



Spiritual Formation 2 DISC5171

New Orleans Baptist Theological Seminary
Spring 2015

Dr. Doug Watkins

Associate Professor of Christian Education, NOBTS

Regional Associate Dean for Florida

dwatkins@nobts.edu

Office: (407) 514-4412

Cell: (407) 340-5229

The mission of New Orleans Baptist Theological Seminary is to equip leaders to fulfill the Great Commission and the Great Commandments through the local church and its ministries.

Core Value Focus and Curriculum Competencies

The seminary has five core values: Doctrinal Integrity, Spiritual Vitality, Mission Focus, Characteristic Excellence, and Servant Leadership. This course supports the five core values emphasized by the seminary.

Annually, the President will designate a core value that will become the focus of pedagogy for the year. For the 2014-2015 academic year that Core Value is *Spiritual Vitality*.

The seminary has seven curriculum competencies: Biblical Exposition, Christian Theological Heritage, Disciple-Making, Interpersonal Skills, Servant Leadership, Spiritual & Character Formation, and Worship Leadership. The key competencies addressed in this course are Disciple-Making and Spiritual & Character Formation.

Course Description

This course is the second of two semester-long, pass-fail experiences in a faculty-mentored group. The group will meet 8 times for accountability, mentoring, discussion, and spiritual formation in the company of others. It will include specific assignments from a variety of Christian devotional practices. This course is designed to be taken the semester immediately following DISC5170.

Learning Objectives

In order to provide moral leadership by modeling and mentoring Christian character and devotion and in order to stimulate church health through mobilizing the church for discipleship, the student, by the end of the course should:

1. Comprehend the following concepts:
 - The marks of a disciple as something beyond the point of salvation.
 - Effective methods of becoming a disciple and making disciples.

- The relationship between spiritual maturity and spiritual disciplines.
 - Christian devotional practices or disciplines.
2. Have a positive response to the following concepts:
 - A life-long intentional devotional discipline for lifelong spiritual growth and benefit to the kingdom of God.
 - A meaningful and maturing relationship with God.
 - Christian community in a small group setting.
 - A personal commitment to basic devotional practices.
 - A personal commitment to covenant marriage and personal holiness.
 3. Be able to, with the help of resources, accomplish the following tasks:
 - Develop a plan for personal discipleship and assist others to develop a personal discipleship plan.
 - Practice appropriate disciplines of the Christian faith.
 - Lead small discipleship groups.
 4. Have an appropriate perception as how to lead small discipleship groups.

Textbook

Foster, Richard J. *Celebration of Discipline: The Path to Spiritual Growth*. San Francisco: HarperCollins, 1998. ISBN: 978-0060628390

Course Requirements

1. **Participate** in all class discussions and meetings.
2. **Read** the assigned textbook **and** additional class material while also **leading at least one class discussion** of an assigned chapter.
3. **Keep a journal** of your spiritual journey throughout the course and complete the assignments given by the professor for the spiritual journal. The journal is to be your thoughts/reflections about your spiritual journey. The student is to journal **at least 4 times weekly**. Each journal entry should be a minimum of two paragraphs. The journal should include reflections on spiritual progress, particularly as evidenced through the spiritual plan developed and turned in by the student (see Course Requirement 5). The journal will not be read by the professor but only briefly checked for completion.
4. **Memorize** and recite assigned Bible verses (see Memory Verses).
5. Each student will be required to **submit a six month spiritual plan** (see Ortberg, “The Life You’ve Always Wanted,” page 205). The plan must include four spiritual goals (e.g. Scripture reading and memory, prayer, fasting, solitude, witnessing, etc.) to be put into practice over the course of six months as well as a specific plan for accomplishing the spiritual goals. The plan must include the following:
 - (1) Explain in one paragraph the reason for selecting each specific spiritual goal. Each goal should have one paragraph explaining the reason for selection, for a total of four paragraphs.
 - (2) List the discipline and the plan and steps for beginning or improving the practice of the discipline.
 - (3) Include a summary of what you would like to see happen in your life as a result of improvement in each specific discipline.

The spiritual plan is to be a minimum of two double-spaced pages **due at the second class meeting**.

6. The student must **select an accountability partner**, who is the same gender and who can be described as “full of grace, wisdom, and the Holy Spirit.” The student will **meet with the accountability partner for a minimum of thirty minutes per week** beginning the third week of class. The student will submit a statement **at the second class** identifying the accountability partner.
7. At the conclusion of the course, the student will **meet with the professor** to discuss your spiritual growth during the semester. Meeting times will be scheduled during the last week of classes. The student’s journal and spiritual plan/assessment will be discussed.

Memory Verses

February 9	Titus 3:5
February 23	Proverbs 3:5-6
March 9	John 14:21
March 30	John 15:5
April 13	John 15:7
April 27	Psalms 119:9, 11
May 11	Philippians 2:3-4, 4:8

Course Evaluation

The course is offered on a pass/fail basis as follows:

- Journal 30 %
- Discussion session leadership 15 %
- Class participation 15 %
- Scripture memory 10 %
- Spiritual plan 30 %

Course Policies

1. *For our group to function well and achieve the objectives, we must respect one another. This means each member should give and expect the following from other students:*
 - a. **Respect**. Whether we agree or disagree, we will respect one another.
 - b. **Confidentiality**. Unless explicitly given, what is shared in class will stay in class.
 - c. **Freedom/Openness**. Each member must be open to sharing their feelings once they are comfortable with the group.
2. Preparation is minimal but key. Each student should **read the assigned material and journal** their thoughts throughout the week and bring their journal to class so that they can have a shareable record of what they felt and thought as they walked with Christ.
3. The course is offered on a **pass/fail** basis. Apart from completing the reflection paper and journaling, each student will be graded according to how they prepared for class and how they conducted themselves according to the expectations listed above.
4. In accordance with seminary policy, a student will automatically fail the course if he or she incurs **three** absences. The student handbook should be consulted regarding further information about seminary policies for absences. Late assignments automatically will be penalized a letter grade and may receive additional penalties depending on the amount of time the assignment is late.

Course Schedule

Session	Date	Special Topic / Assignment due
1	01/26	<p>Introduction & Overview</p> <p>Chapter 1: <i>The Spiritual Disciplines: Door to Liberation</i></p>
2	02/9	<p>Chapter 2: <i>Meditation</i></p> <p>Chapter 3: <i>Prayer</i></p> <p>6-Month Spiritual Plan due</p> <p>Accountability Partner statement due</p>
3	02/23	<p>Chapter 4: <i>Fasting</i></p> <p>Chapter 5: <i>Study</i></p>
4	03/9	<p>Chapter 6: <i>Simplicity</i></p> <p>Chapter 7: <i>Solitude</i></p>
5	03/30	<p>Chapter 8: <i>Submission</i></p> <p>Chapter 9: <i>Service</i></p>
6	04/13	<p>Chapter 10: <i>Confession</i></p> <p>Chapter 11: <i>Worship</i></p>
7	04/27	<p>Chapter 12: <i>Guidance</i></p> <p>Chapter 13: <i>Celebration</i></p>
8	05/11	Personal meetings with Dr. Watkins

Selected Bibliography

- Arn, Win, and Charles Arn. *The Master's Plan for Making Disciples*, 2d ed. Grand Rapids: Baker, 1998.
- Barna, George. *Growing True Disciples*. Colorado Spring: Waterbrook Press, 2001.
- Blackaby, Henry T. and Claude V. King. *Experiencing God: How to Live the Full Adventure of Knowing and Doing the Will of God*. Nashville: B & H, 1994.
- _____. *Hearing God's Voice*. Nashville: B & H, 2002.
- Bonhoeffer, Dietrich. *The Cost of Discipleship*. Translated by R. H. Fuller. New York: Macmillan, 1963.
- Bridges, Jerry. *The Pursuit of Holiness*. Colorado Springs: NavPress, 1978.
- _____. *The Practice of Godliness*. Colorado Springs: NavPress, 1983.
- Coleman, Robert E. *The Master Plan of Evangelism*. Grand Rapids: Revell, 1993.
- _____. *The Master Plan of Discipleship*. Grand Rapids: Revell, 1987.
- Cymbala, Jim. *Break Through Prayer*. Grand Rapids: Zondervan, 2003.
- _____. *Fresh Wind, Fresh Fire*. Grand Rapids: Zondervan, 1997.
- DeMoss, Nancy Leigh. *Brokenness: The Heart God Revives*. Chicago: Moody, 2005.
- _____. *Holiness: The Heart God Purifies*. Chicago: Moody, 2005.
- _____. *Surrender: The Heart God Controls*. Chicago: Moody, 2005.
- Eims, Leroy. *The Lost Art of Disciple Making*. Grand Rapids: Zondervan, 1978.
- Elliff, Tom. *A Passion for Prayer: Experiencing Deeper Intimacy with God*. Fort Washington, PA: CLC Publications, 2010.
- Floyd, Ronnie. *The Power of Prayer and Fasting*. Nashville: Broadman & Holman, 1997.
- Foster, Richard J. *Celebration of Discipline: The Path to Spiritual Growth*. San Francisco: HarperCollins, 1998.
- _____. *Freedom of Simplicity: Finding Harmony in a Complex World*. New York: HarperCollins, 2005.

- Foster, Richard J. and James Bryan Smith. *Devotional classics*. Revised and expanded ed. New York: HarperCollins, 2005.
- Foster, Richard J. and Gayle D. Beebe. *Longing for God*. Downers Grove: IVP Books, 2009.
- Foster, Richard J. and Emilie Griffin. *Spiritual Classics: Selected Readings on the Twelve Spiritual Disciplines*. New York: HarperCollins, 2000.
- Frizzell, Gregory R. *How to Develop a Powerful Prayer Life: The Biblical Path to Holiness and Relationship with God*. Memphis: The Master Design, 1999.
- Hall, R. Clyde. *Handbook for Youth Discipleship*. Broadman, 1988.
- Hughes, R. Kent. *Disciplines of a Godly Man*. Wheaton: Crossway, 2001.
- Hull, Bill. *Jesus Christ Disciplemaker*. Colorado Springs: NavPress, 1984.
- _____. *The Disciple-Making Church*. Grand Rapids: Fleming H. Revell, 1990.
- _____. *The Disciple-Making Pastor*. Revell, 1988.
- Idleman, Kyle. *Not a Fan: Becoming a Completely Committed Follower of Jesus*. Grand Rapids: Zondervan, 2011.
- MacArthur, John. *The Keys to Spiritual Growth: Unlocking the Riches of God*. Wheaton: Crossway, 1991.
- Muller, George. *The Autobiography of George Muller*. New Kensington, PA: Whitaker House, 1984.
- Murray, Andrew. *Absolute Surrender*. Springdale, PA: Whitaker House, 1982.
- _____. *With Christ in the School of Prayer*.
- Ortberg, John. *If You Want to Walk on Water, You've Got to Get Out of the Boat*. Grand Rapids: Zondervan, 2001.
- Packer, James I. *Knowing God*. Downers Grove: InterVarsity, 1973.
- Petersen, Jim. *Lifestyle Discipleship: The Challenge of Following Jesus in Today's World*. Colorado Springs: NavPress, 1993.
- Piper, John and Wayne Grudem. *Recovering Biblical Manhood and Womanhood*. Wheaton: Crossway Books, 1991.

Platt, David. *Radical: Taking Back Your Faith from the American Dream*. Colorado Spring: Multnomah, 2010.

Stanley, Charles F. *Handle with Prayer: How to Turn the World Around While on Your Knees*. Wheaton: Victor Books, 1987.

Tozer, A. W. *The Pursuit of God: The Human Thirst for the Divine*. Camp Hill, PA: Wing Spread Publishers, 2006.

Whitney, Donald S. *Spiritual Disciplines for the Christian Life*. Colorado Springs: NavPress, 1991.

Wilkins, Michael J. *In His Image: Reflecting Christ in Everyday Life*. Colorado Springs: NavPress, 1997.

Willard, Dallas. *The Spirit of the Disciplines: Understanding How God Changes Lives*. New York: HarperCollins Publishers, 1988.

Wright, N. T. *Following Jesus: Biblical Reflections on Discipleship*. Grand Rapids: William B. Eerdmans Publishing, 1995.