Course Description and Outcomes
This course grounds the student in the theology and core practices of personal and congregational formation and discipleship.

Students will be able to:

1. Articulate a theological basis for the Wesleyan emphasis on spiritual disciplines and practice them as means of grace.
2. Explain and implement the General Rules and the practices of small groups in a congregation.
3. Educate and resource a congregation in the disciplines of Christian formation.
4. Organize congregations to help people discern their callings and gifts for ministry.

Required Texts (you will need to have these texts; hard copies or electronic books)


A Note about the Hybrid Format

This course is offered in a hybrid format. That means that 14 of the 20 contact hours will occur in class and the remaining 6 hours will occur online (before the class meets). If you have any problems with the technology aspect of this course, please call Amy Walker at 404.727.4587. She’s here to help!

There are three phases in the class:

- The **PRE-CLASS PHASE** is meant to set the foundation for our time together in person. In advance of class, students will view the online video lectures, complete short writing responses, and read selections from required textbooks.
- The **IN-CLASS PHASE** will be devoted to digging into the course material through lecture and discussion.
- The **POST-CLASS PHASE** will allow you to evaluate what you have learned throughout the class.

Pre-Class Assignments

*Pre-Class Assignments should be uploaded to the class Canvas site in the “Assignments” section no later than June 1.*

Notes Before You Begin

- VIDEOS can be found in the “Echo ALP” section of this class’ Canvas site
- PRACTICE GUIDES can be found in the “Files” section of this class’ Canvas site
- DISCUSSION BOARDS can be found in the “Discussions” section of this class’ Canvas site

**PRE-CLASS ASSIGNMENT #1:**
1) Watch the video titled “Introduction”
2) Go to the discussion board and take a few minutes to introduce yourself to your colleagues.

**PRE-CLASS ASSIGNMENT #2:** Read all required texts listed on page 1 of this syllabus.

**PRE-CLASS ASSIGNMENT #3: The Means of Grace**
1) Watch the video titled “The Means of Grace”
2) Read Wesley’s “Sermon 16: The Means of Grace”
3) Write a 2-3 page paper that answers these questions:
   - What are the means of grace? Why are they important? How do they work?
   - As you consider the means of grace, which practice has been most meaningful to you in your personal relationship with God? Why? How has God used it to grow and change you?
   - Submit this paper in the “Assignments” section of Canvas.
4) Reflect: Now that you know more about the means of grace and why they are important, describe one or two ways you would teach this to your congregation on the discussion board titled “Teaching Your Congregation About the Means of Grace.” This is a brainstorming session, not a formal written paper. Just a few sentences of describing your idea(s) will do!
PRE-CLASS ASSIGNMENT #4: Silence & Solitude
1) Watch the video titled “Silence & Solitude”
2) Read The Celebration of Discipline, Chapter 7: The Discipline of Solitude
3) Practice: Use the Practice Guide to “practice” silence and solitude (6 days of practice).
4) Reflect: On the discussion board, write about your experience of practicing silence and solitude.
5) Reflect: On the discussion board, answer this question: why is this an important practice for pastors?
6) Write: In 1-2 pages, describe the practice of silence and solitude. What did you learn about God, yourself and the gifts or challenges of silence and solitude? Submit this paper in the “Assignments” section of Canvas.

PRE-CLASS ASSIGNMENT #5: Prayer
1) Watch the video titled “Prayer”
2) Read: The Celebration of Discipline, Chapter 3, The Discipline of Prayer
3) Practice: Use the Practice Guide to “practice” prayer (6 days of practice).
4) Reflect: On the discussion board, write about your experience of practicing prayer.
5) Reflect: On the discussion board, answer this question: why is this an important practice for pastors?
6) Write: In 1-2 pages, describe the practice of prayer. What did you learn about God, yourself and the gifts or challenges of prayer? Submit this paper in the “Assignments” section of Canvas.

PRE-CLASS ASSIGNMENT #6: Scripture & Spiritual Formation
1) Watch the video titled “Scripture & Spiritual Formation”
2) Read: Soul Feast, Chapter 2, Chewing the Bread of the Word: the Nature and Practice of Spiritual Reading
3) Practice: Use the Practice Guide to “practice” meditation on Scripture (6 days of practice).
4) Reflect: On the discussion board, write about your experience of scripture as a spiritual practice.
5) Reflect: On the discussion board, answer this question: why is this an important practice for pastors?
6) Write: In 1-2 pages, describe the practice of reading Scripture for spiritual formation. What did you learn about God, yourself and the gifts or challenges of reading Scripture for spiritual transformation? Submit this paper in the “Assignments” section of Canvas.
Post-Class Assignment

Your Post-Class Assignment should be uploaded to the class Canvas site in the “Assignments” section no later than August 31.

Choose a Spiritual Practice listed below and write a paper that includes the following three sections: (9-13 pages)

1. **Define**: A definition/description of the practice (what, who, why, and how?) Be sure to include biblical and theological foundations for this practice. *(4 -5 pages)*

2. **Ministry**: A plan for teaching and encouraging this practice in your congregation. For this section you have two options: (1) Write a sermon on the spiritual discipline **OR** (2) Create a 90-minute complete lesson plan on how you would teach it in a small group setting. *(4 -5 pages)*

3. **Worship**: How will you use and incorporate this practice into worship? This section needs to include an outline of an order of worship that reflects intentional ways that the practice is practiced in worship. *(1-3 pages)*

**Spiritual Practices**

- Fasting
- Meditation
- Study
- Service
- Simplicity
- Worship
- Celebration
- Silence
- Confession
- Guidance
- Prayer
- Self-Examination
- Sabbath
- Submission
- Communion
- Journaling
- Retreat
- Giving
- Spiritual Reading
- Soul Friendships

**How Your Final Course Grade Is Determined**

- 10% Pre-Class Assignment #3: Means of Grace
- 10% Pre-Class Assignment #4: Silence & Solitude
- 10% Pre-Class Assignment #5: Prayer
- 10% Pre-Class Assignment #6: Scripture and Spiritual Formation
- 40% Post-Class Assignment
- 20% Class Participation

**Grade Deduction Policy**

- Pre-Class Assignments must be submitted no later than 11:59p.m. EST on June 1, 2018.
- If the Pre-Class Assignments are submitted after the deadline, they will be subject to the late penalty schedule below:
  - Received between June 2-8 will receive a one-letter grade deduction.
  - Received between June 9-15 will receive a two-letter grade deduction.
  - Students who have not submitted these assignments by June 15 will be dropped from the class.
Plagiarism Defined
“You plagiarize when, intentionally or not, you use someone else’s words or ideas but fail to credit that person, leading your readers to think that those words are yours. In all fields, you plagiarize when you use a source’s words or ideas without citing that source. In most fields, you plagiarize even when you do credit the source but use its exact words without using quotation marks or block indentation” (201-202).

Guidelines for Written Assignments
- All papers should be typed, double-spaced, and on 8.5”x11” paper.
- The font should be Times New Roman, 12 point.
- Margins should be 1” on all sides.
- All papers must include a page number and the student’s last name in the header or footer.
- All papers must be properly cited. You can see how to properly cite your quotes in the “Files” section of your Canvas site under “Writing Tips.”

Inclusive Language Covenant
The faculty of Emory Course of Study School has adopted a covenant statement encouraging inclusiveness in the use of language, as follows:

The Inclusive Language Covenant is designed to create a linguistic environment in which all students, staff, and faculty can grow in understanding and appreciating the rich diversity of God’s people. The COS faculty commits itself through continued discussion, reflection, and exploration to using language in such a way that we respond to the fullness of God’s presence among us as much by our choice of words as by our care for one another. Recognizing that our experience with inclusive language is an integral part of theological formation, we invite students and others to share as partners with us in this learning process.

We understand “covenant” more in terms of its biblical and theological meaning than in a legal or contractual context. Covenant signifies the common commitment of a community of faith in response to God’s revelation and in participation with one another. The values implied in the covenant have morally persuaded us to try to generate patterns of speech and behavior that bond the members of the community in mutual respect. We expect all members of the community to address issues of diversity constructively. The entire Inclusive Language Covenant can be found on the COS website, and you are encouraged to read the whole covenant.