



KINGSWOOD EXTENDED FLAME COURSE
SPIRITUAL FORMATION - CEX 2021
SESSION 2 - 2019

Zoom Sessions: Saturdays, 9am-1pm EST; March 9, 16, 23, 30; April 6, 13

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SYLLABUS OVERVIEW

What you will find in this syllabus:

- Course Description
- Course Rationale
- Course Objectives & Learning Outcomes
- Required Textbook(s)
- Assignments
- Course Calendar
- Evaluation/Grade Scale
- Policies and Expectations
- Bibliography

COURSE DESCRIPTION

This course introduces students to the concepts of holistic Christian formation and historic practices for spiritual growth. Personal assessment and opportunity for developing a practical plan for personal spiritual formation are also emphasized.

COURSE RATIONALE: DO YOU SEE THE WORLD THE WAY GOD SEES THE WORLD?

A central goal of this course involves our seeking to be prepared as leaders for the community of those who are joined by faith to God in Christ. Our ministry must, however, flow from a vibrant relationship with God. Dallas Willard defines *spiritual formation* as “the *Holy Spirit-driven process* of forming the inner world of the human self in such a way that it becomes like the inner being of Christ himself” (*Revolution of Character*, 16). The idea is further that this will be seen as fueling our outward ministry in the context of both church and community.

COURSE OBJECTIVES AND LEARNING OUTCOMES

By the end of this course, students should be able...

- ...to grasp a biblical and theological framework for a thorough understanding of spiritual formation
- ...to nurture habits and practices that promote godly, virtuous character

- ...to promote a biblical understanding of the human person and its ability to change
- ...to foster spiritual formation through an inter-relational class environment
- ...to see these practices not merely as “activities,” but as a means of grace, of drawing near to God in Christ
- ...to see how these are connected with empowering toward the end of participating with God in God’s mission.

REQUIRED TEXTBOOK(S)

- Foster, Richard. 1998. *Celebration of Discipline: The Path to Spiritual Growth*. New York: Harper One.
- Willard, Dallas (with Don Simpson). 2005. *Revolution of Character: Discovering Christ’s Pattern for Spiritual Transformation*. Colorado Springs: NavPress.

We will also read the following brief essays, linked here and on the course schedule:

- Feinberg, Margaret. “Listening for God’s Voice: God doesn’t always shout to get your attention.” *Christianity Today*, n.d., <https://www.christianitytoday.com/iyf/faithandlife/devotionals/listening-for-gods-voice.html?start=1>.
- Meunier, John. “Worship as a Means of Grace.” July 30, 2009, <https://johnmeunier.wordpress.com/2009/07/30/worship-as-a-means-of-grace/>.
- Wax, Trevin. Review of Scot McKnight, *Fasting (The Ancient Practices Series)*(Nashville: Thomas Nelson, 2009). *The Gospel Coalition*, April 2, 2009, <https://www.thegospelcoalition.org/blogs/trevin-wax/fasting-a-much-neglected-and-much-needed-discipline/>.

ASSIGNMENTS

All assignments are due on the day indicated in this syllabus. In extenuating circumstances, an extension may be granted with the advance permission of the instructor and the director of Kingswood Extended.

Written assignments must be typed in 12-point format in a font that is easy to read. Each assignment should include at least the student’s full name, course title, and date.

Kingswood Extended uses the Pathwright platform for all assignment submissions, grading, and instructor feedback. You will be sent an access link to set up a user profile for Pathwright and an invitation to join this course. If you do not receive the account and course invitation two weeks prior to the start of the first class, please check your spam folder before contacting your instructor. All assignments must be submitted through the Pathwright platform, and it is recommended that you keep a copy of all submissions for your records.

In-Course Assignments

Readings – Due at the start of class (5%)

Read through the two course texts according to the outline in the schedule. Fill in the reading report on Pathwright each week before the start of class to acknowledge you have completed the assigned reading.

Reflection Journals - Due at the start of class sessions as per calendar (65%)

In addition to weekly reading, utilize what you read as a resource to write about something you found particularly relevant in your own life. A weekly journal entry should be a minimum of 1 page (double-spaced, 12pt font, Times New Roman, 1" margins). There are 5 weekly journal entries (see below).

Post-Course Assignments

Final Project - Due April 29 by 5 PM EST (30%)

The papers will be graded on content, clarity of writing, demonstrated grasp of the material, and writing skills. Grammar, punctuation, proper sentence construction, and neatness will be considered.

1. **Option1: Research Project** - Write a 6 page research paper (double spaced, 12 pt font, Times New Roman, 1" margins) pertaining to a course-related Christian practice (e.g. fasting, solitude, celebration) or idea (e.g. busyness, contemporary habit formation, spiritual growth in modernity). The paper should evidence research that utilizes at least 3 additional and primary sources other than our class texts. The goal of this project is to broaden your understanding in a particular aspect of spiritual formation.
2. **Option 2: "Rule of Life" Project** - Write a 6 page (double spaced, 12 pt font, Times New Roman, 1" margins) "rule" for your spiritual life. The "rule" should consist of at least 6 guiding principles by which you aspire to live every day. Expand upon each of the "rules" so they are neither expressed in your project as a long list of "do's and don'ts" nor vague platitudes. For a model of a "rule of life," consult the "Rule of St. Benedict" and/or "The Common Rule." The goal of this project is to help you reflect deeply on the spiritual practices and their applied influence on your life.

COURSE CALENDAR

Please follow the class schedule shown below as you prepare for each class. There may be extenuating circumstances that cause your instructor to vary the schedule slightly. When that is the case, such changes will always be in the student's favour. Follow the class schedule regarding due dates for reading and written assignments, even if material covered in class does not correspond with the suggested date.

DAY & DATE	TOPIC	READING DUE	ASSIGNMENT(S) DUE
Week 1 – March 9	<ul style="list-style-type: none"> •Course Introduction •What is Spiritual Formation? •Obstacles and Potential Views of God, Self, and World 	Willard: ch. 1-3; Foster: Intro, ch. 1	
Week 2 – March 16	<ul style="list-style-type: none"> •Transformation of the believer in Christ •Simplicity and Solitude 	Willard: ch. 4-6 Foster: ch. 6-7	Reflection Journal 1
Week 3 – March 23	<ul style="list-style-type: none"> •Bible Study •Meditation & Prayer 	Willard: ch.7-8 Foster: ch.2-3; 5	Reflection Journal 2
Week 4 – March 30	<ul style="list-style-type: none"> •Fasting •Guidance 	Willard: ch. 9 Foster: ch.4; 12; Trevin Wax, review of Scot McKnight, <i>Fasting</i> Margaret Feinberg, “Listening for God’s Voice”	Reflection Journal 3
Week 5 – April 6	<ul style="list-style-type: none"> •Submission & Confession •Worship •Celebration 	Willard: ch. 10 Foster: ch.8, 10-11, 13 John Meunier, “Worship as a Means of Grace”	Reflection Journal 4
Week 6 – April 13	<ul style="list-style-type: none"> •Service & Mission 	Willard: ch.11-12 Foster: ch. 9	Reflection Journal 5
Post-Course Work			Final project due April 27

EVALUATION/GRADE SCALE

Course Grading:

Reading: 5%

Reflection Papers: 65%

Final Project: 30%

At the completion of the course, numerical grades are submitted to the Division of Education and Clergy Development and converted to letter grades using the following grade scale (Note: A grade of C or higher is required to pass the course):

100 to 97	A	87 to 85	B-	70 to 68	D
96 to 94	A-	84 to 81	C+	67 & below	F
93 to 91	B+	80 to 76	C		
90 to 88	B	75 to 71	C-		

POLICIES AND EXPECTATIONS

Attendance

- Students are expected to attend all six Zoom sessions of a course.
- In extenuating circumstances, a student may be permitted to miss one session, with the advance permission of the instructor.
- Missing more than one Zoom session of a course will result in failure of the course.

Grades

- Grades are reported as percentages.
- Students who wish to apply this course towards credentialing requirements in The Wesleyan Church must earn a grade of at least 76%.

Plagiarism

- Students of Kingswood University are expected to exhibit honesty and integrity in their personal, professional and academic life, and work. As Christians, we are called to a high standard of honesty.
- “The Senior Dictionary of Canadian English defines plagiarism as “an idea, expression, plot, etc. taken from another and used as one’s own.” Plagiarism is a serious offence in the academic community, and is especially offensive in the Christian academic community since it is an act of dishonesty, evidencing a lack of integrity. Cheating on tests, exams, and other assignments is equally offensive” (Kingswood University Academic Policy).
- Examples of plagiarism include (but are not limited to) the following:
 - Copying all or part of a theme, exam, paper, reading report, or other written work from another person;
 - Submitting as one’s own work that which was wholly or partially done by another;
 - Quoting material from any source without clearly indicating it is someone else’s work;
 - Summarizing or paraphrasing from any source clearly indicating it is someone else’s work;
 - Misrepresentation of documentation or resources
 - Submitting workbook answers copied from another person or working in a group and submitting an identical set of answers for each member of the group without explicit permission from the professor;
 - Cheating on a test by getting answers in an unauthorized manner;
 - Submitting the same work for more than one course without the prior approval of the instructor.
- An instance of plagiarism will result in an automatic “F” for the specific assignment and may also result in an automatic failing of the course.

- A repeat offense will result in an automatic failing of the course.

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