



REL120 CHRISTIAN SPIRITUAL DISCIPLINES  
WINTER SEMESTER 2022

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## I. INSTRUCTOR:

Dr. Jon Korkidakis

Contact Information: [jdmjkork@gmail.com](mailto:jdmjkork@gmail.com)

Preferred mode of communication is email. My policy is to respond to a student within 24 hours.

All course syllabi, notes, PowerPoints, and other resources will be available on the school website myHeritage ([heritage.populi.web.com](http://heritage.populi.web.com)). They will also be available on my personal website, [jkorkidakis.com](http://jkorkidakis.com). If you go to my website to the Academics tab you will find the resources under Christian Spiritual Disciplines.

Jon Cleland is the TA for this class who will be marking your assignments. His contact info is [joncleland@hotmail.ca](mailto:joncleland@hotmail.ca)

## II. COURSE DESCRIPTION

Provides a theology and description of the Christian spiritual disciplines in individual and corporate contexts.

## III. COURSE TEXTS

Whitney, Donald S., *Spiritual Disciplines for the Christian Life*, rev. ed. Colorado Springs: NavPress, 2014.

Thomas, Gary. *Sacred Pathways: Discover Your Soul's Path to God*, Grand Rapids: Zondervan, 2010.

Note on Course Textbooks.

- The textbook by Whitney reflects the basic outline of the course with lectures based primarily on its structure and topic arrangement.
- The textbook by Thomas is being used to help the student better understand themselves in terms of their strengths/weaknesses and how God has particularly wired them. This not only benefits the individual in understanding how each spiritual discipline affects their personal growth, but they will also better understand others around them. Since there is no generic template for personal growth that fits all personalities, this resource will help in gaining invaluable insight to the mechanics of personal and corporate spiritual growth.

## IV. COURSE OBJECTIVES

In support of the general educational objectives of Heritage, this course will specifically address the following objectives:

Outcome	Assessment Methods
Character and Attitude-Based Outcomes: The student will . .	
<ul style="list-style-type: none"><li>• Develop mentally and spiritually in the practice of spiritual disciplines rooted in the Scriptures.</li><li>• Become more spiritually mature.</li></ul>	<ul style="list-style-type: none"><li>• Weekly Assignments</li><li>• Reflection Paper</li><li>• Lent Exercise</li></ul>
Skills-Based Outcomes: The student will . . .	
<ul style="list-style-type: none"><li>• Be able to journal and reflect spiritually on the readings and subsequent experiences.</li><li>• Practice fasting, prayer and meditation, silence and solitude, simplicity, praise, celebration, stewardship, and study.</li></ul>	<ul style="list-style-type: none"><li>• Journaling</li><li>• Spiritual Reflection Paper</li><li>• Weekly Assignments</li></ul>
Knowledge-Based Outcomes: The student will . . .	
<ul style="list-style-type: none"><li>• Become conversant with Biblical spirituality and the spiritual traditions of the church.</li><li>• Obtain a deeper knowledge of Scripture.</li><li>• Learn and appreciate the spiritual leaders throughout Christian history.</li></ul>	<ul style="list-style-type: none"><li>• Reading Assignments</li><li>• Digital Devotions 1 and 2</li><li>• Thomas Reflection Paper</li></ul>

## V. WRITING STYLE AND MARKING SCHEMA

1. Spelling, syntax and grammar may account for up to 10% of the grade for any written assignment.
2. All Heritage guidelines regarding plagiarism and other forms of academic misconduct will be followed. Please familiarize yourself with the Heritage pamphlet on Academic Misconduct for more information. Note that papers may be submitted to a plagiarism review service.
3. Papers must be formatted in accordance with Turabian writing style. Heritage guidelines in the publication “Heritage Manual of Style” are to be followed as an initial guide. The Heritage library has a reference section that will provide you with additional information about style requirements. Improper use of the required style may result in a grade reduction of up to 10%.

4. Papers are to be double-spaced, in 12-point font such as Times New Roman or Arial, with Footnotes set in a font smaller than the main body of the paper but no smaller than 10 point. If submitting a hard copy, the paper must be printed on plain paper.

## VI. CONFIDENTIALITY AND RECORDS

1. At times students may elect to speak of personal matters of a confidential nature within the context of a class session. All students within that class are to maintain the confidentiality of such information. Breach of this condition may result in dismissal from the class with resultant failure.
2. Copies of selected samples of student work may be retained for the purposes of institutional assessment. The use of such material will be restricted to documented institutional assessment processes.
3. Any recordings (audio, visual, distance ed.) taken or distributed in the class or course are for the sole purpose of the student enrolled in the course and are not to be distributed or shared in public or private forum without the express consent of the school.

## VII. COURSE REQUIREMENTS

### ATTENDANCE

1. Monitoring: Attendance will be recorded on myHeritage. Students can track their attendance there.
2. Absences:
  - a. Attendance will be monitored according to College policies which indicate, for this class, 75% required attendance. Although class attendance will be taken daily, you are responsible for keeping track of your total absences. More than 25% absences will normally result in an automatic failing grade for the course.
  - b. Instructors may assign additional work in order to cover lost time and content.
  - c. Instructors may designate special attendance requirements surrounding specific classes within the schedule or outside-of-class activities that form part of an assignment for the course.
  - d. Students must be aware that they may be subject to additional requirements set by any government assistance plan (such as OSAP) in which they participate.
3. Coming Late/Leaving Early: Class begins promptly at the subscribed time and a late arrival may be counted as a 1/3 of an absence. This includes coming in late from breaks.

### ASSIGNMENT SUBMISSIONS

1. Due Dates: Assignments are due by midnight of the assigned day. Late written assignments will be penalized at the rate of 10% per 24-hour period. The penalty begins from the time the paper is originally due. Late papers will be accepted up to 7 days from when originally due. Papers may be date and time stamped by the General Office or through electronic submission to the instructor. See note below for weekly assignments.

2. Accepted Media: Papers are to be submitted through accepted programs such as Word, Pages, Open Office, Scrivener, etc. Papers produced in basic text edit formats will not be deemed compatible with course expectations and will be rejected. See below for further instruction on electronic submissions.
3. Electronic Submission: Electronic submissions are allowed and actually preferred for the weekly assignments, papers, and journals. They can be posted to myHeritage and due by midnight on the assigned day. All electronic submissions must be in PDF format.

## COURSE ASSIGNMENTS

### 1. READING

Due Date: All reading to be completed by April 4, 2022.

Description: Each student is expected to complete all assigned readings in their entirety. Without the reading, you will not be able to answer the Weekly Assignments which constitute a significant part of the marks and weekly lectures.

### 2. WEEKLY ASSIGNMENTS

#### WHITNEY TEXTBOOK

Due Date: See class schedule for dates.

Percentage of overall mark: 25%

Description: There will be weekly written assignments based on Whitney's textbook. These assignments will often involve practice and reflection upon a discipline during the week, and brief answers to select questions. Assignment questions can be found in the course document, 'Weekly Assignment Questions.'

### 3. SCRIPTURAL PRAYER EXERCISES

Due Date: See class schedule for dates.

Percentage of overall mark: 20%

Description: Each student will be required to complete a weekly prayer assignment based on select passages from the Bible. The student will read the selected passage of the week and answer succinctly the questions for each passage in the course document, 'Weekly Assignment Questions.'

### 4. THOMAS/SACRED PATHWAYS REFLECTION PAPER

Due Date: April 11<sup>th</sup> for final paper, see class schedule for reading plan.

Percentage of overall mark: 15%

Description: Each student will read Gary Thomas', Sacred Pathways, in its entirety (based on the reading plan found in the course schedule). At the completion of the reading the student will write a 1500-2500-page paper answering the following questions:

- Based on Thomas' categories, what 'sacred pathway' do you fall under?
- Justify your reasons for your conclusion.
- How does understanding these 'sacred pathways' help you in understanding how best to serve, work or lead others, especially in a biblical community.

Thomas, at the conclusion of each pathway chapter, offers a short questionnaire. It is given as a tool for assessing your potential for a particular pathway. It is highly recommended that the student avail themselves of this resource. It will greatly assist them in the completion of this project.

#### 5. DIGITAL DEVOTIONS #1

Due Date: February 7, 2022

Percentage of overall mark: 10%

Description: Each student will be required over the semester to post ONE message of at least 500 words (minimum) in the classes myHeritage Digital Devotion #1 discussion board. The post must contain an artistic picture, poem, link to an mp3 or other form of extra-biblical art which teaches you about God, a brief introduction of its composer, and a personal meditation about how this piece of art has affected one's own spirituality and what it instructs you about the spiritual life.

#### DIGITAL DEVOTIONS #2

Due Date: March 21, 2022

Percentage of overall mark: 10%

Description: Each student will be required over the semester to post ONE message of at least 500 words (minimum) in the classes myHeritage Digital Devotion #2 discussion board. This post must contain a discussion, analysis, and reaction to a classic Christian writing (book, poem, hymn, chapter, article, sub-section). By classic we refer to one of the Church Fathers, Medieval Christian saints, or pre or post-Reformation writers no later than the 19th century (1800s). Explain what you enjoy about the piece, and how it helps deepen your spiritual insight and what it instructs you about the spiritual life.

#### 6. SPIRITUAL DISCIPLINE JOURNALS (LENT EXERCISE)

Due Date: April 11, 2022

Percentage of overall mark: 10%

The student will also complete a journal of their experience in keeping **ONE** of the following spiritual exercises:

- a. FASTING FOR LENT – Lent is a period observed by Christians as preparation for Easter, involving fasting and penitence. It is observed for 40 weekdays from Ash Wednesday until Easter. In the Catholic Church, Lent runs until the Thursday before Easter (Holy Thursday), while others run until Easter Saturday.

Lent for 2022 runs from Wednesday March 2<sup>nd</sup> to Thursday, April 14<sup>th</sup> (Ash Wednesday to Maundy Thursday). For the purpose of this exercise, we will run for a shorter period – **March 2<sup>nd</sup> to March 23<sup>rd</sup> (22 days)**.

Beginning on Wednesday March 2<sup>nd</sup> and ending on Wednesday March 23<sup>rd</sup>, you must give up something that you thoroughly enjoy. Examples include television, music, meat, Internet, sugar, fast food, Facebook, or other things that are not inherently sinful (i.e. adultery is prohibited at all times).

The professor must approve your proposal before you engage in it. During these weeks a journal should be kept which details the spiritual benefits derived from this discipline.

- b. SILENCE, SOLITUDE, MEDIATION, AND PRAYER. The student may choose to pick these four Spiritual Disciplines to specialize in during the 22-day period (Wednesday March 2<sup>nd</sup> and ending on Wednesday March 23<sup>rd</sup>). This entails committing to a 6-hr. block of time per week practicing silence, solitude, meditation, and prayer. This block may be broken up into three 2 hr. blocks or 6 one-hour blocks (no less!). During these weeks a journal should be kept which details the spiritual benefits derived from these disciplines.

A note on journals. There are no criteria for the journals in terms of length and word count – but, your journals must reflect an on-going and active participation on a daily/weekly basis. The journals are personal reflections and will be marked on the basis of depth and consistency of interaction.

## 7. SPIRITUAL FORMATION REFLECTION PAPER

Due Date: April 11, 2022

Percentage of overall mark: 10%

Description: At the end of the term, the student is to write a **Summary Paper** of around 1,500 words in which what has been learned through practicing the spiritual disciplines is briefly discussed, and a detailed personal, **practical plan** for engaging in the spiritual disciplines on a long-term basis is outlined.

Note. Late assignments will receive at best a grade of C, unless accompanied by a written statement explaining the reason(s) for the lateness of the assignment. No late assignment will be accepted after the last day of classes, unless there are legitimate, extenuating circumstances. Each assignment will be graded according to Heritage's official marking schema.

## VIII. ANTICIPATED WORKLOAD

The expected workload for a course is approximately 2 hrs. for every in-class assigned hour. That means that for a student to anticipate a normal grade in a course which presents no unusual difficulties then he or she should prepare to spend approximately 70-80 hrs. in additional work outside of the classroom per course in order to achieve an average grade.

Note: The following times listed are approximate and will vary by student.		
Reading	Assignments	Lent Exercises/Journal
<ul style="list-style-type: none"><li>• Spiritual Disciplines for the Christian Life – 8 hours</li><li>• Sacred Pathways – 8 hours</li><li>• Scripture Passages – 2 hours</li></ul>	<ul style="list-style-type: none"><li>• Weekly Assignments (Whitney/Prayer Passages) – 9 x 3 = 27 hours</li><li>• Digital Devotions 1 and 2 – 4 hours</li><li>• Thomas Paper – 5 hours</li><li>• Spiritual Formation Reflection Paper – 5 hours</li></ul>	<ul style="list-style-type: none"><li>• Lent Exercises – min. 18 Hours plus.</li><li>• Journal - 3 Hours</li></ul>

## IX. FINAL GRADING SCHEME

Weekly Assignments	-	Whitney	25%
		Prayer Passages	20%
Digital Devotions	-	#1	10%
		#2	10%
Thomas/Sacred Pathways Reflection Paper			15%
Spiritual Discipline Journal (Lent)			10%
Spiritual Formation Reflection Paper			<u>10%</u>
Total			100%

## X. CLASS SCHEDULE

Date	Lecture	Class / Topic	Readings			Assignments Due	Lent Assign.
			Whitney	Thomas	Scripture		
Jan 17	1	Course Requirements and Procedures and Course Introduction					
Jan 24	2	The Need for Discipline	Whitney 1-20	Thomas 13-39	2 Chron 20:1-19	Weekly Assign.	
Jan 31	3	Transforming Our Minds	Whitney 21-56	Thomas 43-59	Neh 1:1-11	Weekly Assign.	
Feb 7	4	Prayer and Meditation	Whitney 56-99	Thomas 61-78	Isaiah 37:14-20	Weekly Assign.	
						<b>DIGITAL DEVOTION #1</b>	
Feb 14	5	A Heart of Praise	Whitney 101-117	Thomas 79-105	Dan 9:1-19	Weekly Assign.	
Feb 21		Family Day/Reading Week – No Class	Whitney 287-304	Thomas 127-144			
Feb 28	6	Go into All the World	Whitney 119-139	Thomas 107-126	Jonah 2:1-10	Weekly Assign.	Lent Spiritual Exercise  March 2 <sup>nd</sup> to March 23 <sup>rd</sup>
Mar 7	7	A Heart for Service	Whitney 141-158	Thomas 145-162	Matt 6:5-15	Weekly Assign.	
Mar 14	8	Managing Resources	Whitney 159-190	Thomas 163-185	John 17:1-26	Weekly Assign.	
Mar 21	9	The Inner Life	Whitney 191-248	Thomas 187-206	Acts 4:23-31	Weekly Assign.	
						<b>DIGITAL DEVOTION #2</b>	
Mar 28	10	Reflection and Intention	Whitney 249-285	Thomas 207-227	Eph 1:15-23	Weekly Assign.	
Apr 4	11	The Pursuit of Holiness		Thomas 231-241			
Apr 11	12	The Ethic of the Kingdom				Thomas Paper Lent Journal Reflection Paper	



## XI. LEVEL OF ACHIEVEMENT

	Knowledge	Thinking/Understanding	Communication	Application
<b>A level</b> Excellent	Thorough information, Proper sourcing of information, Clear, Concise, Accurate	Logical and Effective Order, Sophisticated or Original development; Sophisticated and/or logical original analytical framework; Honest and clear self-presentation where applicable	Introduction clean & engaging, Conclusion summarized main points & points to additional possibilities; Organization & transitions sophisticated	Correct use of footnotes & bibliography; Use of language virtually free from error (spelling, grammar); level/style of language appropriate
<b>B level</b> Very Good	Sufficient Information; Appropriate sourcing, Clear, concise, accurate	Generally logical order; Accurate Observations and analysis; Attempts at honest and clear self-presentation	Introduction clear; Conclusion accurately summarizes main points; Effective overall organization and transitions	Generally correct use of footnotes and bibliography; Use of language conventions is accurate
<b>C level</b> Satisfactory	Inclusion of some accurate information from outside sources; Attempts at clarity, conciseness, accuracy	Some lapses in order of presentation; Some observations/analysis; Some indication of accurate self-presentation	Attempts to engage reader; Conclusion considers main points; Inconsistent overall organization	Inconsistent use of research and language conventions
<b>D level</b> Inadequate	Limited and/or inaccurate and improperly sourced information; little research	Frequent lapses in order; few observations; limited and/or inaccurate analysis; Artificial presentation of self	Little attempt to engage reader; Limited and inconsistent overall organization	Frequent inconsistency in use of research and language conventions
<b>Below</b> Unacceptable	Inaccurate, Undone, and/or improperly sourced information	Little or no order, Almost no independent observations; Clearly inaccurate analysis; Avoidance of presentation of self	No attempt to engage reader; No rational organizational scheme	Improper or no use of research conventions; Continuous errors in use of language