

Note:

Course content may be changed, term to term, without notice. The information below is provided as a guide for course selection and is not binding in any form.



Moody Distance Learning

Course Number, Name, and Credit Hours

SF4405 Discipline in Spiritual Formation, 3 credit hours (in 8-week, online format)

Course Description

An experiential study of various spiritually formative disciplines. Focus placed on reflective techniques leading to the revision of spiritual practice. Integration of theology with spiritual practice will also be addressed.

Course Objectives

By the completion of this course the learners should be able to:

1. **Identify** the value and practice of biblically supported spiritual disciplines
2. **Recognize** key biblical passages regarding spiritual formation
3. **Analyze** personal areas of needed spiritual disciplines
4. **Express** fluency in the subject matter of spiritual disciplines as revealed in the Bible
5. **Create** a theological framework of spiritual discipline
6. **Apply** discipline in personal spiritual formation

Content Expectations

Required textbooks for all Moody Online classes can be found on the [Required Textbooks](#) section of the Moody website.

NOTE: Additional content or links to Internet content may be required and will be provided in the course.

Assignments

See the Syllabus page in the Blackboard course for general assignment instructions.

1. **CLASS PARTICIPATION:** Active participation is expected in this online course. Participation includes two main areas: discussion boards and reading. **Class Participation** accounts for between **25% and 40% of final course grade**.
 - a. **Discussion Boards:** You must maintain a significant presence in the discussion board. Please refer to the discussion board rubric included in the Documents section of this course for more information on how your participation in the discussion board will be assessed. Unless otherwise directed, post your initial response to the discussion question by mid-week (Friday, 11:59pm CT). Then read and respond to **at least TWO** of your classmates' initial posts by the end of the week (Monday, 11:59pm CT).
 - b. **Course Expectations:** The completion of the course reading, audio/video reviews, online articles, etc. is an important part of the course. You are expected to complete the weekly



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expectations prior to your discussion boards each week so you are able to discuss the concepts with others in the course.

2. **ASSIGNMENTS:** There will be several projects in this course requiring skills learned that include work with Microsoft Word, Excel, and PowerPoint. Specific assignment instructions are provided under the Assignments menu. Assignments are submitted through a link provided so they can be recorded as submitted through the Blackboard Grade Center. The assignments in the course are:

ASSIGNMENTS:

Special Note to Students about Mentors: This course requires designating and meeting with a **spiritual mentor** in weeks 4, 6 & 7. Please be considering FIVE potential mentors who meet these qualifications:

1. 15 years older;
2. same gender;
3. a follower of Jesus for a minimum of 15 years;
4. committed to a local church;
5. well-respected amongst his family and the family of God;
6. evidence of strong spiritual disciplines (of course)!

Journals (7):

- **Week 1, 2, 3, 5, 6, 7 and 8 Journal:** Answer reflection questions and one spiritual exercise in Calhoun book according to chapter selection. (Seven journals based on Calhoun book.) *See course for more instructions.*

Assignments:

1. **1-1 Need for Spiritual Disciplines Today (Reflection Paper):** Write a **TWO-page reflection paper** on the need for spiritual disciplines in today's world. Be sure to incorporate your reflection on the reading material.
2. **2-1 Mentor Selection Paper:** Student will choose a mentor, based on provided guidelines, and write a TWO paragraph paper about the reason for choosing this mentor. Read: "Guidelines for Selection of Mentor." (You will upload the Mentoring Contract in Week 3.)
3. **2-2 Identification of Needed Area of Discipline (Reflection Paper):** Write a **TWO-page reflection paper** in which the student identifies TWO spiritual disciplines that you intend to work on through the semester and report on in Week 7.
4. **3-1 Mentoring Contract:** Digitally scan the signed "Mentoring Contract" (signed by both the student and the mentor), save to your computer, then upload for this assignment.
5. **3-2 The Soul and Spiritual Disciplines (Reflection Paper):** Student will write a **TWO-page reflection paper** on an understanding of the soul and how it relates to the need for spiritual disciplines. Give a brief response to the following: What is the soul? What are some historical



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views/practices on the role of the soul in relation to the body? What are a few biblical references to the soul? Based on your readings, how does the soul relate to spiritual formation and therefore, the practice of spiritual disciplines? Explain and provide personal reflection.

6. **4-1 Interview of Spiritually Disciplined People:** Interview **TWO spiritually disciplined people** (family members may NOT be interviewed; **one of the interviewees should be your chosen mentor**). The purpose of the interview is: (1) To come to know the person on a more personal level, (2) Learn of the person's journey with Jesus (including salvation, experiences that have shaped the person, people who have been used by God in their life, etc.), and (3) Hear about the person's experience in developing healthy, biblically-based spiritual disciplines over the years. Seek to understand the challenges of establishing those disciplines; the sacrifices that were necessary; the benefits of spiritual disciplines; and finally, any counsel the person would offer to you. The interview must take place in person, by phone, or in a one-on-one Web interface (e.g., Skype, FaceTime, etc.). **Do not conduct the interview by email or other static forms of communication.** Fill in the two forms provided in the course for each of your interviews.
7. **4-2 Mentor Meeting #1 of 3** (ONE Hour mentor Meeting): In the meeting, use the "Accountability Questions" to discuss approximately 1/3 of these items (you will discuss the others in each of the TWO remaining mentoring meetings). Then, fill out the "Mentoring Report."
8. **5-1 Coe Response:** Write a **TWO-page response** to Coe's video summarizing his points and providing a critique.
9. **5-2 Biblical Foundations of Spiritual Discipline Chart:** Based on their reading from the previous five weeks, students will complete the provided **ONE-page chart** in which they record the different spiritual disciplines and biblical support (i.e., verses). This will be used to help write the "Theology of Spiritual Disciplines" paper at the end of the course (Assignment 8-2).
10. **6-1 Spiritual Retreat & Journal:** Student will take a **SIX-hour retreat** to focus on implementing the two identified needed areas of discipline from Week 2. [**See description in Week 1 of Blackboard course for this retreat.**] Write about 600 words (**2 pages**) about your experience. What did you find difficult? What did you enjoy the most about the retreat? What would you do differently next time? What role will the 2 identified disciplines play in your spiritual life.

Note about the Retreat: Many of you will work full time, go to school full time and have families. It will be a challenge, but it will also be an experience that could change your lives and you will always cherish. My goal is to help you understand that carving out extended periods of time for renewal will be sacrificial, but also transformative.
11. **6-2 Mentor Meeting #2 of 3** (ONE-hour mentor Meeting)- In the meeting, use the "Accountability Questions" from week 4 to discuss some of the items you have not discussed yet. Then, fill out the "Mentoring Report."
12. **7-1 Mentor Meeting #3 of 3** (ONE-hour mentor Meeting) - In the meeting, use the "Accountability Questions" from Week 4 to discuss some of the items you have not discussed yet. Then, fill out the "Mentoring Report."



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13. **7-2 Mentoring Review Paper (Reflection Paper):** Student will write a **ONE-page reflection paper** on their previous meetings and one interview with their mentor that answers these questions:
- What insights did your mentor offer for establishing long-term discipline in your life?
 - What are the next steps to implement in your life from the lessons learned with your mentor?
 - Who will keep you accountable to continue your journey?
14. **8-1 Theology of Spiritual Disciplines Paper:** Write a **FIVE-page paper** discussing the biblical foundations of developing a spiritually-disciplined life. The paper should reflect a biblically integrated thesis that is wholly supported throughout. Student should use readings from texts, video, Spiritual Disciplines Chart (Assignment 5-2), Scripture, and other assignments as resources for the development of this course capstone paper.

Assessments

Your grade for this course will consist of:

Assessments (# in parentheses)	% of Total
Total Discussions (Weeks 1-5 & 7) & Study Reports for all weeks	25
Total Journals (Weeks 1-3, 5-8) [7 total]	15
Total Mentoring Meetings/Reports (2-1, 3-1, 4-2, 6-2, 7-1, 7-2)	15
Total Reflection Papers (Assignments 1-1, 2-2, 3-2)	10
Assignment 4-1 Interview of 2 Spiritually Disciplined People	5
Assignment 5-1 Response to Coe (2pp)	5
Assignment 5-2 Spiritual Disciplines Chart (1pp)	5
Assignment 6-1 Spiritual Retreat & Journal (6-hours)	5
Assignment 8-1 Theology of Spiritual Disciplines Paper (5pp)	15
Total:	100%

Letter grades are determined by the following scale:

Letter Grade	Percentage Equivalent	Letter Grade	Percentage Equivalent
A	96% or higher	C	73 - 76.9%
A-	90 - 95.9%	C-	70 - 72.9%
B+	87 - 89.9%	D+	67 - 69.9%
B	83 - 86.9%	D	63 - 66.9%
B-	80 - 82.9%	D-	60 - 62.9%
C+	77 - 79.9%	F	Below 60%