



Advancing God's Kingdom by Preparing Competent Christian  
Leaders for Spirit-Empowered Life and Ministry

## P146 Introduction to Spiritual Formation

3 credits. Prerequisites: none

👤 On Campus 'A' Live-Stream    📺 Video on Demand

January 15, 2024 – April 18, 2024  
Term C and D  
Monday, Wednesday— 10:45am-12:15pm

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### Course Goals

#### Course Description

This course will introduce students to a myriad of spiritual disciplines, both historic and modern from a wide variety of Christian expressions. Through the lens of Scripture and historical practices, students will appreciate why the disciplines are important, what fruit they produce and how they can be incorporated into a busy lifestyle. Multiple opportunities to practice these skills will be provided.

#### Relationship to Horizon's Mission

At the core of Horizon's mission is the preparation of a life empowered by the Spirit. The testimony of Scripture clearly links this enablement with the ongoing practice of the spiritual disciplines. As these disciplines are studied, internalized, and enacted, they become conduits through which God's grace is allowed to impact facets of the student's life, the results of which are an ever-deepening spiritual life and an ever-widening spiritual influence.

#### Core Competencies and Learning Outcomes



To demonstrate competency in *Spiritual Maturity*, students will

1. Participate in a myriad of spiritual disciplines (some assigned, and some chosen) and analyze their response to each of those experiences.
  - *Assessment:* Personal Spiritual Formation Journal, Spiritual Disciplines Praxis, Spiritual Retreat, Development of a Personal Rule of Life
2. Compare and contrast the truths of Scripture against the cultural presuppositions often propagated in culture that potentially hinder spiritual growth.
  - *Assessment:* Textbook Reading & Critical Reflection



To demonstrate competency in *Contextual Awareness*, students will

3. Develop a basic knowledge of one faction of historic Christianity and identify the spiritual disciplines practiced by that group.
  - *Assessment:* Christian Practices Investigation
4. Identify the biblical context for one of the common spiritual disciplines.
  - *Assessment:* Biblical Research Assignment

## **Course Work**

### **Required Readings**

Smith, James Bryan. *The Good and Beautiful God*. Downers Grove, IL: InterVarsity, 2009. ISBN: 978-0830835317.

AND **ONE** of the following two books (student's choice):

Smith, James Bryan. *The Good and Beautiful Life*. Downers Grove, IL: InterVarsity, 2009. ISBN: 978-0830835324.

### **OR**

Smith, James Bryan. *The Good and Beautiful Community*. Downers Grove, IL: InterVarsity, 2010. ISBN: 978-0830835331.

\*\*While students have the benefit of accessing many of their textbooks online through the [Digital Theological Library](#), they will not have access to the Digital Theological Library upon graduation. Therefore, we encourage students to purchase select textbooks to build their personal library. For your convenience, Horizon has partnered with Kennedy's Parable to provide textbooks.

### **Course Assignments and Activities**

#### *1. Personal Spiritual Formation Journal. (25%)*

Students will receive a Word template that will continuously be filled in throughout the course. The template will contain spaces for course notes, daily journal logs, observations gleaned from spiritual disciplines practiced, two self-assessments, retreat notes, research formulated, and finally the student's designated Rule of Life. This assignment assessed the daily journal logs.

- To complete this assignment, students will follow these guidelines:
  - Follow the Horizon Format Guide and the template provided.
- Related learning outcome: #1.
- **Assignment length:** Daily completion of a one-page table.
- **Due Date:** Jan 21 and 28; Feb 4, 11, 18, 25; Mar 17, 24, 31; Apr 7, 14.

## 2. *Textbook Reading & Critical Reflection* (20%)

The student is expected to read both assigned textbooks by the end of this course. Student journal entries should demonstrate clear evidence of this reading. They will highlight a theme from each chapter (both books) and include at least one journal entry detailing their ruminations on that theme.

- To complete this assignment, students will follow these guidelines:
  - Follow the Horizon Format Guide and the template provided.
  - Cite the two textbooks.
- Related learning outcome: #2.
- **Assignment Length:** One paragraph per chapter.
- **Date Due:** Jan 19, 26; Feb 2, 9, 16; Mar 8, 15, 22, 29; Apr 5

## 3. *Spiritual Disciplines Praxis* (25%)

Every two weeks, students will either be assigned one spiritual discipline activity or will be allowed to choose one activity from a list provided. This discipline will be practiced throughout the week and then reported on in their Spiritual Journey journal. At the end of the course, each student will be asked to give a five-minute testimony as to what they gleaned from these expressions of spiritual growth.

- To complete this assignment, students will follow these guidelines:
  - Follow the Horizon Format Guide and the template provided.
- Related learning outcome: #1.
- **Assignment Length:** ½ page per discipline practiced.
- **Date Due:** Jan 28; Feb 11, 25; Mar 10, 24; Apr 7.

## 4. *Christian Practices Investigation* (10%)

Using a minimum of three academic sources, students will research the spiritual disciplines associated with one major historic Christian movement. This assignment does not require a formal write-up, but competency will be exhibited through the submission of at least three pages of substantial, in-depth, descriptive data, organized as a lesson plan suitable for teaching. An analysis of the strengths and weaknesses of the movement should also be discussed. Possible moments include:

- |   |                           |
|---|---------------------------|
| ● Desert Fathers                                | · Word of Faith teachings |
| ● Benedictine Monastic Spirituality             | · Wesleyan Formation      |
| ● Jesuit Spirituality                           | · Classic Pentecostalism  |
| ● Para-church (Campus Crusade, Navigators etc.) | · Quakerism               |
| ● Greek Orthodox Spirituality                   | · Puritanism              |
| ● English Spirituality (Anglican)               | · Latter Rain             |

- To complete this assignment, students will follow these guidelines:
  - Follow the Horizon Format Guide.
  - Cite three academic sources.
  - Appear to include citations in footnotes when paraphrasing, summarizing, or quoting from other sources.
  - Include a bibliography.
  - Format as a Lesson Plan.

- Related learning outcome: #3.
- **Assignment Length:** 3 pages.
- **Date Due:** February 18, 2024.

#### 5. *Biblical Research Assignment* (10%)

With consideration to the second textbook chosen (either personal life or community), the student will research and report on a given spiritual disciple theme as detailed in the Bible. Relevant passages (minimum of five) will be identified and a three-page lesson plan will be written exploring the student's understanding of the overarching themes. There should also be a personal commentary about how the ancient text could be lived out in a modern context.

- To complete this assignment, students will follow these guidelines:
  - Follow the Horizon Format Guide.
  - Cite the second chosen textbook.
  - Appear to include citations in footnotes when paraphrasing, summarizing, or quoting from other sources.
  - Include a bibliography.
  - Format as a Lesson Plan.
  - Explore one spiritual disciplines.
  - Identify at least 5 Bible verses related to the discipline.
  - Use at least 2 academic sources in addition to the textbook.
- Related learning outcome: #4.
- **Assignment Length:** 3 pages.
- **Due Date:** March 24, 2024.

#### 6. *Spiritual Retreat* (5%)

Every student registered in this course will be required to attend and participate in a one-day spiritual retreat on Friday, April 5 from 9:00 am – 3:00 pm at the Queen's House Retreat Centre (601 Taylor Street West). Cost is \$25.00 and includes lunch. Alternate arrangements will be made for those live streaming into the course and taking the course through VOD, although remote participation in the activity during this same time period will be expected.

Zoom and VOD Students must submit a 200-300 word summary of their experience of the Spiritual Retreat on Populi for the professor to assess.

- Related learning outcome: #1.
- **Assignment Length:** 6 hours.
- **Due Date:** April 5, 2024.

#### 7. *Development of a Personal Rule of Life* (5%)

Based on material gleaned from the course, the student will prepare a one-page document that details their plan (Rule of Life) for spiritual growth over the next six months. Further details will be provided on Populi under "Lessons."

- To complete this assignment, students will follow these guidelines:
  - Follow the Horizon Format Guide.
- Related learning outcome: #1.

- **Assignment Length:** 1 page.
- **Due Date:** April 12, 2024.

**Video-on-Demand (VOD) Student Requirements**

As indicated on the course schedule, this class is being offered by VOD. Students taking the course through VOD are required to indicate this during their course registration. While VOD recordings are available for any student who may be absent from class, non-VOD students are expected to attend class live following the class attendance policy.

- For this course, VOD students have the same assignment due dates as in-class students.
- Each week, VOD students are required to watch and engage with all of the recordings from that week’s classes.
- By Monday at 11:59 pm each week, VOD students will submit to the class discussion board a report (300 written words or 2-3 minutes audio or video) that 1) affirms that they have watched the required recording for the last seven days, 2) summarizes one thing they have learned that week that will help them reach the course learning outcomes, and 3) explain at least one question they had after watching the class recording.
- In order to pass the course, VOD students must submit all of their VOD weekly submissions. These submissions are marked as pass/fail based on whether or not they demonstrate thoughtful engagement with the class material.

**Estimate of Time Investment** (individual time investments may vary)

Classroom time	30 hrs	N/A
Personal Spiritual Formation Journal	15 hrs	see above
Textbook Reading & Critical Reflection	16 hrs	see above
Spiritual Disciplines Praxis	15 hrs	see above
Christian Practices Investigation	6 hrs	Feb 18, 2024
Biblical Research Assignment	5 hrs	Mar 24, 2024
Spiritual Retreat	6 hrs	Apr 5, 2024
Development of a Personal Rule of Life	1 hr	Apr 12, 2024
Total =	94 hrs	

**Assessment Rubrics**

Assignment rubrics can be found on Populi. Click on the name of the assignment to access each rubric.

**Course Outline / Class Schedule**

- Syllabus and assignment due dates will be reviewed.
- **Unit 1 Contextual Background**
  1. What is spiritual formation?
  2. How has the early church historically viewed spiritual formation?

3. Current trends
  4. Relationship to “works”
  5. Impact upon ministry effectiveness
  6. Personal characteristics that will affect spiritual formation.
  7. Impediments to spiritual growth
- **Unit 2 Inward Spirituality**
    1. Rest, Silence, Thanksgiving, Generosity, Scripture, Sin, Sacrifice
  - **Unit 3 Outward Spirituality**
    1. Play, Hospitality, Sabbath, Fasting, Lying, Retaliation. Vainglory, Avarice, Worry, Judgement
  - **Unit 4 Corporate Spirituality**
    1. Testimony, Serving, Loving the Disagreeable, Reconciliation, Art, Accountability, Worship
  - **Unit 5 Developing a Personal Rule of Life**
    - *On the first day of class, time for students to enter their assignments into a study calendar will be provided.*
    - *Ten minutes on the final day of class will be given to complete course evaluations.*

**Reading Schedule:**

Good and Beautiful God		Good and Beautiful Life (or Community)	
Chapter 1, 2	January 19, 2024	Chapter 1, 2, 3	March 8, 2024
Chapter 3, 4	January 26, 2024	Chapter 3, 4, 6	March 15, 2024
Chapter 5, 6	February 2, 2024	Chapter 7, 8	March 22, 2024
Chapter 7, 8	February 9, 2024	Chapter 9, 10*	March 29, 2024
Chapter 9	February 16, 2024	Chapter 11*, 12*	April 5, 2024

**\*For *The Good and Beautiful Life* only**

- First submissions of assignments will not be accepted after April 12, 2024 (with the exception of your final Journal Submission).
- Revision Schedule

<b>**Tuesday, March 12</b>	Resubmissions of <i>Christian Practices Investigation</i> (as necessary)
Monday, April 15	Resubmissions of <i>Biblical Research Assignment</i> (as necessary) Resubmissions of <i>Spiritual Retreat</i> (as necessary)
Tuesday, April 16	Resubmissions of <i>Personal Spiritual Formation Journal</i> (as necessary) Resubmissions of <i>Textbook Reading and Critical Reflection</i> (as necessary) Resubmissions of <i>Spiritual Disciplines Praxis</i> (as necessary)
Wednesday, April 17	Resubmissions of <i>Development of a Personal Rule of Life</i> (as necessary)

Thursday, April 18	Additional resubmissions (as necessary)
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- No resubmission of assignments will be accepted after April 18, 2024.

## **Academic Policies**

### **General Assignment Guidelines**

Please see the Horizon [Format Guide](#) for assignment submission, grammar, and formatting guidelines.

### **Late Assignments and Extensions**

Students are expected to submit work by the assigned due dates, as part of their development of the Leadership and Administration competency. To submit extension requests, students must submit the [Assignment Extension Request Form on Populi](#) and *before the due date*. Professors may grant extensions in the case of extenuating circumstances, such as significant illness or a family emergency. Furthermore, no extensions will be granted beyond the final day of a term or semester unless approval is granted by the Dean of the College.

Unexcused late submissions will be tracked across each student's program. If one assignment is submitted more than five days late or if a student incurs multiple instances of unexcused late submissions, it will result in academic discipline, such as required tutoring, academic probation, failure of the course, or failure to qualify for graduation. Similar to standard human resource employment practices, students will receive warnings and conditions with increasing severity of academic discipline.

### **Assignment Completion**

Professors usually will not accept assignments that have not been completed according to the instructions given in the syllabus. If a professor informs a student that a submitted assignment is incomplete, the student will be given the opportunity to complete and resubmit the assignment quickly. If this is not possible, the assignment will be regarded as submitted late.

### **Assignment Revisions**

Students can generally submit up to two revisions for each assignment, although a professor may accept more revisions if the professor determines the student is addressing all of the professor's instructions and making significant progress toward achieving competency.

### **Horizon College Assessment of Student Work**

The goal of courses is to help students develop their competency, not earn letter grades. Assignments are the means by which instructors evaluate development of competency by assessing learning outcomes as outlined in the syllabus and each assignment rubric. Once a student's assignment has met all competency requirements, the professor will assign a grade for that assignment. Likewise, a final course grade is not calculated until the end of the course. Students pass a course (with a B- or higher) only after they have demonstrated that they have *met or exceeded all competency requirements* for that course and, therefore, only after they have passed all assignments.

Horizon CBE Scale		Descriptor	Letter Grade	Grade Point	U of S Equivalency
E	Exceeding expectations	Student demonstrated <b>exceptional</b> achievement of the learning outcomes.	A+	4.0	90-100
			A	4.0	85-89
			A-	3.7	80-84
M	Meeting expectations	Student demonstrated <b>good</b> achievement of the learning outcomes.	B+	3.3	77-79
			B	3.0	73-76
			B-	2.7	70-72

If the student does not meet all competency requirements in a course and, therefore, does not pass all the assignments in a course, the course will not be sufficient to fulfill their program requirements at Horizon. Nevertheless, for transferability purposes, the student will receive a letter grade of C+ or below according to the scale below.

BTM	Beginning to meet expectations	Student was <b>beginning to meet</b> learning outcomes.	C+	2.3	67-69
			C	2.0	63-66
			C-	1.7	60-62
NYM	Not yet meeting expectations	Student made <b>insufficient progress</b> toward meeting learning outcomes.	D+	1.3	57-59
			D	1.0	53-56
			D-	0.7	50-52
			F	0.0	0-49

### Academic Integrity

Students learn best when practicing academic integrity. A lack of integrity is displayed in acts such as deception, abuse of confidentiality, cheating, inappropriate collaboration, or plagiarism. Plagiarism occurs when a student presents the words or ideas of another person or an artificial intelligence (AI) tool in such a way as to give others the impression that it is their own words or ideas. In academic writing, there should be no doubt which words or ideas are the student's and which are drawn from other sources or AI. Students are expected to submit their own original work and give due recognition to sources from which all substantial phrases, sentences or even ideas are drawn. Note also that you may not submit work done in one course to satisfy the requirements of another course (unless both instructors agree beforehand to accept such work). See [here](#) for examples of plagiarism and further guidelines in the [Student Handbook](#).

### Accessible Learning Services Information

Horizon aims to provide an accessible learning environment for all our students. If you would benefit from learning accommodations due to temporary or ongoing physical or mental health conditions or learning disabilities, please contact us as soon as possible to schedule a conversation. In all cases we ask that you provide current [documentation](#) of the disability or condition you wish to disclose. Horizon takes appropriate care to ensure confidentiality about any such disclosures. For more information, contact Richelle Bekkattla, Horizon's Library Technician, at [library@horizon.edu](mailto:library@horizon.edu).



### **Class Attendance**

Students should attend all classes in order to facilitate competency development. Students are expected to be present through the delivery method that they registered for, either on campus or through live-streaming with their camera on. A student must be present for the full duration of a class period in order to be registered as present for the class. In the case of illness or other unforeseen circumstances, students may miss one day of a module course or three days of class in a term or semester course without academic penalty. Students who are absent for more than the number of classes stated above will automatically fail the course. Students wishing to be exempted from this policy due to extenuating circumstances may make an academic appeal, where they will need to document and verify those circumstances. Students who miss a class are responsible to get missed notes or handouts from another student, rather than from the professor.

### **Live-Streaming Etiquette**

Students taking the course through live-streaming are required to indicate this during their course registration. While live-streaming access is available for on-campus students who are unable to attend class due to illness, on-campus students are expected to attend class in person following the class attendance policy.

If attending class online via live-stream, in order to be marked present for class, you must keep your camera on and stay present and attentive throughout the class session, extending the gift of engagement. Access your class with a computer (preferably) or tablet, not a cell phone. Arrive to class on time, and dress as you would if you were attending class on campus. Join the class from a quiet space with minimal background noise, and mute your microphone until you wish to speak to the class.

### **Use of Technology**

Horizon encourages the use of electronic devices in the classroom to enhance learning. Careful consideration must be given to privacy issues, copyrighted materials, and the general care and concern for others. Please respect the following classroom policies:

- Please use online access for course learning only. This is a matter of respect for the instructor's teaching, your own learning, and fellow students who may be distracted by other uses.
- Students should secure permission from the instructor to record any teaching material. This includes PowerPoint slides, white board illustrations, notes, and any form of audio or video.
- Student feedback is a valuable input for course improvements. Please resolve any classroom grievance about the instructor or course with the instructor personally, through the Horizon College and Seminary grievance procedures, or the Populi-based course evaluations. It is inappropriate to air classroom grievances on a social media platform.
- When instructors use recording mechanisms in the classroom, recorded materials will be used for the sole purpose of instruction and cannot be released to any social media outlet without the written consent of the students whose images have been recorded.
- In general, it is not acceptable to share photographs or videos of students in the classroom setting without permission from those whose images appear in such media.

## Bibliography

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