



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 17, 2021 – April 22, 2022
Term C and D
Monday, Wednesdays 10:50am-12:20pm

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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, ILL: InterVarsity, 2009. (ISBN: 978-0-8308-3531-7)

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

Smith, James Bryan. *The Good and Beautiful Life*. Downers Grove, ILL: InterVarsity, 2009. (ISBN: 978-0-8308-3532-4)

Smith, James Bryan. *The Good and Beautiful Community*. Downers Grove, ILL: InterVarsity, 2010. (ISBN: 978-0-8308-3533-1)

**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

Portfolio Components. *Rule of Life*. This assignment must be edited and submitted for the Spiritual Maturity competency page in your Portfolio on *Portfolium*. See the [Portfolio Guide](#): "What Goes in My Portfolio" for further information.

1. Personal Spiritual Formation Journal.

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 document will be submitted each week for assessment.

- See Learning Outcome #1
- **Assignment Length: Daily completion of a one-page table.**
- **Due Date: Jan 21, Jan 28, Feb 4, Feb 11, 18, 25, Mar 18, 25, Apr 1, 8, 15 2022.**

2. *Textbook Reading & Critical Reflection*

It is expected that the student will have 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.

- See Learning Outcome #2
- **Assignment Length: One paragraph per chapter.**
- **Date Due: Weekly.**

3. *Spiritual Disciplines Praxis*

Each week, 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 through 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.

- See Learning Outcome #1
- **Assignment Length: ½ page per discipline practiced.**
- **Date Due: Weekly.**

4. *Christian Practices Investigation*

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. 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 |
- See Learning Outcome #3
 - **Assignment Length: 3 pages.**
 - **Date Due: February 20, 2022.**

5. *Biblical Research Assignment*

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.

- See Learning Outcome #4
- **Assignment Length: 3 pages.**
- **Due Date: March 27, 2022.**

6. *Spiritual Retreat*

Every student registered in this course will be required to attend and participate in a one-day spiritual retreat on Friday, April 9 from 9:00am – 3:00pm at the Queen’s House Retreat Centre (601 Taylor Street West). Cost is \$20.00 and includes lunch. Alternate arrangements will be made for those live streaming into the course, although remote participation in the activity during this same time period will be expected.

- See Learning Outcome #1
- **Assignment Length: 6 hours.**
- **Due Date: April 8, 2022**

7. *Development of a Personal Rule of Life*

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.

- See Learning Outcome #1
- **Assignment Length: 1 page.**
- **Due Date: April 10, 2022**

Video-on-Demand (VOD) Student Requirements

As indicated on the course schedule, this class is being offered by VOD. Students who intend to take the course primarily through VOD are required to indicate this during their course registration. While VOD recordings are available for any student who may miss a 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 recording from that week’s classes.
- By Monday at 11:59pm 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	Weekly
Textbook Reading & Critical Reflection	16 hrs	Weekly
Spiritual Disciplines Praxis	15 hrs	Weekly
Christian Practices Investigation	6 hrs	Feb. 20, 2022
Biblical Research Assignment	5 hrs	March 27, 2022
Spiritual Retreat	6 hrs	April 8, 2022
Development of a Personal Rule of Life	1 hr	April 10, 2022
Total =	94 hrs	

Please Note That:

First submissions of assignments will not be accepted after April 15, 2022. All first revisions are due by Tuesday, April 19. No resubmission of assignments will be accepted after April 21, 2022.

Assessment Rubrics

Assignment rubrics will be distributed in class and will always be available under the link “All Course Material”, accessible from the course instance on Populi.

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 fill out course evaluations.*

Reading Schedule:

Good and Beautiful God		Good and Beautiful Life (or Community)	
Chapter 1, 2	January 21, 2022	Chapter 1, 2, 3	March 11, 2022
Chapter 3, 4	January 28, 2022	Chapter 3, 4, 6	March 18, 2022
Chapter 5, 6	February 4, 2022	Chapter 7, 8	March 25, 2022
Chapter 7, 8	February 11, 2022	Chapter 9, 10	April 1, 2022
Chapter 9	February 18, 2022	Chapter 11, 12	April 8, 2022

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 online](#) 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.

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.

Resubmission of Assignments

Students have until the last day of revision week to submit 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 the stated competencies, not earn letter grades. Assignments are the means by which instructors evaluate development of those competencies. Consequently, students do not earn overall "grades" on individual assignments. Instead, assessment focuses on measuring students' competency as outlined in the syllabus and assignment rubric. For purposes of transferability to other institutions, the final competency designations will be translated to a comparable letter grade on a traditional transcript. The tables below explain Horizon's approach:

Horizon CBE Scale		Descriptor	Letter Grade	Grade Point	U of S Equivalency
E	Exceeding	Student exceeded competency requirements for more than 40% of the learning outcomes and met requirements for all remaining learning outcomes.	A+	4.0	90-100
			A	4.0	85-89
			A-	3.7	80-84
M	Meeting	Student met competency requirements for all learning outcomes and may have exceeded in 40% or less.	B+	3.3	77-79
			B	3.0	73-76
			B-	2.7	70-72

Students pass a course only after they have demonstrated that they have *met or exceeded all* competency requirements for a course. If the student chooses not to meet all course competency requirements, 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 on a traditional transcript.

BTM	Beginning to meet	Student was beginning to meet competency requirements for any one or more learning outcomes, and met or exceeded competency requirements for all other outcomes.	C+	2.3	67-69
			C	2.0	63-66
			C-	1.7	60-62
NYM	Not yet meeting	Student was not yet meeting competency requirements for one or more learning outcomes.	D+	1.3	57-59
			D	1.0	53-56
			D-	0.7	50-52
			F	0.0	0-49

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 College [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 Bob Williamson, Dean of Students, at bwilliamson@horizon.edu; Heather Wood, Associate Dean of Students, at hwood@horizon.edu; or Leanne Bellamy, Academic Coach, at lbellamy@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. 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.

Campus Health Policy

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 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.

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