

# ANCCI UNIVERSITY

## PT 204 – Spiritual Formation

### **RATIONALE**

“Superficiality is the curse of our age. The doctrine of instant satisfaction is a primary spiritual problem. The desperate need today is not for a greater number of intelligent people, or gifted people, but for deep people. The classical Disciplines of the spiritual life call us to move beyond surface living into the depths...We must not be led to believe that the Disciplines are only for spiritual giants and hence beyond our reach. God intends the Disciplines of the spiritual life to be for ordinary human beings.” *Richard Foster*

### **OBJECTIVE**

We will learn about the spiritual disciplines and how to apply them to our life. It is the intent of this class for a person to grow spiritually and after gaining a knowledge of the disciplines to choose one to use for a period.

### **STRATEGY**

- 1) Write a spiritual autobiography within the first week. It is to be no longer than 7 pages and no shorter than 2 pages double spaced.
- 2) Read the text carefully.
- 3) Do the work in the Journal Workbook
- 4) (Optional) For honors credit, read: A Spiritual Formation Workbook and do an exercise in each section.

### **TEXT**

- 1) CELEBRATION OF DISCIPLINE: The Path to Spiritual Growth, revised edition; Richard Foster Harper & Row
- 2) CELEBRATING THE DISCIPLINES: A Journal Workbook to accompany Celebration of Discipline Ed. Richard Foster and James B. Smith

### **RECOMMENDED**

- 1) A SPIRITUAL FORMATION WORKBOOK James B. Smith and Lynda Graybeal HarperSanFrancisco
- 2) DEVOTIONAL CLASSICS edited by Richard Foster & James B. Smith HarperSanFrancisco

### **EVALUATION**

- 1) Spiritual Autobiography within the first week.
- 2) Write a one page paper reflecting on the value of your journal writing.
- 3) Write a 10-15 (undergraduate) 20-25 (graduate) double spaced describing the inward, outward and corporate disciplines and how your life fits into each one. Comment on which discipline you choose to use for a period. Submit your work.

ANAS grading system will be employed.