



# HARDING

## SCHOOL OF THEOLOGY

---

### **BMIN 5877 – SPIRITUAL FORMATION FOR MINISTRY SUMMER SEMESTER, 2017, ONE-WEEK INTENSIVE, JUNE 12-16 (17)**

#### **INSTRUCTOR CONTACT**

---

**Dr. Carlus Gupton**  
Professor of Ministry  
1000 Cherry Road  
Memphis, TN 38117

Office phone: 901-432-7724  
Email: [cgupton@harding.edu](mailto:cgupton@harding.edu)  
Web: [www.lifeandleadership.com](http://www.lifeandleadership.com);  
[www.discpersonalitysource.com](http://www.discpersonalitysource.com)

---

**Please read your syllabus carefully, and refer to it frequently.  
Any questions or concerns need to be addressed to Dr. Gupton.**

#### **COURSE DESCRIPTION**

This course examines the process of spiritual formation in the Christian life generally and within ministry teams specifically. The course conveys three emphases. The first is discerning how the Holy Spirit works in both individuals and ministry partnerships to conform us to the image of Christ and to empower us for mission and discipleship. The second is experiencing regular spiritual practices, both individually and with others, that deepen our experience of the love of God (love), brighten our reflection of the glory of God (honor), and increase our participation in the mission of God (imitate). The third is helping others grow spiritually, both individually and in community. Students will survey the history and theology of spiritual formation, gain exposure to biblical and historical spiritual disciplines, experience spiritual practices individually and in groups, develop a “rule of life,” and consider the most effective ways of fostering spiritual maturity in others.

#### **COURSE GOALS/LEARNING UNITS**

1. Design and carry out a well-rounded “rule of life,” or a rhythm of regular practices for the cultivation of spiritual life.
2. Discern one’s spiritual orientation and the implications for functioning in one’s ministry context.
3. Distinguish the great traditions and major historical eras of Christian spirituality and value each for their importance to spiritual formation.
4. Formulate a philosophy and design a set of contemplative and active spiritual practices to facilitate spirituality in a ministry setting.

## **COURSE TEXTS**

**Please bring all of these materials to the first class session of the intensive week in June.**

Note: Most of these texts will be read selectively (some are handbooks or guides), with portions and procedures described in the assignment guide.

1. Course Notebook (available on Canvas by end of day on Friday, April 7).
2. Guide to the spiritual practices:
  - Adele Ahlberg Calhoun, *Spiritual Disciplines Handbook: Practices that Transform Us*. IVP Books, 2005. 0830833307, 978-0830833306 (293 pages)
3. History and theology of Christian spirituality:
  - James Bryan Smith and Richard Foster, *A Spiritual Formation Workbook – Revised Edition. Small Group Resources for Nurturing Christian Growth, Revised Edition*. Harper One, 1999. 0062516264, 978-0062516268 (112 pages)
4. Spirituality in Practice:
  - Ian Morgan Cron and Suzanne Stabile. *The Road Back to You: An Enneagram Journey to Self-Discovery*. IVP Books, 2016. 0830846190, 978-0830846191 (240 pages)
  - C. Christopher Smith and John Pattison. *Slow Church: Cultivating Community in the Patient Way of Jesus*. IVP Books, 2014. 0830841148, 978-0830841141 (247 pages)
  - N. Graham Standish and E. Stanley Ott. *Becoming a Blessed Church: Forming a Church of Spiritual Purpose, Presence, and Power, Second Edition*. Rowman and Littlefield Publishers, 2016. 1566997925, 978-1566997928 (300 pages)
  - Ruth Haley Barton. *Pursuing God's Will Together: A Discernment Practice for Leadership Groups*. IVP Books, 2012. 0830835725, 978-0830835720 (280 pages)

### **NOTE ON TEXTBOOK ORDERING:**

Textbooks can now be ordered through a link on the HST website. The Textbooks tab can be viewed on the navigation bar on any page of the website. Check the book list provided under the Textbooks tab (<http://hst.edu/students/textbook-services/>) for correct ISBN's and editions to insure correct ordering. A link provided there will take you to Amazon where you will only need to enter the ISBN to order your books. By going through our website, HST will receive some credit from the order. Thanks for your support.

## **DEGREE OUTCOMES**

This course will contribute to the following objectives for students in the Master of Divinity and Master of Arts in Christian Ministry:

### **Master of Divinity**

1. Exhibit an understanding of the general history of the church and of doctrine, including the Stone-Campbell Movement in particular.
2. Be able to integrate the scriptures and theological tradition with diverse contemporary cultural contexts.
3. Evidence a love for God and others and a personal commitment to spiritual formation.

4. Demonstrate knowledge and competencies associated with providing ministerial leadership for churches and communities.
5. Be able to communicate effectively in written, oral, and multi-media forms.

### **Master of Arts in Christian Ministry**

1. Exhibit a general understanding of the doctrine and history of the church and of doctrine, and of the Stone-Campbell Movement in particular.
2. Become a leader in their ministry specialization within the broader range of ministry and the broader social context in which they minister.
3. Evidence a love for God and others and a personal commitment to spiritual formation.
4. Gain an understanding and skills for leadership in their area of specialization.

### **COURSE SCHEDULE**

This is a one-week intensive course that meets June 12-16, Monday-Friday, 8:15 a.m. – 11:00 a.m. and then 1:00-4:45 p.m. Please note this is a change from the standard schedule which lists a half-day on Saturday, June 17. We will meet one hour later in the afternoons on M-F to capture the time we would ordinarily spend on Saturday morning. The intensive class sessions will conclude Friday, June 16, 4:45 p.m.

Typical of one-week intensives, there is pre-work that must be completed before the on-campus session, followed by additional assignments for the duration of the semester. Pre-intensive assignments will begin Monday, May 15, with all post-intensive assignments completed by Monday, July 24. Final grades will be submitted no later than Monday, July 31. Some of the assignments will include interaction through the Canvas online classroom. Check the Assignment Guide for instructions on posting.

### **CREDIT HOUR WORKLOAD**

For every course credit hour, the typical student should expect to spend at least three clock hours per week of concentrated attention on course-related work, including but not limited to time attending class, as well as out-of-class time spent reading, reviewing, organizing notes, preparing for upcoming quizzes/exams, problem solving, developing and completing projects, and other activities that enhance learning. Thus, for a three-hour course, a typical student should expect to spend at least nine hours per week dedicated to the course.

**BIBLIOGRAPHY** – Extensive bibliography provided on first day of class during intensive week.

### **LIBRARY RESOURCES**

If you have not taken 5990 (Advanced Theological Research) or 5770 (Research in Counseling), or took either class more than a year ago, go to the HST Web site ([www.hst.edu](http://www.hst.edu)) for information concerning library services to students. Under the “library” tab you will find a link to and instructions for searching the HST online catalog. There are also instructions for using the following databases available through the library: OCLC FirstSearch, EBSCOhost, Infotrac, PsycINFO, and Religious and Theological Abstracts. Contact the library for passwords to these databases. Also available are the research guides distributed in 5990 and 5770. These annotated bibliographies list basic tools you will find helpful in your research.

## **ACADEMIC INTEGRITY**

Academic dishonesty in all its forms is inconsistent with Christian faith and practice, and will result in penalties which could include a failing grade for the assignment, a failing grade for the course, dismissal from the course, and even dismissal from the school.

## **STUDENTS WITH DISABILITIES**

It is the policy of Harding University to accommodate students with disabilities, pursuant to federal and state law. Any student with a disability who needs accommodation should inform the instructor at the beginning of the course. Students with disabilities are also encouraged to contact Steve McLeod, the Associate Dean, at 901-761-1353.

## **GRADING STANDARDS**

There are several characteristics of rigorous graduate study. A few of these are highlighted below:

- High volume of reading concentrated over a shorter period of time.
- Advanced standards in writing, no toleration of poor grammar and composition.
- Increased student responsibility and initiative – At all levels, your education is your responsibility, but this is even more so in graduate work. The assignments and structure of the graduate class simply guide your self-initiated quest. The syllabus outlines baseline expectations. It is your responsibility to clarify what you do not understand and fulfill class requirements. There may not be reminders.
- Demonstrated desire for a highly developed philosophical, theoretical, and theological framework for exercising one's profession as a servant of Christ, with the ability to reflect deeply and conduct research in one's field.
- Demonstrated desire for advanced practical experience and expertise in a specialized discipline

In keeping with this, there is no grade entitlement. Grades are earned each step of the way, according to this scale.

- “A” (93-100) – *exceptional, outstanding, impressive* work in the aspects listed above. Few or no flaws, superior grasp of material
- “B” (85-92) – *good, competent, above-average* work in the aspects listed above. Few mistakes, understands material very well.
- “C” (75-84) – *average, passable, adequate* work in the aspects listed above. Moderate level of mistakes, understands material well enough, but will require remedial work to progress to the resident apprenticeship.
- “D” (72-84) – *poor, inadequate, incomplete* work in the aspects listed above. Many mistakes, inadequate grasp of material, incapable of earning a graduate degree. You will not progress to the resident apprenticeship with this grade.
- “F” (Below 72) – failure

### Other:

- All assignments are due on the dates listed in the Syllabus and Assignment Guide.

- Extensions are not guaranteed but may be granted in cases of illness or death in the family, or other extreme circumstances. It is the responsibility of the student to contact the professor *before* the assignment due date(s) with a request.
- Extensions and incompletes, if granted, will most likely result in grade reduction.

## **STUDENT EVALUATION**

- Pre-intensive essays (described below): Rule of Life, Spiritual Type, Enneagram, Six Great Traditions – 30%
- Post-intensives (details in the assignment guide available Friday, April 7, 2017, 5 p.m.):
  - Journal on rule of life and growth plan – 10%
  - Intersections with history of Christian spirituality (Smith-Foster and course notes) – 20%
  - Christian spirituality in community (applications of Smith-Pattison, Standish-Ott, and Barton) – 40%

## **PRE-INTENSIVE ASSIGNMENT GUIDE**

Note: The full Assignment Guide will be available via email or Canvas by end of day on Friday, April 7, 2017.

### Format for all essays:

- 12 pt. Times font
- Each paragraph single-spaced, with one space between paragraphs
- All documentation in standard Turabian style or HST supplement.
- Any other specs, if any, are listed in the assignment

## **Learning Unit 01 (Phase One) – Engaging the Spiritual Practices**

Timeframe: Monday May 15 through Monday, May 22. Assignment to be posted on Canvas by Monday, May 22, 5:00 p.m.

Course Goal 1: Design and carry out a well-rounded “rule of life,” or a rhythm of regular practices for the cultivation of spiritual life.

### Objectives:

- 1.1. Evaluate one’s current spiritual condition and longing.
- 1.2. Select the spiritual practices that are especially suited to one’s spiritual condition.
- 1.3. Formulate and practice a first draft of a “rule of life.”

### Related Content:

- Select chapters from Calhoun, *Spiritual Disciplines Handbook: Practices that Transform Us*.
- Supplemental – Helpful, but not required:
  - Ruth Haley Barton, *Sacred Rhythms* Annotated Edition. IVP Books, 2006.
  - Peter Scazzero, *Emotionally Healthy Spirituality*. Zondervan, 2014.
  - Marjorie J. Thompson, *Soul Feast*. New Revised Edition. Westminster John Knox, 2014.

## ***Assignment, Rule of Life – First Draft:***

- **Section 1: Discover Your Desire**  
Browse through Calhoun. Include an intentional reading of pp. 11-23 and Appendix 10, pp. 283-289. Pay special attention to “Seasons, Stages, and Ages of Transformation” (Appendix 10), especially the reflection questions at the bottom of p. 287 after the “Seasons of the Soul: A Diagnostic.” Also, complete the “Spiritual Growth Planner” (Appendix 1, pp. 256-263). Using these pieces as guides, write a minimum 1-page paper (single-spaced, 12 pt. Times font) describing your current spiritual condition and longing. Be sure to tie this in to the Calhoun readings, especially the diagnostic. You may find value in supplemental readings from Barton (ch. 1), Scazzero (chs. 1-3) or Thompson (ch. 1).
- **Section 2: Determine the Disciplines**  
Notice the last paragraph of Calhoun’s “Spiritual Growth Planner” (p. 263) as well as the section on how to use the handbook, starting with, *Following Desire to a Discipline* (pp. 20-23). It encourages you to select a number of practices that are especially suited to your spiritual condition. Follow Calhoun’s instructions, but include within it a reading of the sections below. Of course, you may read others, as well as select chapters from Barton, Thompson, or Scazzero, but definitely read the ones from Calhoun listed below. Your purpose is to become familiar with a range of possibilities for your *Rule of Life*.
  - Worship – Rule for Life, Calhoun, pp. 35-39
  - Open Myself to God – Examen, Calhoun, pp. 52-55
  - Relinquish the False Self – Confession and Self-Examination, pp. 91-94
  - Share My Life With Others – Hospitality, pp. 138-140
  - Hear God’s Word – Devotional Reading, Calhoun, pp. 167-171
  - Incarnate the Love of Christ – Compassion, Calhoun, pp. 183-186
  - Pray – Intercessory Prayer, Calhoun, pp. 231-234
- **Section 3: Draft Your Direction**  
Using your insights from Part 2 above, and the questions on Calhoun, p. 37, prepare a working draft of your *Rule of Life* (bold-captioned as “Rule of Life”). “Rule of Life” is a traditional reference to a regular set of practices that are helpful for your spiritual growth at a point in time. If you need more examples, consult Thompson (ch. 10), or Barton (ch. 9), or Scazzero (ch. 10). Explain how your rule addresses your desires/growth areas from Part 1. This description may be a bit longer than a typical description of a *Rule of Life*, but no more than a page.
- **Section 4: Practice Your Rule of Life**  
For the remainder of the time before coming to class, practice your *Rule of Life*. Make adjustments as needed. You will be asked to reflect on this practice in the next assignment before the intensive week.

**Assignment Submission:** By Monday, May 22, 5:00 p.m. (CST), COMBINE your reflections on Parts 1-3 into a single Word document labeled, “Rule of Life, First Draft,” and attach it in the

appropriate Canvas assignment folder. **PLEASE ALSO BRING A HARD COPY TO THE FIRST CLASS SESSION OF THE INTENSIVE WEEK.**

### Canvas Discussion Post:

By Monday, May 22, 5:00 p.m. (CST), please provide a minimum 250-word post in the Canvas Discussion 01. This must come after you have written and posted your “Rule of Life, First Draft.” Focus your post on these two items:

- Introduce yourself to the class.
- What were your most significant discoveries about the spiritual practices based on the readings and assignments?

### Canvas Forum Participation:

Before Tuesday, May 23, 5:00 p.m. (CST) read and respond to the posts from your fellow students. You do not have to respond to every post, but there must be sufficient evidence of interaction (I will look for balanced interaction among all peers for the duration of the class, so make it a point to interact with every person at some point). In your response, you may give your perspective on the questions and insights of your peers.

**Learning Unit 01 (Phase One) Assessment:** Your “Rule of Life, First Draft” and forum Participation will combine for a grade of 10/10 and will constitute 10% of the final grade.

-----

### **Learning Unit 01 (Phase Two), Engaging the Spiritual Practices – and – Learning Units 02 and 03 (Pre-Intensive Phases)**

Timeframe: Monday, May 22 through Monday, June 12. Assignment due Monday, June 12, 7:45 a.m. and posted in the appropriate Canvas folder.

#### ***Assignment Part 1 – Rule of Life Practice:***

- Course Goal 1: Design and carry out a well-rounded “rule of life,” or a rhythm of regular practices for the cultivation of spiritual life.
- Objective: 1.3: Formulate and **practice** a first draft of a “rule of life.”
- Related Content: “Rule of Life – First Draft”

Assignment, Rule of Life Practice: Prepare a 250-word reflection on your practice of your rule of life. What is God teaching you through this? What are the joys and gains, struggles and pains? What is and is not working?

## Assignment Part 2 – Spiritual Type:

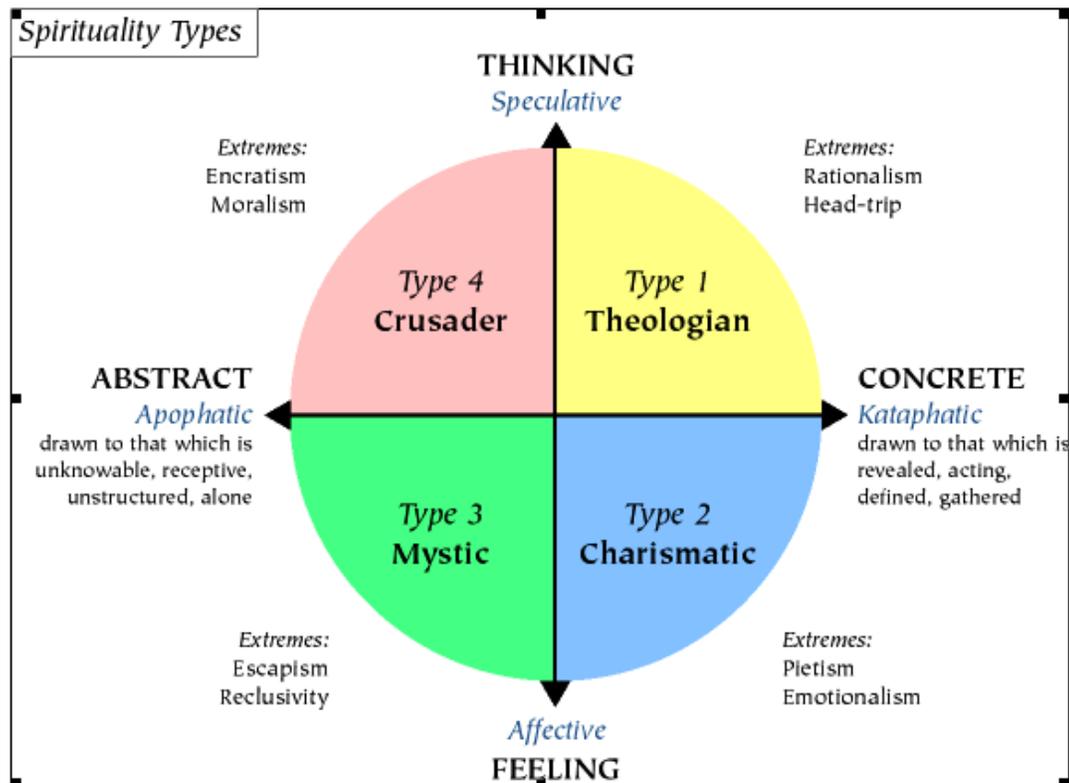
Course Goal 2: Discern one’s spiritual orientation and the implications for functioning in one’s ministry context.

Objective 2.1: Complete a spiritual types inventory and reflect on the strengths and struggles this presents for one’s ministry.

Related Content: MethodX Spiritual Types Inventory, Urban Holmes’ Circle of Sensibility

Assignment: Complete the Spiritual Types Inventory found at <http://prayer-center.upperroom.org/resources/quiz>. This is the free version of Upper Room Ministries *MethodX Spiritual Types Inventory* which has been used widely for decades. This is introduced in HST BMIN 5874, *Ministry Call and Context*, and is covered more fully in this class. If you would like to use this in a Bible class or small group, there is a helpful discussion guide available at <http://goo.gl/b3Zt69>. The guide includes an expanded description of each of the types, as well as extensive discussion guides.

You will see your results as either Sage, Prophet, Lover, or Mystic. Read through the description of your type as well as others. You may wish to compare your results to another standard spiritual types profile developed by Corrine Ware, <http://goo.gl/JukpKG>, which is an adaptation of the original “Circle of Sensibility” by Urban Holmes.



Below is the correspondence between the types:

| Upper Room MethodX Spirituality Types | Urban Holmes/Corrine Ware Spirituality Types                                |
|---------------------------------------|---|
| Prophet                               | Apophatic-Mystery, Speculative, "Action" (upper left quadrant of model)     |
| Sage                                  | Kataphatic-Revealed, Cognitive, "Clarity" (upper right quadrant of model)   |
| Lover                                 | Kataphatic-Revealed, Intuitive, "Closeness" (lower right quadrant of model) |
| Mystic                                | Apophatic-Mystery, Affective, "Depth" (lower left quadrant of model)        |

Finally, refine your results by asking someone who has seen your spiritual type in action (e.g. spouse, colleague, friend, roommate, etc.) to assess the accuracy of the profile.

In your report, discuss your findings using these questions (*estimated 400 words for all questions combined*, bold-captioned as "Spiritual Types," state each question in italics, followed by your answers in normal print):

- a. Based on the inventory results, what is your Spiritual Type?
- b. What do you think is the significance of understanding Spiritual Type for 1) the kind of ministry for which you are best suited, and 2) the way in which you are likely to conduct that ministry?
- c. In what tangible ways have these abilities affected your leadership?
- d. Does your interview confirm or challenge these findings?

### ***Assignment Part 3 – Enneagram:***

Course Goal 2: Discern one’s spiritual orientation and the implications for functioning in one’s ministry context.

Objective 2.2: Complete the Enneagram and evaluate the spiritual implications in light of instinctual variation, stress and security dynamics, sin tendencies, relationships, and spiritual formation.

Related Content: Cron and Stabile *The Road Back to You*, Enneagram.

Assignment: The text by Cron and Stabile explains the *Enneagram* (pronounced “ANY-a-gram”). This profile is widely used in spiritual development. There are many places to take the profile. Cron’s website is one (<http://www.exploreyourtype.com>), but the results are basic. It is a good idea to take more than one version. For our class, please complete the both the classic and instinctual variant versions found at <https://www.eclecticenergies.com/enneagram/test.php>. The classic test describes your basic type and wing (e.g. 3w4). The results page has links to explain

your Enneagram type and your wing. Read through each one. The instinctual variant version describes your type and variant (e.g. 7-SO). Read through this. Next, read chapter two of Cron and Stabile, followed by the chapters related to your basic type, wing, and your stress and security tendencies. Finally, show these results to someone who knows you well (e.g. spouse, colleague, friend, roommate, etc.) and get their reflections on the accuracy of the profile. In your report, give a 400-word summary of your findings.

#### ***Assignment, Part 4 – Six Great Traditions:***

Course Goal 3: Distinguish the great traditions and major historical eras of Christian spirituality and value each for their importance to spiritual formation

#### Objectives:

- 3.1 Describe and differentiate between the six traditions of Christian spirituality.
- 3.2 Select the traditions that are most useful for one's spiritual growth at this stage.

#### Related Content:

- Smith and Foster, *A Spiritual Formation Workbook*
- Supplement (helpful, but not required): Richard Foster, *Streams of Living Water: Celebrating the Great Traditions of Christian Faith*. Morehouse Publishing, 2010.

Assignment: Read through Smith and Foster, *Spiritual Formation Workbook*, supplemented with Foster's *Streams of Living Water* if helpful. Continuing your essay, bold-caption a new section as "Summary of Six Great Traditions." Explain each of the six traditions and describe at least one exercise for each tradition (a substantive paragraph for each section is adequate, estimated 750 words total). Next, in a section bold-captioned as "Strengths and Weaknesses," using Exercise 6 from Session 1, describe where you are weakest and strongest, and the implications how your orientation compares to that of your ministry setting (estimated 300 words).

#### Assignment Submission:

By Monday, June 12, 7:45 a.m. (CST), submit a copy of the essay that combines Parts 1-4 as a Word document labeled, "Rule of Life Practice, Spiritual Type, Enneagram, Six Traditions" and attach it in the appropriate Canvas assignment folder. **PLEASE BRING A HARD COPY TO THE FIRST CLASS SESSION OF THE INTENSIVE WEEK.**

#### **Learning Unit 01 (Phase Two), Learning Units 02 and 03 (Pre-Intensive Phases)**

**Assessment:** Your journal will receive a grade of 20/20 and will constitute 20% of the final grade.

#### **Reading sequence for remaining assignments**

Note: Bring all course texts to intensive class sessions.

- C. Christopher Smith and John Pattison. *Slow Church: Cultivating Community in the Patient Way of Jesus*. IVP Books, 2014. 0830841148, 978-0830841141 (247 pages)

- N. Graham Standish and E. Stanley Ott. *Becoming a Blessed Church: Forming a Church of Spiritual Purpose, Presence, and Power, Second Edition*. Rowman and Littlefield Publishers, 2016. 1566997925, 978-1566997928 (300 pages)
- Ruth Haley Barton. *Pursuing God's Will Together: A Discernment Practice for Leadership Groups*. IVP Books, 2012. 0830835725, 978-0830835720 (280 pages)