

Course Requirements

The student is required to:

1. **Read the textbook** as assigned by the professor and experiment with spiritual disciplines throughout the semester.
2. **Journal regularly**, recording her/his spiritual journey throughout this course. The journal will be the student's sole property and will NOT be turned into faculty. The student will be asked to provide a **typed and signed statement as to the fulfillment of this course expectation. DUE DATE: December 5, at the beginning of the class session.** The student will utilize the journal material in the reflection paper.
3. **Contribute to all class discussions**, small group discussions, and **lead a class discussion** of one chapter (as assigned by the professor).
4. **Dialogue and pray with and for other students** in a supportive environment of community and accountability.
5. **Write and submit a typed three- to five-page** (double-spaced) **reflection paper** including the student's personal evaluation of the **strengths, weaknesses, and goals** concerning his/her spiritual journey. In a final section of the paper, include and explain **at least one major point of impact** that this semester's course has had on your personal discipleship. A cover page is to be used, but do not include an intervening blank page or binder. **DUE DATE: December 5, 2011** (beginning of the class session).

Course Evaluation

This experience is a pass/fail course. Grades will be determined by:

1. Reading textbook and experimenting with spiritual disciplines.
2. Statement of completion of spiritual journal.
3. Class participation and assigned session leadership.
4. Reflection paper.

Additional Requirements

1. For our group to function well and achieve the course objectives, we must respect one another. This means each member should give the following and expect the following from other students:
 - a. **Respect.** Whether we agree or disagree, we will respect one another.
 - b. **Confidentiality.** Unless permission is explicitly given, what is shared in class will stay in class.
 - c. **Freedom/Openness.** Each member must be open to sharing their feelings once they are comfortable with the group.
2. Preparation is minimal but key. Each student should **read the assigned material and journal** their thoughts throughout the week and bring their journal to class so that they can have a shareable record of what they felt and thought during that time as they walked with Christ.
3. The course is offered on a **pass/fail** basis. Apart from completing the reflection paper and journaling, each student will be graded according to how they prepared for class and how they conducted themselves according to the expectations listed in number 1 above.

Course Schedule

Session	Date	Special Topic / Assignment due <i>(Listed reading should be completed PRIOR to the class meeting in order to enhance discussion during the session)</i>
1	8/30	Introduction & Overview
2	9/13	Chapter 1: "We Shall Morph Indeed": <i>The Hope of Transformation</i> Chapter 2: Surprised by Change: <i>The Goal of Spiritual Life</i>
3	9/27	Chapter 3: Training vs. Trying: <i>The Truth About Spiritual Disciplines</i> Chapter 4: A "Dee Dah Day": <i>The Practice of Celebration</i>
4	10/11	Chapter 5: An Unhurried Life: <i>The Practice of "Slowing"</i> Chapter 6: Interrupting Heaven: <i>The Practice of Prayer</i>
5	10/25	Chapter 7: "Appropriate Smallness": <i>The Practice of Servanthood</i> Chapter 8: Life Beyond Regret: <i>The Practice of Confession</i>
6	11/8	Chapter 9: The Guided Life: <i>Receiving Guidance from the Holy Spirit</i> Chapter 10: A Life of Freedom: <i>The Practice of Secrecy</i>
7	11/29	Chapter 11: An Undivided Life: <i>The Practice of Reflection on Scripture</i> Chapter 12: <i>Life with a Well-ordered Heart: Developing Your Own "Rule of Life"</i>
8	12/6	Reflection Paper Due Chapter 13: A Life of Endurance: <i>The Experience of Suffering</i> Review

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