



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

## **Spiritual Formation – C101**

**October 27, November 10, December 1 & December 15, 2018**

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### **Description and Purpose**

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**

Each participant will:

1. Explore models of faith formation and select a model that fits your understanding.
2. Be introduced to one experience in faith formation that includes a variety of formats and exercises.
3. Examine how faith formation can happen in the life of a congregation and how one might design such a process.
4. Come to understand and explain how our own faith formation has occurred by using one of the models presented.

### **Required Texts**

1. A Spiritual Formation Workbook – Revised Edition: Small Group Resources for Nurturing Christian Growth by James Bryan Smith with Lynda Graybeal. (2007).
2. Celebration of Discipline, Special Anniversary Edition: The Path to Spiritual Growth. By Richard J. Foster. (2018)

### **Student Expectations**

1. Attend all sessions whenever possible
2. Contact the instructor in advance, if you will be absent
3. Be prepared for each class session
4. Participate in class
5. Support and encourage other students in the class
6. Communicate with the instructor, if you have any questions or concerns

Please bring the following to each class session:

- Textbooks
- Good English Translation of the Bible
- Notebook (for handouts, assignments and taking notes)
- 2 pens/pencils (electronic device to take notes, if preferred)
- Syllabus, handouts & assignments
- Personal Journal

### **Requirements to Earn Credit**

1. Completion of all reading and written assignments.
2. Participation in class discussions and exercises.
3. Read additional articles or blogs as may be assigned
4. Bring textbooks and completed assignments to each class session.
5. Attend at least 15 of the 20 hours of classroom time
6. If absent one class session, earn an excused absence by doing the following:
  - a. contact the instructor about your absence (preferably before the absence, but at least within 72 hours of the absence)
  - b. obtain notes from two students who did participate in any class session you missed
  - c. 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.
  - d. 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.

### Class Sessions

**Note: Assignments listed under each class session date are due on or before that date.**

#### **October 27, 2018 (Session 1)**

- € Read Foster, introduction through chapter 5, and prepare 3-5 questions that arise from the reading. Plan to discuss these questions in class.
- € 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 (free online) test based upon the Myers-Briggs. Score the test as indicated and bring the results with you to class.
- € Write a description of your life's spiritual journey to date, with particular attention given to the way your spirit has been impacted by external (or life) events. (i.e. events such as marriage, death of a loved one, divorce, 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.) Keep the format simple and read-able.

#### **November 10, 2018 (Session 2)**

- € Read Smith/Graybeal, the forward through chapter 3, and Foster, chapters 6-9. Prepare 3-5 questions that arise from your reading. Plan to discuss these questions in class.
- € Journal: Reflect on your experience(s) with the inward disciplines – meditation, prayer, fasting, and study – from the last two weeks. Which of these disciplines came easily to you, which were more difficult? Why? Have any of these inward disciplines been part of your spiritual practice prior to this class? If so, which ones? What seems meaningful to you about them at this point in your life?

#### **December 1, 2018 (Session 3)**

- € Read Smith/Graybeal, chapters 4-6, and Foster, chapters 10-13. Prepare 3-5 questions that arise from your reading. Plan to discuss these questions in class.
- € Journal: Reflect on your experience(s) with the outward disciplines – simplicity, solitude, submission, and service – from the last three weeks. 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?

**Class Sessions (continued)**

**Note: Assignments listed under each class session date are due on or before that date.**

**December 15, 2018 (Session 4)**

- € Read Smith/Graybeal, chapters 7-8. Prepare 3-5 questions that arise from your reading. Plan to discuss these questions in class.
- € Journal: Reflect on your experience(s) with the corporate disciplines – confession, worship, guidance, and celebration – from the last two weeks. 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 final paper describing your spiritual journey during this course. Describe what you connected with, what you did not connect with. Write about what you have learned and how you have 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. (3-4 Pages).

**TENTATIVE DAILY CLASS SCHEDULE**

9:00-10:15	Session A
10:15-10:30	Break
10:30-11:45	Session B
11:45-12:30	Lunch
12:30-1:45	Session C
1:45-2:00	Break
2:00-3:15	Session D

**CLASS LOCATION**

Westport Baptist Church  
202 E Main St  
Westport, IN 47283