



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

LS5109 Spiritual Formation of Leaders

3 credit hours. Prerequisites: none.

 On Campus 'A' Live-Stream

Amma Syncretica said: "In the beginning, there is struggle and a lot of work for those who come near to God. But after that, there is indescribable joy. It is just like building a fire: at first it's smoky and your eyes water, but later you get the desired result. Thus we ought to light the divine fire in ourselves with tears and effort."

Our primary calling as followers of Christ is by him, to him, and for him. First and foremost we are called to Someone (God), not to something (such as mother, politics, or teaching) or somewhere (such as the inner city or Outer Mongoli). – Os Guinness

Oct 15-16; Nov 12-13; Dec 3-4, 2021
Fridays: 6-9pm; Saturdays: 9am-noon & 1-4pm
Fall 2021—Weekend Course

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Please note: The final weekend will involve a retreat at Queen's House in Saskatoon. There will be an additional cost associated with this. More details will follow as available.

Course Goals

Course Description

This course focuses on the spiritual formation and development of those who are called to be leaders, but also addresses the topic of spiritual formation more broadly. Students will explore principles of spiritual formation, personal growth, and the practice of spiritual disciplines for their own lives in order to become more effective leaders and mentors.

Relationship to Horizon's Mission

This three-weekend course prepares Christian leaders for Spirit-empowered life and ministry by equipping them with a deeper awareness of spiritual formation, mindset formation, and formation as a life-long journey. The theoretical and experiential approach to this course will include formal instruction, participation in soul-training exercises, retreat, class discussion, interviews, and teamwork.

Course Competencies and Learning Outcomes

Student learning outcomes for this course include the following:

1. Examine current spiritual formation practices and overall spiritual wellbeing.
 - *Assessment:* Reading & Listening Log; Classroom Discussion and Exercises; Spiritual Health Assessment; Soul Training Journal; Integrative Reflective Essay.
2. Examine and engage in soul-training exercises used outside one's own Christian tradition that will deepen spiritual formation. (E.g., Visio Divina, Spiritual Direction, Silence & Solitude, Compassion, Centering Prayer)
 - *Assessment:* Classroom Exercises and Discussion; Soul-Training Journal; One-day Queen's House retreat participation; Spiritual Health Assessment
3. Evaluate various models for understanding the uniqueness of the role of women in leadership and their relevance for the personal formation of female leaders.
 - *Assessment:* Personal Formation Journal; Class Discussion and Exercises.
4. Develop a well-informed, brave, and confident mindset toward women and men leading together inclusively.
 - *Assessment:* Personal Formation Journal; Class Discussion and Exercises.
5. Synthesize learnings (Reflect, Explain, Explore): Draw from the readings, the books, the teachings, the podcast, the in-class discussions and experiences, the soul-training exercises and retreat day to synthesize your learnings for continuous life formation.
 - *Assessment:* Classroom Discussion and Exercises; Integrative Reflective Essay.

Course Work

****Required Pre-Weekend Readings, Listening or Assignments**

See each unit for pre-weekend readings or assignments.

Weekend One | October 15-16, 2021

Required Pre-Weekend Reading

Nouwen, Henri, Michael J. Christensen, and Rebecca J. Laird. *Spiritual Formation: Following the Movements of the Spirit*. New York: HarperOne, 2015. ISBN: 978-0061686139.

Weekend Two | November 12-13, 2021

Required Pre-Weekend Readings: Please read the required Coleman textbook and note that you are being asked to read one of each set of two books (Duffield **OR** Strickland; Kay & Shipman **OR** Chamorrow-Premuzic), for a total of three books.

Coleman, Kate. *7 Deadly Sins of Women in Leadership: Overcoming Self-Defeating Behavior in Work and Ministry*. Updated Edition. Grand Rapids: Zondervan Reflective, 2021. ISBN: 978-0310119975.

Duffield, Ellen. *The Brave Way: Where Will Brave Take You Today?* Rousseau, ON: Ellen Duffield using Shadow River Ink, 2019. ISBN: 978-1999260606. **OR** Strickland, Danielle. *Better Together: How Women and Men Can Heal the Divide and Work Together to Transform the Future*. Nashville, TN: Thomas Nelson, 2020. ISBN: 978-0785230151.

Kay, Katty & Claire Shipman. *The Confidence Code: The Science and Art of Self-Assurance - What Women Should Know*. New York: Harper Business, 2014. ISBN: 978-0062230638. **OR** Chamorrow-Premuzic, Tomas. *Confidence: How Much You Really Need It and How to Get It*. New York: Plume Books, 2014. ISBN: 978-0142181164.

Weekend Three | December 3- 4, 2021 **Day Retreat Saturday**

***For the retreat, it would be ideal for Zoom students to attend on-site at Queen's House in Saskatoon to take full advantage of the communal nature of this retreat. If this is not possible, alternative arrangements for an individualized retreat will be made. Regardless of the mode, the student is expected to take the full day away from regular life and responsibilities.*

Required pre-reading and listening.

[Embrace God's Gift of Limits](#), podcast episode by Pete Scazzero

Cuss, Steve. *Managing Leadership Anxiety: Yours and Theirs*. Nashville, TN: Thomas Nelson, 2019. ISBN: 9781400210886.

***While students have the benefit of accessing 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. *Spiritual Health Assessment.*

Please take the assessment found here <https://www.emotionallyhealthy.org/mature/personal-assessment/>. This assessment will assist you in discovering areas of spiritual unhealth that require your attention. Findings can also help inform you as you choose your two soul-training exercises.

- Related learning outcome(s): #1, 2.

- **Assignment Time:** Online, 15-20 minutes. **Due date:** October 19, 2021.
2. *Soul-Training Journal*. Choose two soul-training exercises and practice them for three weeks.

In this assignment, you are required to choose *two* soul-training exercises and practice them for three weeks and journal the experience. Describe in your journal the two exercises you chose, their significance or curiosity for you, and what a daily practice will look like. Regularly in the three weeks, reflect on where you noticed the movements of God and where discomfort or comfort showed up and possible reasons for why.

- Related learning outcome(s): #1, 2
 - **Assignment Length:** 3-5 pages double spaces. **Due date:** November 5, 2021.
 - **Grading Percentage:** 20%
3. *Personal Formation Journal (Pre, During, Post) for November 12- 13, 2021*.

This assignment is divided into three parts, but please note that you only need to submit the final copy (with all three parts):

- Pre-Weekend Reading Journal.** As you read through the assigned books, note what is memorable, its value for you, and any questions or clarity that you would still like in a given area. Be prepared to engage in class discussions.
- During course Application Journal.** As you engage in teamwork, class discussion and encounter new learnings, spend time daily journaling and reflecting on helpful insights.
- Post Weekend Look Ahead Journal** which seeks to articulate the *so what* moving forward for you and your environment.

- Related learning outcome(s): #3, 4.
 - **Assignment Length:** 8-10 pages double spaced and properly cited.
 - **Due dates: Pre:** November 12, 2021. **During:** November 12-13, 2021. **Post:** November 19, 2021. (Submit all three parts on November 19, 2021.)
 - **Grading Percentage:** 35%
4. *Write an Integrative Reflective Essay*.

In this *Integrative Reflective Essay*, you are asked to (1) reflect on your most significant learnings, (2) explain your limitations, (3) explore areas you were challenged, and (4) describe what actions you will take to live formation as a life-long journey.

Note: As part of this essay, please ensure that you cite from at least four of the books read for this course, your Soul-Training Journal, in-class teaching from Dr. Magnus and Rev. Carmen Kampman, the Scazzero podcast, and your Spiritual Health Assessment.

- Related learning outcome(s): # 1, 5.

- **Assignment Length:** 8-10 pages combined. **Due date:** January 7, 2022.
- **Grade Percentage:** 40%

5. Reading & Listening Log for Weekends One and Three

This log is to demonstrate completed work for weekends one and three. You will be asked to upload a reading log to Populi before Weekends One and Three.

Book or Podcast	Date Completed	Signature
Nouwen, Henri, Michael J. Christensen, and Rebecca J. Laird. <i>Spiritual Formation: Following the Movements of the Spirit.</i>		
Embrace God's Gift of Limits , podcast episode by Pete Scazzero		
Cuss, Steve. <i>Managing Leadership Anxiety: Yours and Theirs.</i> Nashville: Thomas Nelson, 2019.		

- **Grade Percentage:** 5%

Course Outline / Class Schedule

LS5109 COURSE OUTLINE AND WEEKEND SCHEDULE

Date	Topic	Pre-Weekend Readings/Assignments	Post-Weekend Assignments
October 15-16	Spiritual Formation What is Spiritual Formation? Major Christian Movements & Spirituality Formational Practices	Pre-Weekend Henri Nouwen book	Post-Weekend Spiritual Health Assessment Choose two soul-training exercises for a 3-week period and journal the experience.

November 12-13	Mindset Formation	Pre-Weekend Three Books	Post-Weekend Post-Weekend <i>Looking Ahead</i> Journal
	Personal Formation Challenges for Women Leaders	Pre-Weekend <i>Reading Journal</i>	
	Men & Women Leading Together	During Weekend <i>Application Journal</i>	
December 3-4	Direction Formation	Pre-Weekend Scazzero Podcast Episode Steve Cuss book.	Post-Weekend Integrative Reflective Essay
	Seasons of Formation/Followership		
	Wintering/Dark Nights	Saturday Attend directed learning retreat at Queen's House.	
	Community/Continuous formation as a life-long journey.		

- Assignments will not be accepted after *January 7, 2022*.

Estimate of Time Investment (individual time investments may vary)

Classroom time	27 hrs	N/A	N/A
1. Spiritual Health Assessment	0.5 hrs	Oct 19	N/A
2. Soul Training Journal	10 hrs	Nov 5	20%
3. Personal Formation Journal	20 hrs	Nov 19	35%
4. Integrative Reflective Essay	35 hrs	Jan 7	40%
5. Reading Logs (including for the second weekend)	27.5 hrs	Oct 15, Nov 12, Dec 3	5%
Total =	120 hrs		

Academic Policies

General Guidelines for the Submission of Written Work

Formatting Papers

- Papers should be typed, double-spaced and follow the appropriate formatting guidelines (e.g. 1 inch margins).
- Follow the [Horizon Format Guide](#) consistently.
- The length of papers should fall within +/- 10% of the stated length. Papers that fall outside the length guidelines may not be graded and will receive a grade reduction.

Failure to follow these guidelines warrants a grade reduction.

Submitting Your Assignments

Assignments should be submitted via [Populi](#). The resource at this link

<https://support.populiweb.com/hc/en-us/articles/223792507-How-to-submit-work-for->

[assignments](#) explains how to submit assignments on Populi (the link to the video is also available on the info tab of the Populi course page).

Late Assignments and Extensions

All assignments are due when stated by the professor or, if not specified, within 8 weeks after the first day of class. Please contact the professor well in advance if you would like to request an adjustment to any of your due dates. A late penalty will be assessed for all overdue assignments: 1-3 days late, penalty of 10%; 4-6 days late, penalty of 20%. After six days late, an assignment receives a grade of 0.

Grading

Grade	Percentage	GPA	Descriptor
A+	97-100%	4	Exceptional
A	93-96%	4	Excellent
A-	90-92%	3.7	Excellent
B+	87-89%	3.3	Good
B	83-86%	3.0	Good
B-	80-82%	2.7	Good
C+	77-79%	2.3	Satisfactory
C	73-76%	2.0	Satisfactory
C-	70-72%	1.7	Satisfactory
D+	67-79%	1.3	Minimal Pass
D	63-66%	1.0	Minimal Pass
D-	60-62%	0.7	Minimal Pass
F	<60%	0	Failure

Academic Honesty

Horizon uses the University of Saskatchewan definition of plagiarism described as “the presentation of the work or idea of another in such a way as to give others the impression that it is the work or idea of the presenter. Adequate attribution is required. What is essential is that another person have no doubt which words or research results are the student’s and which are drawn from other sources” (Office of the University Secretary, 2012). Students are expected to 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 Seminary [Student Handbook](#).

Disability Services Information

If you would benefit from learning accommodations due to pre-existing physical or mental health conditions or learning disabilities, contact the Academic or Student Life departments at the beginning of the course. Horizon will work to meet your learning and/or physical needs where possible. If any conditions arise during the course that you wish to disclose, please contact us as soon as possible. In all cases you will need to 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 Horizon’s Dean of Students, Associate Dean of Students, or Academic Coach.

Class Attendance

Students should attend all classes in order to optimize their learning experience. 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. A student must be present for the full duration of a class period in order to be registered as present for the class. 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.

Campus Health Policy

While on campus, please maintain 2 metres of physical distance between yourself and others. Do not come on campus if you are experiencing symptoms (even if they are mild) of fever, cough, shortness of breath, sore throat, chills, runny nose, or a loss of your sense of taste or smell. If you have any of these symptoms, do not return to campus until advised by Public Health. You should self-isolate and contact HealthLine 811 for advice on whether you should be tested for COVID-19. This will help keep others safe and possibly spare them from self-isolation and testing. While you are in self-isolation, you may attend class online. The link to access your class is posted on the course page on Populi, under the Syllabus tab, under Links on the right side of the page.

Live-Streaming Etiquette

If attending class online via live-stream, keep your camera on and stay present and attentive throughout the class session, extending the gift of full 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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