



REL120-1 CHRISTIAN SPIRITUAL DISCIPLINES
WINTER SEMESTER 2019

I. INSTRUCTOR:

Dr. Jon Korkidakis

Contact Information: jon@korkidakis.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). They will also be available on my personal website, 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

II. COURSE DESCRIPTION

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

III. COURSE TEXTS

Foster, Richard J., *Celebration of Discipline: The Path to Spiritual Growth*, San Francisco: HarperOne, 2003

Postema, Don, *Space for God: The Study and Practice of Prayer and Spirituality*, 2d. ed., Grand Rapids: CRC Publications, 1997.

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

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

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 accord with Turabian writing style. Heritage guidelines in the publication "Survivor's Secrets" 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 may be taken by having the student sign a sheet of paper, or by the professor, and 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 at the beginning of class on the assigned day. Late written assignments will be penalised 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 for the weekly assignments. They can be posted to myHeritage and due at the beginning of class 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 1, 2019.

Description: Each student is expected to complete all assigned readings in their entirety. In addition, a minimum of 200 pages of additional readings from books and periodicals is expected. These readings may be used to assist with the writing of the Spiritual Formation Reflection Paper and Digital Devotions 1 & 2. Students will be asked to declare their reading for classes in each Weekly Assignment.

2. WEEKLY ASSIGNMENTS

Due Date: Beginning of each class. See class schedule for dates.

Percentage of overall mark: 40%

Description: There will be a written assignment for each of the lectures. These assignments will often involve practice and reflection upon a discipline during the week, and brief answers to questions based upon both primary and secondary sources. Assignments will be given out and are to be submitted for the lecture, which they are required. 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. Assignments that are submitted by hard copy must be typed and printed. Each assignment will be graded according to Heritage's official marking schema.

3. DIGITAL DEVOTIONS #1

Due Date: January 28, 2019 (Post) / February 11, 2019 (Responses)

Percentage of overall mark: 15%

Description: Each student will be required over the semester to post ONE message of at least 500 words (minimum) in the classes Moodle 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 to 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. It will be further required that the student respond to a minimum of TEN other messages with further meditation upon other students' reflections and how what they wrote draws you closer to God.

4. DIGITAL DEVOTIONS #2

Due Date: March 11, 2019 (Post) / March 25, 2019 (Responses)

Percentage of overall mark: 15%

Description: Each student will be required over the semester to post ONE message of at least 500 words (minimum) in the classes Moodle 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. It will be further required that the student respond to a minimum of TEN other messages with further meditation upon other students reflections and how what they wrote draws you closer to God.

5. SPACE FOR GOD & SPIRITUAL DISCIPLINE JOURNALS

Due Date: April 1, 2019

Percentage of overall mark: 20% (2 X 10%)

Description: Throughout the course the student will be journaling a term-long interaction with Postema's book *Space for God*. The reading schedule can be found in the class schedule. (10%)

The student will also complete a journal of their experience in keeping one of the following spiritual exercises (10%):

a. Fasting for Lent – Lent for 2019 runs from March 6 to April 18 (a 40-day period – Ash Wednesday to Maundy Thursday). For the purchase of this exercise, we will run for a shorter period – March 6 to March 30 (25 days). Beginning on Wednesday March 6 and ending on Saturday March 30, 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, Meditation, and Prayer The student may choose to pick these four Spiritual Disciplines to specialize in during the 25-day period (Beginning on Wednesday March 6 and ending on Saturday March 30). This entails committing to an 6 hr. block of time per week practicing silence, solitude, meditation, and prayer. This block may be broken up into four 2 hr. blocks (no less!) during busy weeks. During these weeks a journal should be kept which details the spiritual benefits derived from these disciplines.

*The student should keep two separate journals: one for the fasting/spiritual exercises and one for *Space for God* reflections.

*A note of 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.

6. SPIRITUAL FORMATION REFLECTION PAPER

Due Date: April 1, 2019

Percentage of overall mark: 10%

Description: At the end of the term, the student is to write a small **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.

7. SPIRITUAL GROWTH INVENTORY

Due Date: April 1, 2019

Description: The final lecture will include the findings of your Spiritual Growth Inventory. These are for your personal reflection. Though they are the final weekly assignment they are not handed in or marked. They will serve as your personal growth assessment and a measurement of the value of the course for your daily walk.

The final class will be a discussion on the *Ethic of the Kingdom* that will serve as a summary of all you've learned in the semester.

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.

| <i>Note: The following times listed are approximate and will vary by student.</i> | |
|---|---|
| Reading – 30 Hours | Assignments – 45 Hours |
| <ul style="list-style-type: none">• Space for God – 10 hours• Celebration of Discipline – 10 hours• Spiritual Disciplines for the Christian Life – 10 hours | <ul style="list-style-type: none">• Weekly Assignments – 12 x 2 = 24 hours• Digital Devotions 1, 2, and Responses – 10 hours• Journals – 5 hours• Spiritual Formation Reflection Paper – 5 hours• Spiritual Growth Inventory – 1 hour |

IX. FINAL GRADING SCHEME

| | |
|--------------------------------------|-----|
| Weekly Assignments | 40% |
| Digital Devotions #1 | 15% |
| Digital Devotions #2 | 15% |
| Space for God Journal | 10% |
| Spiritual Discipline Journals | 10% |
| Spiritual Formation Reflection Paper | 10% |

X. CLASS SCHEDULE

| Date | Lecture | Class | Reading | Assignments Due |
|--------|---------|---|---|--|
| Jan 7 | 1 | Course Requirements and Procedures Introduction to Christian Spiritual Formation | | |
| Jan 14 | 2 | The Need For Discipline | Foster xii-xx & 1-12; Whitney 1-20; Postema 7-12. | Weekly Assign. |
| Jan 21 | 3 | "I Will Meditate on Your Law Day and Night" | Bible Intake (Whitney, 21-35) Memorization (Whitney, 37-54) | Weekly Assign. |
| Jan 28 | 4 | "The Power of Prayer" | Meditation (Foster, 13- 32; Whitney 54-78) Prayer (Foster, 33-46; Whitney, 79-99) | Weekly Assign. DIGITAL DEVOTION #1 |
| Feb 4 | 5 | "I Beat My Body" | Fasting (Foster, 47-61; Whitney, 191-219) Silence and Solitude (Foster, 96-109; Whitney, 221-248) | Weekly Assign. |
| Feb 11 | 6 | "The Simple Life" | Simplicity (Foster, 77- 95) Stewardship (Whitney, 159-190) Postema 13-32. | Weekly Assign. Digital Devotion #1 Responses Due |
| Feb 18 | | Family Day/Reading Week – No Class | Postema 33-50. | |
| Feb 25 | 7 | "The Transformation of Your Minds" | Learning/Study (Foster, 62-76; Whitney, 271- 285) Journaling (Whitney, 249-270) Postema 51-68. | Weekly Assign. |
| Mar 4 | 8 | "A Heart of Praise" | Worship (Foster, 158- 174; Whitney, 101-117) Celebration (Foster 190-201) Postema 69- 88. | Weekly Assign. |
| Mar 11 | 9 | "One to Another" | Confession (Foster 143- 157) Guidance (Foster 174- 189) Postema 89- 108. | Weekly Assign. DIGITAL DEVOTION #2 |
| Mar 18 | 10 | "The Greatest Amongst You" | Submission (Foster, 110-125) Serving (Foster, 126- 140; Whitney, 141- 158) Postema 109-132. | Weekly Assign. |
| Mar 25 | 11 | "Go Into the World" | Evangelism (Whitney, 119-139; 287-304). Postema 133-152. | Weekly Assign. Digital Devotion #2 Responses Due |
| Apr 1 | 12 | "Return to Holiness" "The Ethic of the Kingdom" | Postema 153-177. Personal Growth Inventory | Weekly Assign. Journal[s] and Summary Paper |

XI. LEVEL OF ACHIEVEMENT

| | Knowledge | Thinking/Understanding | Communication | Application |
|--------------------------------|---|---|---|---|
| A level 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 level 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 |
| C level 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 |
| D level 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 |
| Below 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 |