

PT 540 Spiritual Formation
Winter Semester, 2019

INSTRUCTOR: Allan L. Effa, Ph.D. Phone 780-431-5244
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SCHEDULE: Thursdays, 8:30 AM – 12:15 PM, January 24 – April 25, 2019

CREDITS: 3

DESCRIPTION:

A foundational study of the process of making space for the Holy Spirit's work of transformation into the likeness of Christ. It introduces spiritual practices, grounded in the Christian tradition, that sustain and nurture a life-long pursuit of union with God. Includes a prayer retreat. 3 Credits.

We are like eggs at present. And you cannot go on indefinitely being just an ordinary, decent egg. We must be hatched or go bad. - C. S. Lewis



TARGET STATEMENTS:

- A. Knowledge. Students will
- Articulate an understanding of spiritual formation from a biblical and historical perspective.
 - Assess and address current culture in terms of spiritual formation.
 - Articulate their understanding of the role spiritual disciplines play in the faithful life and describe a variety of spiritual disciplines that are part of the Christian tradition.
 - Describe and reflect on the development of their own spiritual formation.
 - Assess and express in writing their weaknesses and strengths as they impact their own spiritual formation.
- B. Character. Students will
- Identify areas of growth in their own spiritual formation.
 - Participate in and practice spiritual disciplines throughout the course.
 - Participate in community as a way to increase an awareness of the value of community in spiritual formation.
 - Reflectively read, note, and incorporate insights into one's personal practice.
- C. Ability. Students will

- Effectively situate spiritual formation in the life of a community as well as for individuals in their personal quest for Christlikeness.
- Be able to introduce tools and resources to help others in their spiritual formation.
- Use spiritual disciplines as a way to further their own spiritual formation.

TEXTBOOKS:

Foster, Richard and James Bryan Smith, eds. *Devotional Classics: Selected Readings for Individuals and Groups*. San Francisco: Harper, 2005.

Nouwen, Henri. *The Way of the Heart: Connecting with God Through Prayer, Wisdom, and Silence*. New York: Ballantine. 1981.

Rolheiser, Ronald. *The Passion and the Cross*. London: Hodder & Stoughton, 2015.

Thompson, Marjorie. *Soul Feast*. Louisville: Westminster John Knox, 2014

Warren, Tish Harrison. *Liturgy of the Ordinary: Sacred Practices in Everyday Life*. Downers Grove, IVP. 2016. BV4817.H37 2016.

Guide for Research and Writing (SBL style). Available on course Web Site

Suggested sites from which to order texts: www.chaptersindigo.ca www.bookdepository.com
www.abebooks.com www.amazon.ca

RECOMMENDED TEXTS:

Mulholland, M. Robert. *Shaped by the Word: The Power of Scripture in Spiritual Formation*. Nashville: Upper Room, 2001.

Peterson, Eugene H. *Eat This Book: A Conversation in the Art of Spiritual Reading*. Grand Rapids: Eerdmans, 2006.

COURSE REQUIREMENTS:

1. Attendance and Participation
Spiritual formation is not an individual, solitary process, but requires interaction and the involvement of many other people in our lives. This is why our class times together are very important. Each student has a role to contribute toward the spiritual formation of the instructor as well as fellow classmates. Like worship, it is a “work of the people.” Not only should students strive to be physically present in the classroom, but devote their full attention to what is going on there, by minimizing distractions from email, phone messages, web surfing, etc. Students are also expected to make every effort to participate in the retreat at Rabbit Hill Baptist Church on **Saturday, March 9, from 9 AM – 3:30 PM.**
2. Nouwen’s *The Way of the Heart*. Students should complete the reading and submit a 600 – 800 word reflection on the reading. A suggested format would be to choose three

quotes from the book and then write a response on how those quotes address you and consider what they are inviting you toward. We will share these with each other in class.

Overview:

- Assignment accommodates knowledge and character target statements.
- Assignment develops competencies in Leadership, Proclamation, Shepherding, Faithfulness and Presence.

Assignment addresses requirements in Outcomes #1, #4, #5, #6, #9

Due February 7 by class time at 8:30 AM.

3. Reading Log and Blogs

Students will submit a reading log of a minimum of 250 pages from Richard Foster and James Bryan Smith's *Devotional Classics*. Use the template on page 9 of this syllabus. This reading log is due **April 4, 2019**. Each student will also write two reflective blogs in response to two selected articles in *Devotional Classics*. The point of reflection may be either personal (how you are addressed or challenged by the article), or cultural (how does the article critique, inform or challenge the predominant culture?). These blogs should be 500 – 750 words and should be posted in the forum section so classmates are able to read them. These are due **February 21 and March 21, 2019**.

Overview:

- Assignment accommodates knowledge, character and ability target statements.
- Assignment develops competencies in Presence, Exegesis, Shepherding and Faithfulness.

Assignment addresses requirements in Outcomes #1, #3, #4, #5, #8

4. Thompson Book Review

Students will submit a reflective review of Thompson's book, by responding to each of the nine chapters in her book. This is not a summary or critique of the book, but a personal response. Write a paragraph of 300 – 400 words in response to each chapter (total review should be between 2,700 – 3,600 words) reflecting on how the chapter addressed you personally. What strengths did it affirm? What weaknesses did it reveal? What practices did you find yourself drawn toward?

Offer a brief concluding paragraph summarizing the impact this reading has had on your thinking and cultivation of Christian Spirituality. Conclude by articulating your vision for continued growth and development as a result of this reflective exercise.

This review should follow the template on page 10 of this syllabus and be submitted on **April 11, 2019**.

Note: As part of Taylor Seminary's accreditation process, the faculty is required annually to review anonymized examples of student assignments from selected core courses in our Masters degrees. If you do not wish this assignment to be anonymized and then included in the random sample from which assignments will be chosen for review, please request an abstention from your course instructor.

Overview:

- Assignment accommodates knowledge and character target statements.
- Assignment develops competencies in Presence, Shepherding, Leadership, and Faithfulness.

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- Assignment addresses requirements in Outcomes #1, #3, #4, #5, #6, #9
5. **Internet Reading**
Students will spend a minimum of 7 hours exploring some of the online links related to spiritual formation. These can be accessed on our course web site. This should be documented by means of the reading log on page 8 of this syllabus. For your convenience, the Reading Log is also downloadable in an Excel format on our course web site. Submit this on **April 4, 2019**.
Overview:
 - Assignment accommodates knowledge and ability target statements.
 - Assignment develops competencies in Presence, Exegesis, Shepherding and Faithfulness.
 - Assignment addresses requirements in Outcomes #1, #3, #5

 6. **Lenten Journal – *The Passion and the Cross***
We will adopt this book for daily readings and reflection during the season of Lent, beginning on Ash Wednesday (March 6) and ending on Holy Saturday/Easter Vigil (April 20). Readings are for Monday – Saturday only, with no reading on Sundays. Students will choose 8 significant insights from these readings and share them with everyone in the class. Due Maundy Thursday, **April 18, 2019**.
Overview:
 - Assignment accommodates knowledge and character target statements.
 - Assignment develops competencies in Presence and Faithfulness.
 - Assignment addresses requirements in Outcomes #1, #3, #4, #5

 7. **Ordinary Liturgy Praxis Journal**
Students will develop **two** rituals out of the 11 described in Warren’s book and intentionally look for ways to live out **a different one in each of two given weeks** during the semester. It might be helpful to make a cue card or write it on your hand to remind you throughout the day to cultivate this chosen practice. Students will keep a journal reflecting on the challenges, joys and insights of this practice. The journal should be 1.5-2 double-spaced pages per week for a total of 3-6 pages of reflections. Answer questions such as, “How is this practice shaping your day? How is it changing you? What frustrates you about yourself and the challenge of engaging in this practice? This assignment should be handed in to the instructor at class time on **April 18, 2019**.
Overview:
 - Assignment accommodates knowledge, character and ability target statements.
 - Assignment develops competencies in Presence and Faithfulness.
 - Assignment addresses requirements in Outcomes #1, #3, #4, #5

 8. **Final Examination**
The Final Examination will cover all materials presented in the form of lectures and media as well as the contents of Nouwen’s *The Way of the Heart*. When students write answers that also integrate materials from the texts the instructor is very impressed. Students may consult their Bibles if they are unmarked and contain no inserted pages.
Thursday, April 25, 9:00 – 11 AM (to be confirmed by Registrar’s Office).

LATE ASSIGNMENTS:

Because the *spiritual* life is also a *disciplined* life, all assignments are expected to be completed by their respective due dates. The instructor will not assign grades to any late assignments except where unusual and tragic circumstances lead the students to make arrangements for an extension prior to the deadline.

A NOTE TO AUDITORS:

In order to ensure class participation and enriching discussion, auditors will be expected to complete the assigned readings and participate in discussion of those readings. All other assignments are waived.

GRADING AND COURSE LOAD DISTRIBUTIONS:

Assignment	Percentage	Due Date
Attendance and Participation	10	Weekly
Devotional Classics Reading Log	10	April 4
The Way of the Heart Reflection	5	February 7
Blogs	(2X5) 10	Feb 21 & March 21
Internet Reading Log	10	April 18
Book Review Thompson	15	April 11
Ordinary Liturgy Praxis Journal	10	April 18
Presentation from Lenten Journal	5	April 18
Examination	25	April 25

COURSE OUTLINE:

The Nature of Spiritual Formation
Disciplines and Spiritual Formation
Spiritual Styles and Spiritual Formation
Spiritual Formation in the Congregation
Community and Spiritual Formation
Practices of Prayer
Practices of Scripture Intake
Practices of Spiritual Friendship

COURSE SCHEDULE:

January

24 First meeting of class

31 Read all of *The Way of the Heart* (Nouwen) in one sitting if at all possible; Thompson Intro and Chapter 1

February

7 Read Warren Foreword and Chapter 1; Thompson Ch. 2
Reflection Paper on *The Way of the Heart* due

14 Read Warren Ch. 2; Thompson Ch.3

21 Read Warren Ch. 3, 4; Thompson Ch. 4
Guest Lecturer, Dr. Joyce Bellous on Spiritual Styles (11:00 – 12:15)
First Blog from Foster and Smith due

28 Read Warren Ch. 5, 6; Thompson Ch. 5

March

6 Ash Wednesday – First day of Lent – Begin to Read “The Passion and the Cross”

7 Read Warren Ch. 7, 8; Thompson Ch.6

9 Spiritual Retreat at Rabbit Hill Baptist Church

14 No class in lieu of retreat

15 EP Wahl Lectures with Dr. Joel Thiessen

21 Read Warren, Ch. 9, 10; Thompson Ch. 7
Dr. Ryan Sato, Guest Lecturer – Leading Congregations in Spiritual Formation
Second Blog from Foster and Smith due

28 Reading Week – no classes

April

4 Read Warren, C. 11; Thompson Ch. 8
Internet Log Due
Devotional Classics Reading Log Due

11 **Thompson Review Due**

18 **Ordinary Liturgy Praxis Journal Due**
Presentations from Lenten Journals

20 Holy Saturday – Lenten Journal Exercise ends

25 **Final Examination**

GENERAL INFORMATION:

1. MOODLE

Taylor Seminary’s Moodle is located on a shared platform with our partner seminary, Sioux Falls Seminary. Bookmark this site on your computer for easy, regular access:

<https://moodle.sfseminary.edu>

Moodle log-in is the first initial of your first name and your last name - all in lowercase, with no spaces. For example, if your name is John Calvin, you would log-in as jcalvin

The default enrolment key is the course code (all in lowercase, with no spaces). The course code consists of the course prefix followed by the course number.

For example, Old Testament Introduction's key is: ot417

If you are having trouble logging into Moodle or self-enrolling, please email teresa.seibel@taylor-edu.ca

2. COURSE WRITING

Formatting

All studies and papers should be typed and formatted according to the Society of Biblical Literature writing style as outlined in the Seminary's *Guidelines for Research Writing in Religion & Theology (SBL)*. For the full stylesheet, please refer to Patrick H. Alexander, et al., ed., *The SBL Handbook of Style: For Biblical Studies and Related Disciplines* (Atlanta: SBL Press, 2014) which is in Reading Room.

Research Language.

You should employ acceptable research language for your paper which is not too informal yet reads inclusively. Avoid the use of gender specific language (e.g., Do not refer to "man" generically or to "mankind," "men," "he"; rather use "humankind," "humanity," "person," etc.)

Plagiarism.

Academic honesty and integrity is essential to the academic enterprise and the Seminary community. All written work submitted *must* be your own. *Guidelines for Research Writing* defines plagiarism as the failure to give credit where credit is due: "To plagiarize is to give the impression that you have written something original which in fact you have borrowed from another without acknowledging that other person's work" (*Guide for Research and Writing*, 2016, p. 11-13). If you borrow ideas or distinctive phrases, or include direct quotations in your written assignments, you must acknowledge your source(s) properly by in-text citation or footnote. It is also wrong to copy another person's work or to submit an assignment previously handed in for credit in another course. **Students guilty of plagiarism may receive a grade of zero for the assignment and may be brought to the attention of the Seminary's Academic Committee.**

3. COURSE WITHDRAWAL POLICY

After the period for which tuition refunds are available, a "W" will be placed on the transcript of a student who withdraws from any course. Beyond those dates, an "F" will be recorded on the student's transcript.

INTERNET READING LOG TEMPLATE (This is also uploaded on our web site)

Name _____ **Box S-** _____

1. Web site researched (give name of site) _____

Minutes spent reading/exploring _____

2. Web site researched (give name of site) _____

Minutes spent reading/exploring _____

3. Web site researched (give name of site) _____

Minutes spent reading/exploring _____

4. Web site researched (give name of site) _____

Minutes spent reading/exploring _____

5. Web site researched (give name of site) _____

Minutes spent reading/exploring _____

6. Web site researched (give name of site) _____

Minutes spent reading/exploring _____

7. Web site researched (give name of site) _____

Minutes spent reading/exploring _____

8. Web site researched (give name of site) _____

Minutes spent reading/exploring _____

9. Web site researched (give name of site) _____

Minutes spent reading/exploring _____

10. Web site researched (give name of site) _____

Minutes spent reading/exploring _____

11. Web site researched (give name of site) _____

Minutes spent reading/exploring _____

TOTAL MINUTES OF INTERNET READING =

_____ **420**

READING LOG FROM *Devotional Classics*
(minimum of 250 pages)

Page numbers read (e.g, 3-55)	# of pages
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____

TOTAL PAGES READ

BOOK REVIEW FOR *SOUL FEAST*, by Marjorie Thompson

Name _____ Percentage of pages read _____/100%

Write a reflective review of Thompson's book, by responding to each of the nine chapters in her book. Write a paragraph of 300 – 400 words in response to each chapter (total review should be between 2,700 – 3,600 words) reflecting on how the chapter addressed you personally. What strengths did it affirm? What weaknesses did it reveal? What practices did you find yourself drawn toward?

Offer a brief concluding paragraph summarizing the impact this reading has had on your thinking and cultivation of Christian Spirituality. Conclude by articulating your vision for continued growth and development as a result of this reflective exercise.

Select Bibliography

- À Kempis, Thomas. *Of the Imitation of Christ*. Grand Rapids: Baker, 1973.
- Barton, Ruth Haley. *Sacred Rhythms: Arranging Our Lives for Spiritual Transformation*. Downers Grove: IVP, 2006.
- Benner, David G. *Sacred Companions: The Gift of Spiritual Friendship and Direction*. Downers Grove: IVP, 2002.
- Bonhoeffer, Dietrich. *Life Together: A Discussion of Christian Fellowship*. San Francisco: Harper & Row, 1954.
- Brother Lawrence. *The Practice of the Presence of God*. John Delaney, transl. Grand Rapids: Spire Books, 2006.
- Calhoun, Adele Ahlberg. *Spiritual Disciplines Handbook: Practices that Transform Us*. Downers Grove: IVP, 2005.
- Cunningham, Lawrence S. and Keith J. Egan. *Christian Spirituality: Themes from the Tradition*. New York: Paulist Press, 1996.
- Ellul, Jacques. *Prayer and Modern Man*. New York: Seabury, 1970.
- Ford, David F. *The Shape of Living: Spiritual Directions for Everyday Life*. Grand Rapids: Baker, 1997.
- Foster, Richard J. *Celebration of Discipline*. San Francisco: Harper & Row, 1988.
- Prayer: Finding the Heart's True Home*. San Francisco: Harper Collins, 1992.
- Griffin, Emilie. *Doors into Prayer: An Invitation*. Brewster, Mass.: Paraclete Press, 2001.
- Hall, Thelma. *Too Deep for Words: Rediscovering Lectio Divina*. New York: Paulist Press, 1988.
- Holt, Bradley P. *Thirsty for God: A Brief History of Christian Spirituality*. Minneapolis: Augsburg, 1993.
- Houston, James. *Transforming Power of Prayer: Deepening Your Friendship with God*. Colorado Springs: NavPress, 1998.
- Howard, Evan B. *Praying the Scriptures: A Field Guide for Your Spiritual Journey*. Downers Grove: IVP, 1996.
- Imbach, Jeff. *The River Within: Loving God, Living Passionately*. Colorado Springs: NavPress, 1998.
- Issler, Klaus. *Wasting Time with God: A Christian Spirituality of Friendship with God*. Downers Grove: IVP, 2001.

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- Miller, Donald. *Blue Like Jazz: Nonreligious Thoughts on Christian Spirituality*. Nashville: Thomas Nelson, 2003.
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- Reaching Out: The Three Movements of the Spiritual Life*. New York: Doubleday, 1975.
- Pennington, Basil. *Centering Prayer: Renewing an Ancient Christian Prayer Form*. New York: Doubleday, 1982.
- Peterson, Eugene. *Answering God: The Psalms as Tools for Prayer*. San Francisco: Harper & Row, 1988.
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- Rhodes, Tricia McCary. *The Soul at Rest: A Journey into Contemplative Prayer*. Minneapolis: Bethany House, 1996.
- Rolheiser, Ronald. *The Holy Longing: Guidelines for a Christian Spirituality*. New York: Doubleday, 1999.

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- Shigematsu, Ken. *God in My Everything: How an Ancient Rhythm Helps Busy People Enjoy God*. Grand Rapids: Zondervan, 2013.
- Sider, Ronald. *Living Like Jesus: Eleven Essentials for Growing a Genuine Faith*. Grand Rapids: Baker, 1996.
- Tan, Siang-Yang, and Douglas H. Gregg. *Disciplines of the Holy Spirit: How to Connect to the Spirit's Power and Presence*. Grand Rapids: Zondervan, 1996.
- Taylor, Barbara Brown. *An Altar in the World: A Geography of Faith*. New York: HarperCollins, 2009.
- Thibodeaux, Mark. *Armchair Mystic: Easing into Contemplative Prayer*. Cincinnati: St. Anthony Messenger Press, 2001.
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- Tracy, Wesley, E. Dee Freeborn, Janine Tartaglia and Morris Weigelt. *The Upward Call: Spiritual Formation and the Holy Life*. Kansas City: Beacon Hill, 1994.
- Whiston, Charles. *Pray: A Study of Distinctive Christian Praying*. Grand Rapids: Eerdmans, 1972.
- Whitney, Donald S. *Spiritual Disciplines for the Christian Life*. Colorado Springs: NavPress, 1991.
- Wilhoit, James. *Spiritual Formation as if the Church Mattered: Growing in Christ through Community*. Baker, 2012.
- Willard, Dallas. *Renovation of the Heart: Putting on the Character of Christ*. Colorado Springs: NavPress, 2002.
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- Yancey, Philip. *Prayer: Does it Make Any Difference?* Grand Rapids: Zondervan, 2006.
- Reaching for the Invisible God: What Can We Expect to Find?* Grand Rapids: Zondervan, 2001.