



**Nipawin Bible College**  
**Course: BT257 – Spiritual Formation**  
**Instructor: Jeremy Loseth**  
**Fall 2018**  
**2 Credit Hours**  
**jloseth@nipawin.org**

## ***COURSE DESCRIPTION***

Often masked in vague terminology, the term “spiritual formation” is a part of the vocabulary of many religious worldviews. The lack of a primary definition leads to an important question: What exactly is spiritual formation? How is spiritual formation a part of the Christian experience?

This course will attempt to concretely define the term spiritual formation as “a process of being conformed to the image of Christ for the sake of others.”<sup>1</sup> Following this definition, this class will strive to understand the unique calling of spiritual formation – what challenges present themselves, how our personalities come to bear on our walk with Christ, and how we might include practices in our lives that coordinate with the Holy Spirit’s transforming presence.

## ***COURSE TEXTBOOKS***

Donald S. Whitney. *Spiritual Disciplines for the Christian Life, revised*. (Colorado Springs, CO: NavPress, 2014). **304 pages**

## ***THE BIG QUESTION***

*What does it mean to grow in, and cooperate with, the Holy Spirit’s work of sanctification in my life?*

## ***LEARNING OUTCOMES***

- 1) The student will be able to communicate what spiritual formation within the Christian tradition is.
- 2) The student will know what their personality type is and be able to formulate an understanding of the unique way in which they experience the fruitful process of spiritual formation.
- 3) The student will gain a renewed vision of the importance of spiritual formation for a vibrant walk of faith, growing deeper in their relationship with God and the body of Christ as a result.

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<sup>1</sup>Mulholland Jr., M. Robert. *Invitation to a Journey: A Road Map for Spiritual Formation*. (IL: IntVarsity Press, 1993), 14.

- 4) The student will feel more confident in their practice of spiritual disciplines, integrating them into their lives on a weekly basis.
- 5) The student will understand how sin harms the spiritual life. The student will further understand what steps may be taken to destroy sin so that their spiritual fruits may prosper.

## **COURSE ASSIGNMENTS**

### **Textbook Reading – 30%**

- Each student will be required to read the assigned textbook by Whitney in its entirety. No interaction is needed with the text; however, a short **2 page** book critique will be required. Highlight the books strengths and weaknesses, along with the overall value of the book to the class. This will be done in accordance with the NBC guidelines.
- Don't aim to blitz through this book as rapidly as possible. Read diligently and intentionally, with a focus on allowing the suggestions of the author to take hold in your life.

***Due Dec. 10<sup>th</sup>***

### **Retreat and Reflection – 25%**

- After reading chapter 10 in *Spiritual Disciplines* ("Silence and Solitude"), each student will set apart 4 hours in their day (example: 1pm – 5pm) to be alone with God. Use this time to read, pray, journal, and evaluate how God may be speaking to you. Avoid all screens and people to the best of your ability. View this time as an example of how we ought to make time in our busy lives for intentional time spent with God and the Word.
- A **2-3 page** report on insights gained from your retreat will be required. Outline how the retreat was conducted and what you learned as a result of the experience.

***Due Nov. 13<sup>th</sup>***

### **Spiritual Formation Plan – 25%**

- Each student will be required to submit a personal one-year plan for spiritual growth and discipline. The plan will consist of the following:
  - A review of the personal challenges that hinder their practice of the spiritual disciplines (**1-2 pages**)
  - A description of the ministry path God is establishing for them (**1 page**)
  - A review of their spiritual disciplines to date (**1 page**)
  - A realistic plan for spiritual growth and discipline for the next 12 months (**1 page**)

- A defined means of accountability to ensure the plan is followed (**1 page**)

***Due Dec. 4<sup>th</sup>***

**Quizzes – 15%**

- There will be three short quizzes throughout the course. The primary goal of these quizzes will be to test how well you have been listening in class; thus the tests will be from the notes exclusively. Each quiz will be worth 5% of your final grade.

***Oct. 26<sup>th</sup>, Nov. 27<sup>th</sup>, Dec. 11<sup>th</sup>***

All written assignments are to be typed in accordance with the NBC Study Guide for papers. Assignments will be graded on the basis of content, clarity, grammar, and spelling. Assignments will be due **no later than 5:00 pm** on the day that they are assigned.

**ATTENDANCE POLICY:**

- Refer to the NBC Handbook 2018/19

**LATE ASSIGNMENT POLICY:**

- Refer to the NBC Handbook 2018/19

**Reading: 304 pages**

**Writing: 9-11 pages**

## SELECT BIBLIOGRAPHY

Bonhoeffer, Dietrich. *The Cost of Discipleship*. New York, NY: Touchstone, 1995.

Brother Lawrence. *The Practice of the Presence of God*. Boston, MA: New Seeds Books,  
2005.

DeYoung, Kevin. *Crazy Busy*. Wheaton, IL: Crossway, 2013.

Ortberg, John. *The Life You've Always Wanted*. Grand Rapids, MI: Zondervan, 1997.

Packer, J.I. *Knowing God*. Downer's Grove, IL: InterVarsity Press, 1973.

Willard, Dallas and Don Simpson. *Revolution of Character: Discovering Christ's Pattern  
for Spiritual Transformation*. Colorado Springs, CO: NavPress, 2005.