9:1-10:22, Luke 7:11-35, Psalm 41:1-6, Proverbs 10:15-17
- 6 Deuteronomy 11:1-12:19, Luke 7:36-8:3, Psalm 41:7-13, Proverbs 10:18-21
- 7 Deuteronomy 12:20-14:21, Luke 8:4-25, Psalm 42:1-11, Proverbs 10:22-25
- 8 Deuteronomy 14:22-16:22, Luke 8:26-56, Psalm 43:1-5, Proverbs 10: 26-27
- 9 Deuteronomy 17:1-19:13, Luke 9:1-22, Psalm 44:1-8, Proverbs 10:28-30
- 10 Deuteronomy 19:14-21:23, Luke 9:23-45, Psalm 44:9-16, Proverbs 10:31-32
- 11 Deuteronomy 22:1-23:25, Luke 9:46-62, Psalm 44:17-26, Proverbs 11:1-4
- 12 Deuteronomy 24:1-26:19, Luke 10:1-24, Psalm 45:1-5, Proverbs 11:5-6
- 13 Deuteronomy 27:1-28:14, Luke 10:25-11:4, Psalm 45:6-12, Proverbs 11:7-8
- 14 Deuteronomy 28:15-68, Luke 11:5-28, Psalm 45:13-17, Proverbs 11:9-11
- 15 Deuteronomy 29:1-30:20, Luke 11:29-54, Psalm 46:1-11, Proverbs 11:12-13
- 16 Deuteronomy 31:1-29, Luke 12:1-21, Psalm 47:1-9, Proverbs 11:14-15
- 17 Deuteronomy 31:30-32:52, Luke 12:22-40, Psalm 48:1-7, Proverbs 11:16-18
- 18 Deuteronomy 33:1-34:12, Luke 12:41-59, Psalm 48:8-14, Proverbs 11:19-21
- 19 Joshua 1:1-3:17, Luke 13:1-21, Psalm 49:1-9, Proverbs 11:22-23