T146 Spiritual Formation (3 credit)

Prerequisites: None

January 16– April 19, 2017
Term C and D
Term C and D
Monday, Wednesday, 10:45am- 12:15pm
Rev. Bob Williamson
bwilliamson@horizon.edu

Course Description
This course will seek to introduce students to a myriad of spiritual disciples, both historic and modern from a wide variety of Christian expressions. Through the lens of Scripture, historical practices and modern understandings, students will be invited to appreciate why the disciplines are important, what fruit they produce and how we can incorporate them into a busy 21st century life style. Most importantly, multiple opportunities to practice these skills will be provided. By course end, the student should have at their disposal, a sustainable, Biblical, maturing model of Christian life that will serve them personally and professionally.

Relationship To Horizon’s Mission and Core Competencies
There are two areas of competency development focused upon throughout this course:

Biblically and Theologically Literate (BTL): Applies God’s Word carefully in order to uphold the Christian faith and discern unsound teachings.

Spiritual Maturity (SM): Models a vibrant relationship with Jesus Christ, practices core spiritual disciplines, uses spiritual gifts in ministry, committed to lifelong spiritual formation; that produce a dynamic relationship with the Lord manifested in encouragement, unity, understanding, discernment, and thankfulness. One who is spiritually mature has their perception of reality informed by Christ.

Essential Elements Of Competency Development (EE)
In order to develop the core competencies, the student should be competent in:

Cognitive (Knowledge, information processing), Affective (Values, convictions)

1a. Explains and applies Scripture and theology as a foundation for ministry. (BTL)

Conative (Skills, applications)

2a. Participates regularly in the various spiritual disciplines underscored in the New Testament (including but not limited to mediation, prayer, fasting, study, simplicity, solitude, submission, service, confession, worship, guidance and celebration). (SM)

2b. Acts redemptively to transform all aspects of reality including physical, emotional and spiritual; personal and corporate. Is able to differentiate between divine and human responsibility and act appropriately. (SM)
2c. Demonstrates a life surrendered to the Holy Spirit prioritizing a connection with Christ (John 15:5) and the self-examination necessary to grow in character and the fruit of the Spirit (Galatians 5:22-23). (SM)

**Learning Outcomes**

By successfully completing this course, students will:

1) Identify and provide Scriptural basis for the core spiritual disciplines that have marked the historic Christian church. (1a.)

2) Understand the importance of a healthy spirituality for themselves and those under their care. (2c.)

3) Have evaluated their own spiritual history and current practices, juxtaposed against a set of false narratives commonly held. (2b.)

4) Participate in a myriad of spiritual disciplines (some assigned and some chosen) and analyze their responses. (2a.)

5) Develop a set of tools to overcome the difficulties in practicing the disciplines. (2a.)

6) Develop an initial framework for systematic spiritual growth. (2c.)

**Portfolio Components**

This course supports the following portfolio components (See Student Handbook for further description):

The student will self-select portions of their course project (Personal Spiritual Formation Journal) to include in their e-portfolio. This fragment will speak to the level of spiritual maturity and growth exhibited by the student.

**Ministry Formation Component**

This course includes no assignment that applies to the Ministry Formation requirements.

**Required Textbooks and Readings**

(ISBN: 978-0-8308-3531-7)

AND ONE of the following two books (student’s choice)

(ISBN: 978-0-8308-3532-4)

(ISBN: 978-0-8308-3533-1)

**Course Assignments and Evaluation**

1. **Spiritual Retreat**

Every student registered in this course will be required to attend and participate in a one day spiritual retreat on Friday, April 7 from 9:00am – 2:00pm at the Queen’s House Retreat Centre (601 Taylor Street West). Unless otherwise stated, please bring your own bag lunch. Refreshments will be provided. Please note that this retreat will take the places of classes on February 6, 8 and 20th. (LO #4)

**Due Date: April 7, 2017**

2. **Personal Spiritual Formation Journal**

Students will receive a Word template that will continuously be filled in throughout the course. The template will contain spaces for course notes, daily journal logs, observations gleaned from spiritual disciplines practiced, two self-assessments, retreat notes, research
gleaned and finally the student’s final Rule (plan for future growth). This document will be submitted each week for assessment (Jan 20, 27, Feb 3, 10, 17, Mar 17, 24, 31, Apr 7, 14). Please note that the April 14 submission will require two documents. The first will be a final compilation of all material worked on through the course and the second will be an edited version appropriate for inclusion in an e-portfolio. (LO #1, 2, 3, 5, 6)

Due Date: Weekly

3. Practice of Spiritual Disciplines
Each week, students will either be assigned one spiritual discipline activity or will be allowed to choose one activity from a list provide. This discipline will be practiced through the week and then reported on in their Spiritual Journey journal. At the end of the course, each student will be asked to give a 5 minute testimony as to what they gleaned from these expressions of spiritual growth. (LO #4)

Due Date: Weekly

4. Historic Christian Practices Research
Using a minimum of three academic sources, students will research the spiritual disciplines associated with one major historic Christian movement. This assignment does not require a formal write-up, but competency will be exhibited through the submission of at least two pages of substantial, in depth, descriptive data, organized in such a way as to make it teachable. Possible moments include: (LO #1)

- Desert Fathers
- Benedictine Monastic
- Jesuit Spirituality
- Para-church (Campus Crusade or Navigators)
- Greek Orthodox Spirituality
- English Spirituality (Anglican)
- Word of Faith teachings
- Spirituality Wesleyan Formation
- Classic Pentecostalism
- Quakerism
- Puritanism

Due Date: February 17, 2017

5. Biblical Research Assignment
With consideration to the second textbook chosen (either personal life or community), the student will research and report on a given spiritual disciple theme as detailed in the Bible. All relevant passages will be identified and a three page essay will be written exploring the student’s understanding of the overarching themes. (LO #1)

Due Date: April 7, 2017

6. Development of a personal Rule of Life
Based on material gleaned from the course, the student will prepare a two page document that details their plan (Rule) for spiritual growth over the next year. (LO #6)

Due Date: April 14, 2017

7. Textbook Reading
It is expected that the student will have completed the reading of both assigned textbooks throughout the duration of this course. Perusal of student journal entries should be provide clear evidence of this, containing references to truths gleaned from these readings. (LO #2, #5)

Due Date: April 14, 2017

Time Investment And Value

<table>
<thead>
<tr>
<th>Activity</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>In class time</td>
<td>25</td>
</tr>
<tr>
<td>Reading</td>
<td>20</td>
</tr>
<tr>
<td>Spiritual Retreat</td>
<td>5</td>
</tr>
<tr>
<td>Disciplines</td>
<td>15</td>
</tr>
</tbody>
</table>

(17 classes at 90 minutes each)
Journaling 15 Hours  
Rule Development 5 Hours  
Biblical research paper 5 Hours  
Ancient church practice paper 10 Hours  
**Total:** 100 Hours

*Please note that an evaluation rubric will be provided for each summative assignment listed above.*

**C. Course Outline**

**Unit 1 Contextual Background**
1. What is spiritual formation
2. How has the early church historically viewed spiritual formation
3. Current trends
4. Relationship to “works”
5. Impact upon ministry effectiveness
6. Personal characteristics that will affect spiritual formation
7. Impediments to spiritual growth

**Unit 2 The Good and Beautiful God**
1. Rest, Silence, Thanksgiving, Generosity, Scripture, Sin, Sacrifice

**Unit 3 The Good and Beautiful Life**
1. Play, Hospitality, Sabbath, Fasting, Lying, Retaliation. Vainglory, Avarice, Worry, Judgement

**Unit 4 The Good and Beautiful Community**
1. Testimony, Serving, Loving the Disagreeable, Reconciliation, Art, Accountability, Worship

**Unit 5 Developing a personal Rule of Life**

**Disability Services Information**
If you have specific physical or mental health conditions or learning disabilities that require accommodations, please contact the Dean of Students, Jolyn Sloan, as early as possible so that your learning and/or physical needs can be met appropriately. You will need to provide current documentation of your disability to the Dean of Students.

**Assessment/Grading**
Horizon’s grading system is based on the stated criteria for learning outcomes, which is in keeping with a competency-based education (CBE) approach. Since competency is the focus of assessment, students will receive grades on assignments according to the four-level CBE scale below. Assessment should include feedback on specific elements of the competencies with commendations and suggestions for improvement. However, for transferability purposes, the final grade for the course will include a U of S equivalency letter grade.

<table>
<thead>
<tr>
<th>Horizon CBE Scale</th>
<th>U of S Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>E Exceeding competency requirements</td>
<td>A- to A+</td>
</tr>
<tr>
<td>M Meeting competency requirements</td>
<td>B- to B+</td>
</tr>
<tr>
<td>BTM Beginning to meet competency requirements</td>
<td>C- to C+</td>
</tr>
<tr>
<td>NYM Not yet meeting competency requirements</td>
<td>F to D-</td>
</tr>
</tbody>
</table>

The student passes a course only after they have demonstrated that they have *met or exceeded all competency requirements for a course*. For transferability purposes, once the student completes a course the student will receive a University of Saskatchewan (U of S) equivalency letter grade. Since CBE emphasizes the achievement of learning, only the assignments where the student has provided evidence of attaining competency will determine the course grade.
<table>
<thead>
<tr>
<th>Horizon CBE scale</th>
<th>U of S equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exceeding course competency</td>
<td><strong>A+</strong>  Student exceeded requirements for [almost] all elements of competency.</td>
</tr>
<tr>
<td>requirements</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>A</strong>  Student exceeded requirements for most elements of competency and met all</td>
</tr>
<tr>
<td></td>
<td>remaining elements.</td>
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<tr>
<td></td>
<td><strong>A-</strong>  Student exceeded requirements for more than one element of competency</td>
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<tr>
<td></td>
<td>and met all remaining elements.</td>
</tr>
<tr>
<td>Meeting course competency</td>
<td><strong>B+</strong>  Student exceeded requirements for one element of competency and met all</td>
</tr>
<tr>
<td>requirements</td>
<td>remaining elements.</td>
</tr>
<tr>
<td></td>
<td><strong>B</strong>  Student initially met requirements for all elements of competency.</td>
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<tr>
<td></td>
<td><strong>B-</strong>  Student eventually met requirements for all elements of competency, but</td>
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<tr>
<td></td>
<td>exceeded in none.</td>
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If the student chooses not to attain all competency expectations for a course, the course will not be sufficient to fulfill their program requirements at Horizon. Nevertheless, for transferability purposes, the student will receive a U of S equivalency letter grade of C+ or below.

<table>
<thead>
<tr>
<th>Horizon CBE scale</th>
<th>U of S equivalent</th>
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</thead>
<tbody>
<tr>
<td>Beginning to meet competency</td>
<td><strong>C+</strong>  Student was beginning to meet requirements for only one element of</td>
</tr>
<tr>
<td>requirements</td>
<td>competency and met or exceeded for all others.</td>
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<tr>
<td></td>
<td><strong>C</strong>  Student was beginning to meet requirements for more than one element of</td>
</tr>
<tr>
<td></td>
<td>competency.</td>
</tr>
<tr>
<td></td>
<td><strong>C-</strong>  Student met requirements for only one element of competency.</td>
</tr>
<tr>
<td>Not yet meeting competency</td>
<td><strong>D+</strong>  Student began to meet all competency expectations.</td>
</tr>
<tr>
<td>requirements</td>
<td><strong>D</strong>  Student began to meet most competency expectations.</td>
</tr>
<tr>
<td></td>
<td><strong>D-</strong>  Student began to meet some competency expectations.</td>
</tr>
<tr>
<td></td>
<td><strong>F</strong>  Student was not yet meeting most or all competency expectations.</td>
</tr>
</tbody>
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**Return of Assignments**
The faculty at Horizon College is committed to make every attempt to return graded assignments to students within two weeks after the due date. Please remember that this will not always be possible as the nature and size of the assignments varies greatly, but whenever possible, this will be our goal.

**Academic Honesty**
Horizon uses the University of Saskatchewan definition of plagiarism described as “the presentation of the work or idea of another in such a way as to give others the impression that it is the work or idea of the presenter. Adequate attribution is required. What is essential is that another person have no doubt which words or research results are the student’s and which are drawn from other sources” (Office of the University Secretary, 2012). Students are expected to give due recognition to sources from which all substantial phrases, sentences or even ideas are drawn. See further guidelines in the Student Handbook.
Bibliography:


Devotional reading can be another personal spiritual formation tool. Thomas à Kempis, a 15th-century French monk, suggested that Christian laypeople practice lectio divina. He says, “The good devout man first makes inner preparation for the actions he has later to perform. An essential element of formation is stewardship of God’s provision for us. As we grow in maturity and understand that all we have and all we are is entrusted to us under the Lordship of Christ, we focus less on personal need and lack and more on what we are called to share in time, talent, and treasure. We will be challenged to tithe each of these three parts of our lives. Many of us are not at that point, so we must pray for the faith to reorganize our lives so that giving back to God comes first.”