I. Course Description
This course introduces students to the nature and processes of spiritual formation, drawing upon the models of Dallas Willard and Robert Mulholland. It explores spiritual growth as directed by the Holy Spirit through classical disciplines, both personal and communal, of the Christian tradition. Students will have the opportunity to practice particular disciplines for growth in personal and social holiness. This course is graded pass/fail.

II. Student Learning Outcomes
As a result of this course students will be able to:
1. Demonstrate understanding of the biblical foundations and Christian traditions that inform the practice of spiritual disciplines.
2. Engage in a variety of exercises from the classical spiritual disciplines.
3. Not assessed in this course.
4. Not assessed in this course.
5. Practice disciplines that will form in them a commitment to do justice in both personal and social contexts.
6. Develop practices that will aid their spiritual growth in the context of their own particular ministries.

III. Course Requirements
A. Assigned Textbooks
This course will use the following textbooks:

ISBN: 978-0830833306

ISBN: 978-0060628390

ISBN: 978-0830813861

ISBN: 978-0060694425
B. Attendance
According to the student handbook, attendance at all class sessions is expected unless the professor has been notified in advance of the day of class and has approved the absence. Students should be on time and should stay through the duration of all classes. Please note that emergencies do not include regular ministry responsibilities. Any student missing more than six class hours (including both absences and tardiness) will be required to do additional work, receive a lower grade, audit or withdraw from the class, or be penalized otherwise at the discretion of the professor.

C. Assignments/Assessment of Student Learning

- Assignments must be turned in on time, as no late assignments will be accepted.
- All writing assignments must conform to the writing guidelines specified below in section D.
- To receive a grade of “pass,” students must complete all assignments. A failure to submit an assignment will result in a course grade of “fail.”

1. Reading Assignments
   a) Read pages 15-23, 256-290 of Calhoun’s *Spiritual Disciplines Handbook*, by August 31
   b) Read all of Foster’s *Celebration of Discipline*, by September 21.
   c) Read all of Mulholland’s *Invitation to a Journey*, by October 5.
   d) Read all of Willard’s *The Spirit of the Disciplines*, by October 19.

2. Spiritual Discipline Activity Assignment
   Students will choose two personal spiritual disciplines that they believe are critical to carrying out God’s calling in their lives and practice them regularly throughout the semester. More information about the assignment will be provided in class.

3. Oral Presentation
   Students will present one corporate discipline in class. More information about the assignment will be provided in class. Presentations will occur on October 26 & November 9.

4. Writing Assignments
   *Students who wish to have their final papers returned to them must provide the instructor with a self-addressed, stamped envelope.*

   a) Personal Context Papers
   Following the specific guidelines given in class, write a minimum of six pages (maximum eight pages) of reflection on the use of the spiritual disciplines in your church. More information about the assignment will be provided in class. The paper is due September 28.

   b) Spiritual Discipline Activity Papers
   For each discipline you choose to practice, write a paper (minimum six pages, maximum eight pages) following the instructions that will be provided in class. The papers are due on November 9. NOTE: You will choose 2 disciplines, therefore you will write 2 papers.
c) **Oral Presentation Handout**  
Students will prepare a two-page handout—following the instructions given in class—to go along with the corporate discipline presentation. The handout is due on the day you make your presentation to the class (either October 26 or November 9).

5. **Class Participation**  
Each student will be expected to participate in class activities, class discussions, and in small group discussions and activities—all of which will occur during class time.

D. **Specifications for All Writing Assignments**  
- All writing assignments must use the proper punctuation and Turabian citations where appropriate (i.e., do not use another person’s ideas or words without the proper punctuation and/or citations).
- All papers must contain a Reference Page listing the sources used.
- All writing assignments must be typed using 12-point, Times New Roman font, double spaced, with one inch margins.
- Please use Turabian parenthetical or footnote formatting style and follow the *ATS Writing Handbook* for all reference and formatting questions.
- Content, spelling, grammar, citations, and proper formatting are all important elements of the papers. The student’s grade will be affected negatively by errors in these categories.
- Please provide the number of pages requested. A typical double-spaced page with one-inch margins contains 23 lines of Times New Roman text. Failure to meet length guidelines will also result in a loss of points.
- All papers must have headings for each section. The headings should be the questions provided by the instructor in the assignment guidelines.
- All assignments are due on the due dates, no late assignments accepted.
- Please contact the instructor with any questions about the assignments.
- Please note that plagiarism (intentional or unintentional) will not be tolerated. It is the student’s responsibility to understand what constitutes plagiarism and to avoid it. Plagiarism (intentional or unintentional) will result in a failing grade for the assignment and may result in a failing grade for the class.

E. **Calculation of Grade and Connection of Learning Outcomes**

<table>
<thead>
<tr>
<th>Assignments</th>
<th>Learning Outcomes</th>
<th>Percent of Final Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class Participation</td>
<td>1, 2, 5, 6</td>
<td>10%</td>
</tr>
<tr>
<td>Personal Context Paper</td>
<td>1, 2, 5, 6</td>
<td>30%</td>
</tr>
<tr>
<td>Spiritual Disciplines Papers</td>
<td>1, 2, 5, 6</td>
<td>40%</td>
</tr>
<tr>
<td>Oral Presentation</td>
<td>1, 2, 5, 6</td>
<td>20%</td>
</tr>
</tbody>
</table>

F. **Other Instructions**  
- The instructor may change portions of this syllabus to fit the needs of the class.
- If you have any questions about the course or the assignments, please contact the instructor as soon as possible. Do not waste time wondering, ask!
- The instructor generally declines to accept late assignments. However, if, in the event of an unavoidable and extreme emergency (for which documentation is provided by the student), the instructor chooses to give grace and accept a late paper,
the assignment or paper may not be eligible for an A and/or may be marked down one-half letter grade (below the awarded grade) for each day that it is late.

- There will be no extensions or incompletes granted except for extenuating circumstances (such as a death in the family). An extension or incomplete must be requested before the end of the course. In the case of an extension or incomplete, the instructor will specify the time period in which the student must complete the work. The student’s grade may be negatively affected due to the late submission of the work.

IV. Tentative Course Schedule

<table>
<thead>
<tr>
<th>Day #</th>
<th>Date(s)</th>
<th>Lecture/Topic</th>
<th>Readings/Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>August 25</td>
<td>● Introduction &amp; Overview 1</td>
<td>Do not miss this class!</td>
</tr>
<tr>
<td>2</td>
<td>August 31</td>
<td>● Introduction &amp; Overview 2</td>
<td>● Calhoun reading completed</td>
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<tr>
<td></td>
<td>September 7</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>September 14</td>
<td>● Spiritual Disciplines in Old &amp; New Testaments</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>September 21</td>
<td>● Spiritual Disciplines – the Journey</td>
<td>● Foster reading completed</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Seasons of Life &amp; Growth</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>September 28</td>
<td>● Dark Night of the Soul</td>
<td>● Personal Context paper due</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Spiritual Direction</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>October 5</td>
<td>● Historical &amp; Theological Foundations of Spiritual Formation</td>
<td>● Mulholland reading completed</td>
</tr>
<tr>
<td>7</td>
<td>October 12</td>
<td>● Spiritual Gifts</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>October 19</td>
<td>● Spiritual Disciplines &amp; Self Care</td>
<td>● Willard reading completed</td>
</tr>
<tr>
<td>9</td>
<td>October 26</td>
<td>● Spiritual Transformation</td>
<td>● Oral Presentation &amp; Handout due</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Student Presentations</td>
<td></td>
</tr>
<tr>
<td></td>
<td>November 2</td>
<td></td>
<td>No Class</td>
</tr>
<tr>
<td>10</td>
<td>November 9</td>
<td>● Student Presentations</td>
<td>● Oral Presentation &amp; Handout due</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Wrap Up</td>
<td>● Both Spiritual Discipline papers due</td>
</tr>
</tbody>
</table>

V. Recommendations for Lifelong Learning

- Students are encouraged to read the books listed in the bibliography and to be aware of new books published about spiritual formation and the spiritual disciplines.
- Students are encouraged to check out the following organizations:
  - Renovare
    http://www.renovare.us/
  - Biola: Institute for Spiritual Formation
    http://www.biola.edu/spiritualformation/
VI. Seminary Guidelines

A. ATS Academic Integrity Policy
Ashland Theological Seminary expects each student to uphold the Seminary’s core value of academic excellence by contributing to an environment that is both challenging and supportive. In such an environment a student will neither seek nor offer improper assistance. All students have an obligation to be forthright in their academic endeavors and to respect ethical standards. The work that one submits for academic evaluation must be one’s own, unless an instructor expressly permits certain types of collaboration. Academic integrity requires that each student will use one’s own capabilities to achieve one’s fullest potential and will neither offer nor accept aid that is not in keeping with regularly accepted standards of academic integrity. Failure to conform to this conduct shall constitute academic dishonesty. The full Academic Integrity Policy statement may be found in the Student Handbook.

B. Academic Support Services
If you need assistance with writing projects for your coursework, contact the ATS Academic Support Center. The center provides free sessions with a peer consultant who can help you with all of your concerns about academic support including writing, critical thinking, documentation, reading skills, study skills, test taking skills, time management. Contact the center if you have a question about how to complete your assignment, if you have documentation questions, or if you would like to have your paper evaluated for areas needing improvement. The ATS Academic Support Center can be reached at 419-289-5162 or by e-mail at atswc@ashland.edu.

Please Note: Plagiarism (intentional or unintentional) will not be tolerated. It is the student’s responsibility to understand what constitutes plagiarism and to avoid it. Plagiarism (intentional or unintentional) will result in a failing grade for the assignment and may result in a failing grade for the class.

C. Students with Disabilities
Ashland University makes every effort to comply with the Americans with Disabilities Act. Students who have a specific physical, psychiatric or learning disability and require accommodations are encouraged to inform their instructors of their needs early in the semester so that learning needs can be appropriately met. It is the student’s responsibility to document the disability with Disability Services in The Center for Academic Support on the 7th floor of the Ashland University Library, (419 289-5904).
**D. ATS Grading Scale**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percent</th>
<th>Grade Points</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>97-100</td>
<td>4.0</td>
<td>Superior achievement of course objectives, diligence and originality, high degree of freedom from error, outstanding evidence of ability to utilize course knowledge, initiative expressed in preparing and completing assignments, positive contributions verbalized in class.</td>
</tr>
<tr>
<td>A-</td>
<td>92-96</td>
<td>3.7</td>
<td></td>
</tr>
<tr>
<td>B+</td>
<td>89-91</td>
<td>3.3</td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>86-88</td>
<td>3.0</td>
<td>Good work submitted, commendable achievement of course objectives, some aspects of the course met with excellence, substantial evidence of ability to utilize course material, positive contributions verbalized in class, consistency and thoroughness of work completed.</td>
</tr>
<tr>
<td>B-</td>
<td>83-85</td>
<td>2.7</td>
<td></td>
</tr>
<tr>
<td>C+</td>
<td>80-82</td>
<td>2.3</td>
<td></td>
</tr>
<tr>
<td>C</td>
<td>77-79</td>
<td>2.0</td>
<td>Acceptable work completed, satisfactory achievement of course objectives, demonstrating at least some ability to utilize course knowledge, satisfactory class contribution.</td>
</tr>
<tr>
<td>C-</td>
<td>74-76</td>
<td>1.7</td>
<td></td>
</tr>
<tr>
<td>D+</td>
<td>71-73</td>
<td>1.3</td>
<td></td>
</tr>
<tr>
<td>D</td>
<td>68-70</td>
<td>1.0</td>
<td>Passing but minimal work, marginal achievement of course objectives, poor performance in comprehension of work submitted, inadequate class contributions.</td>
</tr>
<tr>
<td>D-</td>
<td>65-67</td>
<td>0.7</td>
<td></td>
</tr>
<tr>
<td>F</td>
<td>Below 65</td>
<td>0</td>
<td>Unacceptable work resulting in failure to receive class credit, inadequacy of work submitted or of performance and attendance in class.</td>
</tr>
</tbody>
</table>
VII. Selected Bibliography or References


