

**SPF 5541 AS (Ashland)**  
**Introduction to Spiritual Formation I: Spiritual Disciplines**  
Ashland Theological Seminary  
Summer Semester 2017 Ashland Campus  
May 22-26, 2017  
Monday-Friday 9 AM –Noon, 1 PM- 4 PM

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## **I. COURSE DESCRIPTION**

### **Introduction to Spiritual Formation (4 hours)**

This course introduces students to the essential dynamics of spiritual formation in its individual and corporate dimensions. It invites students to learn about and practice a variety of classical spiritual disciplines, with a special focus on prayer, for the purpose of formation in Christlikeness in both personal and social contexts. This course is 4 hours with two parts of 2 hours each- SPF5541 Spiritual Formation I: Spiritual Disciplines, and SPF 5542: Spiritual Formation II: Prayer.

### **SPF 5541: Spiritual Formation I: Spiritual Disciplines (2 hours)**

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 spiritual disciplines for growth in personal and social holiness.

This course is two hours credit and meets this week with no hybrid online component. This course is graded unless the student exercises the pass/fail option at the registration.

## **II. STUDENT LEARNING OUTCOMES**

As a result of this course, students will be able to:

1. Demonstrate understanding of 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 students a commitment to do justice in both

personal and social contexts.

6. Develop practices that will aid students' spiritual growth in the context of their own particular ministries.

### III. COURSE REQUIREMENTS

#### A. Textbooks and Other Materials

Calhoun, Adele Ahlberg 2015. *Spiritual Disciplines Handbook: Practices that Transform Us*. Second edition. Downer's Grove, InterVarsity. ISBN 978-0830846054

Foster, Richard, J. 1998. *Celebration of Discipline: The Path of Spiritual Growth*. Rev ed. Harper SanFranciso, 1998. ISBN 0-06-062839-1.

Thompson, Marjorie J. 2014. *Soul Feast: An Invitation to the Christian Spiritual Life*. Third edition. Louisville: Westminster/John Knox. ISBN 978-0664239244.

#### B. Attendance

According to the *Student Handbook*, attendance at all class sessions is expected unless the professor has been notified in advance and has approved the absence. Students should be on time and should stay through the duration of all classes. Any student missing more than six class hours (2 weeks) will be required to do additional work, receive a lower grade or withdraw from the class at the discretion of the professor.

#### C. Assignments/ Assessment of Student Learning

##### One Spiritual Disciplines Reflection Paper (80%)

Please select two spiritual disciplines from the categories below and practice them for 3 weeks. Then write one fifteen page paper, double-spaced reflection paper, reflecting on your experience of the spiritual disciplines practiced. Be sure to include in the paper relevant material from the textbooks and any outside reading that is helpful. Paper is due June 16, 2017. No incompletes or extensions will be given. Please mail hard copy of the paper to Dr. Watson, Ashland Theological Seminary, 910 Center Street, Ashland, OH 44805 by June 16, 2017.

**Disciplines for the Journey Inward** (practices of detachment, disengagement):

Fasting	Prayer	Silence/Restraint of Speech Humility
Purity/Chastity	Simplicity/Frugality	
Journaling	Sacrifice	Solitude
Obedience	Secrecy/Anonymity	Study/Meditation

**Disciplines for the Journey Outward** (practices of reaching out, engagement, attachment):

Celebration	Obedience	Study/Meditation
Confession	Prayer	Submission
Fellowship	Service	Truthfulness
Generosity	Simplicity/Frugality	Worship

Please use inclusive language in written work. You may use either footnotes, endnotes, or parenthetical references to document your paper, following consistently the style you select as presented in the *Ashland Theological Seminary Writing Handbook*.

**Small Group Discussions 20%**

Engagement in class discussions is critical to the process of theological reflection. Each student should come prepared to engage and contribute with readings completed. Students will have an opportunity to practice spiritual disciplines in class in small groups.

**D. Calculation of Grade: Pass/Fail Basis**

<i>Assignments</i>	<i>Learning Outcomes</i>	<i>Due Date</i>	<i>Percent of Final Grade</i>
Small Group Discussion	1,2,5,6	Daily	20%
1 Reflection Paper	1,2,5,6	June 16, 2017	80%

**IV. Tentative Course Schedule**

<i>Day #</i>	<i>Date(s)</i>	<i>Lecture/Topics</i>	<i>Readings/ Assignments</i>
Session 1	May 22 Monday Morning	Introduction Biblical Examples	Foster, intro, ch. 1 Thompson, ch. 1
Session 2	May 22 Monday Afternoon	Inward Disciplines: Meditation and Spiritual Reading, Discussion Groups	Foster, ch. 2 Thompson, ch. 2 Calhoun, selections
Session 3	May 23 Tuesday Morning	Prayer, Examen Discussion Groups	Foster, ch. 3 Thompson, chs. 3, 6 Calhoun, selections
Session 4	May 23 Tuesday Afternoon	Fasting, Study Discussion Groups	Foster, chs. 4-5 Thompson, ch. 5

			Calhoun, selections
Session 5	May 24 Wednesday Morning	Outward Disciplines Simplicity, Solitude, Submission, Discussion Groups	Foster, chs. 6-8 Calhoun, selections
Session 6	May 24 Wednesday Afternoon	Service, Hospitality, Worship, Confession, Corporate Disciplines. Discussion Groups	Foster, chs. 9, 10, 11 Thompson, chs. 4, 8 Calhoun, selections
Session 7	May 25 Thursday Morning	Guidance, Celebration, Daily Life, Other Disciplines, Discussion Groups	Foster, chs. 12, 13 Thompson, chs. 7, 9 Calhoun, selections
Session 8	May 25 Thursday Afternoon	Small Group Discussion	Calhoun, selections
Session 9- 10	May 26 Friday Morning and Afternoon	Discussion of Practice of Spiritual Disciplines	Calhoun, selections

## **V. Recommendations for Lifelong Learning**

- A. Students may engage in spiritual retreats to practice spiritual disciplines in the future.
- B. Students can continue to read resources about spiritual disciplines for future growth.
- C. Students can use spiritual discipline practices in ministry with others in their future ministry contexts.

## **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. Seminary Writing Consultation Service**

The Seminary Writing Consultation Service can help you brainstorm, draft, and revise your writing assignments in your graduate Seminary classes. Masters-qualified Consultants can advise you online or in person. E-mail your request for assistance to [swc\\_group@ashland.edu](mailto:swc_group@ashland.edu). Include the following information: Your name, the course # & professor's name, a brief description of the assignment, and your timeline. For more information, visit: <http://seminary.ashland.edu/services/student-services/seminary-writing-consultation-services>

### **C. Students with Disabilities**

It is Ashland University's goal that learning experiences be as accessible as possible. If you anticipate or experience physical or academic barriers based on a disability, please contact Disability Services at [419-289-5904](tel:419-289-5904), or send an email to [dservices@ashland.edu](mailto:dservices@ashland.edu). The Disability Services office and the course instructor will work together in order to establish accommodations and to meet your learning needs.

### **D. ATS Grading Scale**

Grade	Percent	Description
A	97-100	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.
A-	92-96	
B+	89-91	
B	86-88	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.
B-	83-85	
C+	80-82	
C	77-79	Acceptable work completed, satisfactory achievement of course objectives, demonstrating at least some ability to utilize course knowledge, satisfactory class contribution.
C-	74-76	
D+	71-73	
D	68-70	Passing but minimal work, marginal achievement of course objectives, poor performance in comprehension of work submitted, inadequate class contributions.
D-	65-67	
F	Below 65	Unacceptable work resulting in failure to receive class credit, inadequacy of work submitted or of performance and attendance in class.

## VII. Selected Bibliography or References

- Bass, J. 1997. *Practicing Our Faith: A Way of Life for a Searching People*. San Francisco: Josey – Bass Publishers.
- Boa, Ken. 2001. *Conformed to His Image: Biblical and Practical Approaches to Spiritual Formation*. Grand Rapids: Zondervan Publishing House.
- Foster, R. and E. Griffin. 2000. *Spiritual Classics: Selected Readings for Individual Groups on the Twelve Spiritual Disciplines*. San Francisco: Harper San Francisco.
- Foster, R. 1992. *Prayer: Finding the Hearts' True Home*. San Francisco: Harper Collins.
- Koch, C. 2003. *Journal Keeping: Exploring a Great Spiritual Practice*. Notre Dame, IN: Sorin Books.
- Mullholland, R. 1993. *Invitation to a Journey: A Road Map for Spiritual Formation*. Downer's Grove, IL.: InterVarsity Press.
- Muto, Susan. 1985. *A Practical Guide to Spiritual Reading*. Minneapolis, MN: Dimension Books.
- Willard, D. 1988. *The Spirit of the Disciplines: Understanding How God Changes Lives*. NY: Harper Collins Publishers.