

Spiritual Formation—C101
Spring Quarter April-June 2017
Rev. Michael Deutsch, Instructor



**A MINISTRY OF AMERICAN BAPTIST CHURCHES OF INDIANA AND KENTUCKY
IN PARTNERSHIP WITH ABC-GI ALONG WITH SPONSORING
AMERICAN BAPTIST CHURCHES & ASSOCIATIONS**

Spiritual Formation – C101

April 22, May 6, May 20 & June 3, 2017

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CLASS DESCRIPTION

Spiritual formation is the development of a living, breathing relationship with God, who intentionally created humankind with relational capacity. The purpose of this class is to develop skills that will nurture and aid the growth of the student's lifelong relationship with God. The objective of this class is to produce within the student a life that draws strength and connectedness through the Holy Spirit to enhance his/her own life and touch the lives of others for the glory of Christ.

FOCUS OF THIS EXPERIENCE

The greatest commandment is to love God with all of our heart, all of our soul, all of our mind and all of our strength. Then, we are to love our neighbors. How can we do this? The greatest way is to draw closer to God, so we experience a powerful connection with God. With that in mind, the objective this quarter is to help each person identify the ways we experience God. We will seek to develop these experiences through experimentation, trial and error, and celebrate our new learning as we gain power and strength through Christ. To accomplish this, we will be practicing the various spiritual disciplines.

STUDENT EXPECTATIONS

1. Attend all sessions and participant in class exercises in faith formation
2. Read assigned texts and do homework preparation for each class session
3. Support and encourage other students in the class
4. Completion of each assignment by the due date
5. Journal about each spiritual discipline as it is practiced
6. Come prepared to have fun and celebrate!

Please bring the following to each class session:

- Textbooks
- Good English Translation of the Bible
- Course notebook to keep class notes, handouts, assignments, etc.
- Personal journal (may be kept in your course notebook, if desired)
- Writing instruments (or electronic device)
- Completed assignments

REQUIREMENTS TO EARN CREDIT FOR THIS CLASS TOPIC

1. Read assigned texts and complete all assignments
2. Participant in class exercises in faith formation
3. Journal about each spiritual discipline as it is practiced
4. Attend at least 3 class sessions or at least 15 total hours of the classroom experience
5. If absent one class session, earn an excused absence by doing the following:
 - contact the instructor about your absence (preferably before the absence, but at least within 72 hours of the absence)
 - obtain notes from two students who did participate in any class session you missed
 - request a copy of the PowerPoint presentation(s) for the class session you missed in note format (3 slides per page); of course, this only applies if the instructor uses PowerPoint in the class session you missed.
 - complete a special assignment given by your instructor in addition to regular assignments; this is usually an enriching experience that will most likely pertain to the class session the student missed in some way.

REQUIRED TEXTS

Celebration of Discipline: The Path to Spiritual Growth (2002 – 3rd edition) by Richard J. Foster.

Spiritual Disciplines Handbook: Practices That Transform Us by Adele Ahlberg Calhoun

RECOMMENDED TEXTS

The Spirit of the Disciplines by Dallas Willard

Titles are available at most online stores. Used copies are as good as new! Digital copies are acceptable.

CLASS SESSION ASSIGNMENTS

Please complete assignments *before* the class session date.

April 22, 2017 (Session 1)

- Read Foster, Introduction through Chapter 5, and prepare 2-3 questions that are raised from the reading.
- Write a brief description of your spiritual journey to date. Relate, if possible, how your spiritual life has been impacted by external life events. (i.e. divorce, death of a loved one, marriage, birth of a child, major transitions - graduation, job change, relocation of residence, etc. can impact one's spirit in very significant ways, no matter at what age or for what reason they occur.) Use whatever writing style you are comfortable with.
- Use the Spiritual Disciplines Handbook to aid yourself in practicing the Spiritual Disciplines discussed by Foster.

OBJECTIVES

- Why Spiritual Disciplines? Are they Biblical?
- Getting to know one another. Sharing our spiritual journeys.
- Be prepared to discuss Foster's 4 "inward disciplines."

May 6, 2017 (Session 2)

- Read Foster, Chapters 6-9.
- Prepare 2-3 questions that are raised from your reading.
- Use the Spiritual Disciplines Handbook to aid yourself in practicing the Spiritual Disciplines discussed by Foster.
- Determine the four-letter formula for your personality temperament.
 - If you have not previously taken a Myers-Briggs Temperament Inventory, please go to <http://www.humanmetrics.com/cgi-win/jtypes2.asp> and take the simple test based upon the Myers-Briggs. Score the test as indicated. Bring to class. This is free online.
- Journal: Reflect on your experience(s) with the inward disciplines – meditation, prayer, fasting, and study throughout your life. Which of these disciplines has come easily to you, which have been more difficult? Why? What seems meaningful to you about them at this point in your life?

OBJECTIVES:

- Discuss Foster's "outward disciplines"; and implications or experience.
- Journal and discuss how did our practicing of the various disciplines go. What were our victories and struggles?

May 20, 2017 (Session 3)

- Read Chapters 10-13, “the corporate disciplines.”
- Prepare 2-3 questions that are raised from your reading.
- Use the Spiritual Disciplines Handbook to aid yourself in practicing the Spiritual Disciplines discussed by Foster in chapters 10-13.
- Journal: Reflect on your experience(s) with the outward disciplines – simplicity, solitude, submission, and service throughout your life. Describe an experience with one (or more) of these disciplines which was especially meaningful to you. What are the elements that made it meaningful or memorable? What needs are you sensing in your life now for which the practice of these disciplines might be helpful?

OBJECTIVES:

- Be prepared to discuss the corporate disciplines in our spiritual lives. Do we have a sense of spiritual contentment or frustration with these disciplines?

June 3, 2017 (Session 4)

- Journal: Reflect on your experience(s) with the corporate disciplines – confession, worship, guidance, and celebration throughout your life. In what ways has your church or faith community incorporated each one? What has been especially meaningful, and why? From your recent experience in this course, how might you assist your church in developing these corporate disciplines more fully?
- Write a paper describing your journey during this course. Describe what worked, what did not work, and how you have learned and grown over this period of time. Also, provide a plan of action as to how you will continue your journey as you seek to draw closer to Christ.

OBJECTIVES:

- Share with one another how we have grown / struggled during this period.
- Share our action plans for the future.
- Celebration and course evaluation

TENTATIVE CLASS SCHEDULE

Arrive By 8:45AM

9:00-10:15	Session 1
10:15-10:25	Break
10:25-11:45	Session 2
11:45-12:30	Lunch
12:30-1:40	Session 3
1:40-1:50	Break
1:50-3:30	Session 4

CLASS LOCATION

Liberty Center Baptist Church
3071 W Cherry St
Liberty Center, IN 46766