



STAND

Wholehearted



Spiritual Formation Course Syllabus



STAND Wholehearted Spiritual Formation Course

by Kaitlyn Cey

Course Description:

A company of women growing to understand and experience the Word of God in a transformative way in mind, body and soul - so we can be the hands and feet of Jesus in our world.

Jesus is the Word and we have been given The Word, The Bible, as our guide.

“And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.” - John 1:14

Through this course you will...

Be Rooted in The Word

Week 1: STAND Wholehearted - Introduction to Biblical Wholeness

Find Your Identity in The Word

Week 2: STAND Secure in Christ

Experience Community Around The Word

Week 3: STAND Together in Healthy Relationships

Practice The Word


Week 4: STAND Authentic, growing an integrated mind, body & soul

Ignite The Word In You

Week 5: STAND Named in your God-given purpose

Impact Your World With The Word

Week 6: STAND Diverse and unified with one shared mission



Learning Outcomes: By the end of this course you will....

Demonstrate knowledge of...

- Biblical Wholeness and the practical implications for your life
- The repentance-faith prayer cycle
- The role of Spiritual practices for shaping the Wholehearted life in Christ
- God's design for discipleship and community
- The Biblical invitation for every believer to embrace their unique vocation
- The Biblical invitation to practice regular reflection and practical planning for Christ's Church to thrive while embracing both distinction and unity (Reflection, Vision & Calendar)
- The importance of growing "thought awareness" and intentionally directing one's attention to live attuned to God's presence (Lean Mindfulness Model)

Demonstrate appreciation for

- Living with trusting faith in God instead of trying to control
- The transformational power of the word of God
- Practicing self-awareness
- Seeing God in the sacred and the secular
- Growing emotional awareness and learning from them
- Spirit-directed, scripture-based prayers
- The Biblical invitation for every believer to embrace their unique vocation
- Stillness, silence and solitude
- The uniqueness and contributions of others who are not like you
- God's design for belonging

Demonstrate the ability to...

- Recognize and reject lies that you have been believing that inhibit your spiritual growth, and replace them with Scriptural truths
- Practice the repentance prayer cycle
- Practice using the LEAN Mindfulness Model
- Develop a learner mindset instead of a judger mindset
- Determine priorities and action steps in light of God's calling on your life
- Better understand your own gifts, uniqueness and calling
- Be vulnerable and authentic with others in order to grow, change and develop more into the woman God created you to be
- Feel empowered and equipped with tools, practices and a community to continue your pursuit of living wholeheartedly for Christ, in mind, body and spirit.

Date (7:00-9:00 pm CST)	Topic	Scripture References	Practices/Application
May 24th, 2022	Week 1: STAND Wholehearted - Introduction to Biblical Wholeness Find Your Identity in The Word	1 Peter 1:3, Phil 4:11, Psalm 90:14, Romans 12:2, Ephesians 6:10-18,	-Week 1 Notes STAND Wholehearted -Prayer for Protection - Psalm 91 NIV -God's Big Story Graphic -Prayer for Peace - Psalm 23 NIV -Truth Statements
May 31	Week 2: STAND Secure in Christ Experience Community Around The Word	Ephesians 2:8, 1 Peter 1:3-4, Philippians 3:5-7, Philippians 3:8-9, Matthew 22:37, Psalm 51:10	-Week 2 Notes STAND Secure -Heart Renewal Guide (The Repentance-Faith Prayer Cycle) -Your Christian Meditation -Prayer of Repentance Psalm 51 NIV -Prayer of Faith - Psalm 37 NIV
June 7	Week 3: STAND Together in Healthy Relationships Practice The Word	1 Peter 1:22, John 10:10, Proverbs 12:16, Acts 24:16, Philippians 4:11, 2 Timothy 2:16, 1 Peter 4:8, 2 Thess 2:13, Ephesians 3:17-19, 1 Cor 13:12-13, Zeph 3:17, 1 Cor 13:1-4, Luke 7:36-50	-Week 3 Notes STAND Together -Believe The Truth -Your Christian Meditation -Forging Forgiveness -Grow Your Gratitude -Your Mentorship
June 14	Week 4: STAND Authentic, growing an integrated mind, body & soul - Ignite The Word In You	Psalm 37:4, 1 Peter 1:3, 1 Peter 3:3-4, 1 Peter 2:24, John 14:27, Jeremiah 30:17, Psalm 147:3, Isaiah 53:5	-Week 4 Notes STAND Authentic -Prayer for Surrender - Psalm 139 NIV -Prayer of Trust - Psalm 27 NIV -Practice Being Authentic - LEAN Mindfulness Model -Your Vision -Your Values -Your Priorities
June 21	Week 5: STAND Named in your God-given purpose Impact Your World With The Word	Ephesians 2:7-10, 1 Peter 2:9-10, Exodus 31:2-4, Exodus 36, Exodus 40, 33-34, Isaiah 43:7	-Week 5 Notes STAND Named with Purpose -Prayer of Purpose - Psalm 139 NIV -Prayer of Patience - Psalm 40 NIV -Growing Your Strengths -Reflections Guide -Goal Setting For Wholehearted Living in Christ
June 28	Week 6: STAND Diverse and unified with one shared mission Impact Your World With The Word	1 Peter 4:8-11, 1 Peter 4:18, Psalm 82:3, Romans 15:6, Philippians 4:9, Ecclesiastes 3:13, Matthew 28:19-20, John 17:21	-Week 6 Notes STAND Diverse & Unified -The Hope Habit -Prayer of Hope - Psalm 33 NIV -Prayer for Help - Psalm 86 NIV -Calendar Planning For Wholehearted Living

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Course Logistics:

- You can attend class in person (Horizon College in Saskatoon) or online from anywhere
- Zoom streaming available for online students
- You will be added to our Wholehearted Facebook group where we will connect regularly and support each other through the journey
- All students will be part of a Wholehearted Group led by a spiritually mature Wholehearted Leader whether you participate online or in person (Groups of 4-5 women)
- Register for "Regular Registration" or for the "Women in Leadership" Cohort
- Registration will close when all seats are filled (50 seats available)
- To register or for more details visit www.kaitlyncey.com

If you have any questions, please contact the Stand Secure Team at info@kaitlyncey.com

*Sponsorships available if finances are a barrier

We hope to see you soon!

Kaitlyn Cey, Carmen Kampman & Julia Friesen

Course Instructors & Facilitators

