

## PT 540 Spiritual Formation – Kelowna Extension

Fall Semester, 2011

*To develop Christ-minded leaders who make a difference in the world*

**INSTRUCTOR:** Allan L. Effa, Ph.D. Phone 780-431-5244  
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**SCHEDULE:** Three Weekends, Fridays, 6:30 – 9:30 PM; Saturdays, 8:30 AM – 4:30 PM  
September 23-24; October 21-22; December 2-3.  
Classes are held at Trinity Baptist Church, 1905 Springfield Rd.

**CREDITS:** 3

### **DESCRIPTION:**

An exploration of five classic Christian streams of spirituality from a biblical and historical perspective, with emphasis on practical application. 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



### **OBJECTIVES:**

The aim of this course is to:

- Enable students to understand and articulate spiritual formation from a biblical and historical perspective.
- Help students reflect on their spiritual formation and to assess areas of strength and needed growth.
- Offer opportunities to experience and participate in a variety of spiritual disciplines, in an effort to integrate them into a personal quest for Christlikeness.
- Provide a supportive framework for students to set goals for continued spiritual development.
- Increase awareness of the value of Christian community in the pursuit of spiritual formation.
- Foster a commitment to the role of offering spiritual direction as a priority among the many tasks of pastoral ministry.

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**TEXTBOOKS:**

Foster, Richard. *Streams of Living Water*. San Francisco: Harper, 2001.

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

Thompson, Marjorie. *Soul Feast*. Louisville: Westminster John Knox, 2005.

*Guide for Research and Writing (SBL style)*. Available on course Web Site  
[www.online.tayloru.ca](http://www.online.tayloru.ca)

Suggested sites from which to order texts: [www.amazon.ca](http://www.amazon.ca) [www.chaptersindigo.ca](http://www.chaptersindigo.ca)  
[www.bookdepository.com](http://www.bookdepository.com) [www.renovare.org](http://www.renovare.org) [www.abebooks.com](http://www.abebooks.com)  
*Streams of Living Water* is available digitally at [www.ebooks.com](http://www.ebooks.com)

**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. Reading  
The workload of this course has been intentionally weighted toward reading in a slow, reflective manner. Thus, the total required pages of reading are less in this course than for a typical 3 credit course at Taylor Seminary (700 Vs 900 pages). Students are expected to follow the reading schedule in the course outline, completing the listed readings prior to each class session. This is even true of the first weekend of classes, if at all possible. This way everyone will be “on the same page” when we meet as a class.
2. Pop Quizzes  
A short pop quiz over the previous module’s assigned readings will occur at the beginning of the second and third weekend clusters of classes.
3. Reflective Prayers  
Students will submit, at the beginning of class on October 21 and December 2, three reflective prayers in response to the module’s assigned readings (6 prayers total). These prayers should be a response to God based on a concept or conviction that has addressed you in the reading. The prayer must be specific enough to demonstrate that the student has actually read the chapter(s) in a thoughtful manner. The prayer should be personal (your heart response to God), yet suitable for use in a public worship setting. These prayers are due at the beginning of each class. Each class the instructor will ask two students at random to share their prayers as part of a meditation exercise at the beginning of class.  
**Due at the beginning of class clusters two and three.**

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4. **Internet Reading**  
Students will spend a minimum of 7 hours exploring some of the links related to the five classic streams of Christian spirituality. These can be accessed through our course web at <http://online.tayloru.ca> This should be documented by means of a reading log on page 7 of this syllabus. For your convenience, the Reading Log is also downloadable on our course web site. **Due October 21.**
  
  5. **Attendance and Participation**  
This type of course is best experienced in a community context. What happens in the classroom is just as formational as what is done in one's solitary reading. In addition to the expectation of regular attendance and participation in the discussions, students will be expected to participate in spiritual formation groups during class time, for 40 – 50 minutes each weekend.
  
  6. **Personal Covenant**  
Each student will select a goal for spiritual formation over the course of the semester. The goal should arise from one of the five streams and be something measurable, realistic and practicable on a weekly basis. Students should plan to spend approximately one hour each week fulfilling their covenant. A copy of the covenant must be handed in to the instructor before the end of classes on **September 23**. It should contain the student's name, the particular stream in which the practice is focused, a rationale for choosing this practice and a description of the practice and how it will be measured. Students should sign their name at the bottom as a way of affirming their intention to pursue this plan. On the Final Examination (**December 3**) the covenant will be returned to students together with a report form which will be filled out at that time. Students will grade themselves on how well they fulfilled their plan.
  
  7. **Spiritual Autobiography**  
This assignment is designed with the intention that students will reflect on their spiritual formation through the lens of Foster's five streams of Christian Spirituality. This is a reflection paper and not a research paper, therefore, it is perfectly acceptable to write in the first person singular and to not make extensive reference to written sources.

The spiritual autobiography will begin by recounting how the student has been drawn to Christ, by surveying some of the critical moments and influences that have led him or her on a pathway toward Christlikeness. Next, the student will examine the progress made in each of the five streams, recounting the high and low points of each one. Some questions that may guide this section are:

1. When did you first become impressed with the need to grow in this stream?
2. Who were the influential people who have encouraged your growth in this stream?
3. What experiences or readings played a significant role in a growing understanding of this stream?
4. What practices have you engaged in so you could grow in this stream?
5. As you look into the future and the kind of person you would like to become, is there a rule of life you may want to incorporate that would help you to grow specifically in this stream?

After surveying all five streams, conclude by considering how you might be most helpful in directing someone else in developing the spiritual life. How do you think you are best equipped at this point in life to facilitate another person's growth toward Christlikeness?

This reflection paper should be emailed to the instructor and it is **due December 8**.



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DECEMBER

2-3	The Social Justice Tradition	Thompson, Ch. 2, 7-9
	The Evangelical Tradition	Foster, Ch. 5-6
	Developing a Rule of Life	F & S, pp.150- 329
	<b>3 Prayers, one from each of the three streams due at class time</b>	
	<b>Personal Covenant Report Due</b>	
	<b>Final Examination</b>	

DECEMBER

8	<b>Spiritual Autobiography Paper Due</b>
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**Access to our Course Web Site**

In order to access Taylor's online learning platform, you will need to follow these steps:

1. Go to [www.online.tayloru.ca](http://www.online.tayloru.ca)
2. Your user name is TSXXXXXX (TS followed by your Taylor Student ID Number)
3. Your password is your last name in small case letters (eg., effa). Once you log in you may change your password by going into PROFILE and accessing EDIT PROFILE.
4. If you are already registered on the platform you will need to click on PT 540 Spiritual Formation in order to access the course materials.
5. Our web site has one section with resources for the course and five sections of web links, organized according to the different streams of Christian spirituality.

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**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

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### Select Bibliography

#### General Reading

- À Kempis, Thomas. *The Imitation of Christ*. E. M. Blaicklock, transl. T. Nelson, 1979.
- Calhoun, Adele Ahlberg. *Spiritual Disciplines Handbook: Practices that Transform Us*. IVP, 2005.
- Cunningham, Lawrence S. and Keith J. Egan. *Christian Spirituality: Themes from the Tradition*. Paulist Press, 1996.
- Ford, David F. *The Shape of Living: Spiritual Directions for Everyday Life*. Baker, 1997.
- Foster, Richard J. *Celebration of Discipline*. Harper & Row, 1988.
- Holt, Bradley P. *Thirsty for God: A Brief History of Christian Spirituality*. Augsburg, 1993.
- Imbach, Jeff. *The River Within: Loving God, Living Passionately*. NavPress, 1998.
- Kelley, Thomas R. *A Testament of Devotion*. Harper & Row, 1941.
- Maas, Robin and Gabriel O'Donnell. *Spiritual Traditions for the Contemporary Church*. Abingdon, 1990.
- Miller, Donald. *Blue Like Jazz: Nonreligious Thoughts on Christian Spirituality*. Thomas Nelson, 2003.
- Nee, Watchman. *The Spiritual Man*. Christian Fellowship Publications, 1968.
- Nouwen, Henri. *Reaching Out: The Three Movements of the Spiritual Life*. Doubleday, 1975.
- Piper, John. *A Hunger for God: Desiring God through Fasting and Prayer*. Crossway Books, 1997.
- Rolheiser, Ronald. *The Holy Longing: Guidelines for a Christian Spirituality*. Bantam, 2002.
- Scorgie, Glen G. *A Little Guide to Christian Spirituality: Three Dimensions of Life with God*. Zondervan, 2007.
- Sider, Ronald. *Living Like Jesus: Eleven Essentials for Growing a Genuine Faith*. Baker, 1996.
- Tozer, A.W. *The Pursuit of God*. Christian Publications. N.D.
- Whitney, Donald S. *Spiritual Disciplines for the Christian Life*. NavPress, 1991.
- Willard, Dallas. *Renovation of the Heart: Putting on the Character of Christ*. NavPress, 2002.
- \_\_\_\_\_. *The Spirit of the Disciplines*. Harper & Row, 1985.

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**The Contemplative Life**

Brother Lawrence. *The Practice of the Presence of God*. John Delaney, transl. Doubleday, 1977.

Carreto, Carlo. *Letters from the Desert*. Orbis, 1972.

Ellul, Jacques. *Prayer and Modern Man*. Seabury, 1970.

Foster, Richard J. *Prayer: Finding the Heart's True Home*. Harper Collins, 1992.

Griffin, Emilie. *Doors into Prayer: An Invitation*. Paraclete Press, 2001.

Houston, James. *Transforming Power of Prayer: Deepening Your Friendship with God*. NavPress, 1998.

Issler, Klaus. *Wasting Time with God: A Christian Spirituality of Friendship with God*. Intervarsity Press, 2001.

Merton, Thomas. *Seeds of Contemplation*. New Directions, 1949.

\_\_\_\_\_. *Contemplative Prayer*. Doubleday, 1971.

Nouwen, Henri. *Clowning in Rome: Reflections on Solitude, Celibacy, Prayer and Contemplation*. Doubleday, 1979.

Peace, Richard. *Meditative Prayer: Entering God's Presence*. NavPress, 1996.

Pennington, Basil. *Centering Prayer: Renewing an Ancient Christian Prayer Form*. Doubleday Image, 1982.

Peterson, Eugene. *Answering God: The Psalms as Tools for Prayer*. Harper & Row, 1988.

Rhodes, Tricia McCary. *The Soul at Rest: A Journey into Contemplative Prayer*. Bethany House, 1996.

Rolheiser, Ronald. *The Shattered Lantern: Rediscovering a Felt Presence of God*. Crossroads, 2001.

Thibodeaux, Mark. *Armchair Mystic: Easing into Contemplative Prayer*. St. Anthony Messenger Press, 2001.

Wangerin Jr., Walter. *Whole Prayer: Speaking and Listening to God*. Zondervan, 1998.

Whiston, Charles. *Pray: A Study of Distinctive Christian Praying*. Eerdmans, 1972.

Yancey, Philip. *Prayer: Does it Make Any Difference?* Zondervan, 2006.

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**The Virtuous Life**

- Alexander, Donald L. *Christian Spirituality: Five Views of Sanctification*. InterVarsity, 1989.
- Anderson, Neil T. and Robert Saucy. *The Common Made Holy: Being Conformed to the Image of God*. Harvest House, 1997.
- Barnhouse, Donald Grey. *How to Live a Holy Life*. Fleming Revell, 1975.
- Bridges, Jerry. *The Pursuit of Holiness*. Navpress, 1978.
- Kendall, David. *God's Call to Be like Jesus: Living a Holy Life in an Unholy World*. Light and Life Communications, 1998.
- Law, William. *A Serious Call to a Devout and Holy Life*. Sovereign Grace, 1971.
- Olford, Stephen. *The Way of Holiness: Signposts to Guide Us*. Crossway Books, 1998.
- Packer, J.I. *Rediscovering Holiness*. Vine Books, 1991.
- Peterson, David. *Possessed By God: A New Testament Theology of Sanctification and Holiness*. Eerdmans, 1995.
- Seamands, Stephen A. *Holiness of Heart and Life*. Abingdon, 1989.
- Tracy, Wesley, E. Dee Freeborn, Janine Tartaglia and Morris Weigelt. *The Upward Call: Spiritual Formation and the Holy Life*. Beacon Hill, 1994.
- Wright, N. T., *After You Believe: Why Christian Character Matters*. HarperCollins, 2010.

**The Charismatic Life**

- Choy, Leona Frances. *Powerlines: What Great Evangelicals Believed About the Holy Spirit: 1850-1930*. Christian Publications, 1990.
- Cymbala, Jim. *Fresh Wind, Fresh Fire: What Happens When God's Spirit Invades the Hearts of His People*. Zondervan, 1996.
- Deere, Jack. *Surprised by the Power of the Spirit*. Zondervan, 1996.
- \_\_\_\_\_. *Surprised by the Voice of God: How God Speaks Today Through Prophecies, Dreams, and Visions*. Zondervan, 1996.
- Hayford, Jack. *The Beauty of Spiritual Language*. Thomas Nelson, 1996.
- \_\_\_\_\_. *Worship His Majesty*. Regal, 1999.
- Tan, Siang-Yang, and Douglas H. Gregg. *Disciplines of the Holy Spirit: How to Connect to the Spirit's Power and Presence*. Zondervan, 1996.

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**The Compassionate Life**

Blue, Kevin. *Practical Justice: Living Off-Center in a Self-Centered World*. InterVarsity, 2006.

Grigg, Viv. *Companion to the Poor*. MARC, 1989.

\_\_\_\_\_. *Cry of the Urban Poor*. MARC, 1992.

Kraybill, Donald B. *The Upside-Down Kingdom*. Herald Press, 2003.

Le Joly, Edward. *We Do It For Jesus: Mother Teresa and Her Missionaries of Charity*. Oxford University, 1998.

Myers, Bryant L. *Walking with the Poor*. Orbis, 1998.

Sider, Ronald J. *Rich Christians in an Age of Hunger*. Word, 1997.

Teresa, Mother. *A Simple Path*. Ballantine Books, 1995.

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Wallis, Jim. *The Call to Conversion*. Harper & Row, 1982.

\_\_\_\_\_. *Who Speaks for God? An Alternative to the Religious Right - A New Politics of Compassion, Community*. Delacorte, 1995.

**The Evangelical Life (Word Centered)**

Bonhoeffer, Dietrich. *Psalms: The Prayer Book of the Bible*. James Burtner, transl. Augsburg, 1970.

Hall, Thelma. *Too Deep for Words: Rediscovering Lectio Divina*. Paulist Press, 1988.

Howard, Evan B. *Praying the Scriptures: A Field Guide for Your Spiritual Journey*. IVP, 1996.

Law, P., ed. *Praying with the Old Testament*. SPCK, 1989.

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

Peace, Richard. *Contemplative Bible Reading: Experiencing God through Scripture*. NavPress, 1996.

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

Smith, M. *The Word is Very Near You: A Guide to Praying With Scripture*. Cowley, 1989.

**Life in Community**

Bonhoeffer, Dietrich. *Life Together: A Discussion of Christian Fellowship*. Harper & Row, 1954.

Benner, David G. *Sacred Companions: The Gift of Spiritual Friendship and Direction*. IVP, 2002.