

Spiritual Formation (MF 4301)

Location: The John Leland Center for Theological Studies, Arlington

Time: Spring 2012 Mondays 8:10 – 9:50PM

Credit Hours: 2.0

Instructor: Jim Melson, D.Min. (melsons@verizon.net)

Required Course

Course Description: The purpose of this course is to introduce students to basic aspects of the history and practice of Christian spiritual formation. Students will learn about a variety of spiritual formation traditions throughout the history of the Church. Students will engage in spiritual formation practices in the context of a covenanted small group.

Book List:

A' Kempis, Thomas **The Imitation of Christ**. New York: Penguin Books, 1952.
ISBN – 10:010440270

Barton, Ruth Haley **Sacred Rhythms**. Downers Grove, IL: Inter Varsity Press
2006. ISBN- 10:0-8308-3333-1

Foster, Richard **Streams of Living Water**. San Francisco: HarperCollins Publishers,
2001. ISBN – 10:0-06-062822-7

Nouwen, Henri J. **Life of the Beloved**. New York: Crossroads Publishing Co. Inc., 1992.
ISBN 0-8245-1184-0

Course Requirements:

- Participate in class sessions and complete assignments on time
- Participate in a covenanted small group that practices specific spiritual disciplines
- Submit a 1-2 page “spiritual report” each week on an assigned topic related to various aspects of spiritual formation
- Write an 8-10 page final paper that focuses on leading people in the practice of spiritual formation in a congregational setting. The paper should demonstrate integration of readings, class discussions, small group experiences, and personal theological reflection. Use standard academic form, citing all sources. The paper is due by the end of the exam period.

