In this course, the student will begin to identify and experiment with the use of the classical spiritual disciplines so that they may become a life-long pursuit for the purpose of yielding to the Holy Spirit and abiding in the True Vine. The student will also learn the basic principles of inner healing so that blocks to spiritual growth may be recognized and appropriate steps taken to cooperate with God in removing those blocks. This too will be seen as a spiritual discipline. Both of these major components of spiritual formation are the basis for the Biblical concepts of sanctification and transformation.

Textbooks: (all texts available through Amazon.com or many other online sources.)


Other materials requirements:

1. 3-Ring binder

2. Loose leaf notebook paper, or, if student prefers to journal on computer and print out, printer paper must be 3-hole punched.
Student requirements:

In this class, each student will be required to keep a journal throughout the course. This will be on looseleaf notebook paper and kept in a 3-ring binder. Journal entries are to be turned in to the instructor weekly. These will be returned to the student so that (s)he may retain them.

Reading for each week should be done prior to class as indicated on the schedule.

Students will be evaluated on the basis of reading done and consistent journaling, indicating a grasp of the subject matter and interaction with the material as appropriate for each section. It is assumed that the student will experience personal spiritual growth during the course, but will not be evaluated on the basis of that. Journal entries should reflect the student’s experience with the spiritual disciplines and interaction with the reading material. For example, reading done before the start of the class may bring up questions, may elicit prayer responses, or may even include arguments with the material itself. All of this is appropriate for the journal. The student should attempt to journal daily, or at least 4 days during each week.

Students will be evaluated on a pass/fail basis.

Journaling:

Some questions to consider for the first weeks of journaling, prior to the beginning of the class: (these are suggestions—you do not have to answer all of these, but should journal responses that arise in your own mind/spirit).

1. What is the purpose of the Spiritual Disciplines?
2. Heini Arnold has said, “We want to make it quite clear that we cannot free and purify our own heart by exerting our own will.” How does Arnold’s statement compare with your own experience? How does this make submitting to the process of inner healing a spiritual discipline?
3. What are some of your reactions to the idea of meditation?
4. What things make your life crowded?
5. What have you meditated on today and what is the Lord saying to you?
6. Frank Laubach said, “I want to learn how to live so that to see someone is to pray for them.” Experiment with that approach to life for one whole day and record what you learn from the experience.
7. What should we do when we don’t feel like praying?

8. How do you respond to Sandford’s teaching on Law?

9. Identify recurring life patterns, e.g., job losses, betrayals by friends, or personal characteristics which you resented, disliked, or hated in the primary people who raised you, but which you now recognize in your own life.

10. Why is it important for Christians to continue the process of sanctification and transformation (inner healing) instead of depending solely upon an instant experience of conversion? Do you even agree with this?
Schedule

Note: All reading should be done prior to the date listed.

Tuesday, August 31, 2010  6-9 pm.  Reading:  Celebration of Discipline Chap. 1-3; Transforming the Inner Man Chap. 1, 4.

Meditation

Prayer

4 Biblical Laws that govern human relationships

Background for Inner Healing

5 Ingredients of Prayer Ministry

Tuesday, September 7, 2010 6-9 pm.  Reading:  Celebration of Discipline Chap. 4-5; Transforming the Inner Man Chap. 2.

Fasting

Study

How we see God

Basic Trust

(a break of one week)

Tuesday, September 21, 2010 6-9 pm.  Reading:  Celebration of Discipline Chap. 6-7; Transforming the Inner Man Chap. 3, 4.

Simplicity

Solitude

Performance Orientation

Honoring Mother and Father
Tuesday, September 28, 2010  6-9 pm. Reading:  *Celebration of Discipline* Chap. 8-9;  
*Transforming the Inner Man* Chap. 5; *Total Forgiveness* Chap. 1, 2.

Submission  
Service  
Forgiveness

Saturday, October 2, 2010  9am-12, 12:30-4 pm. Reading:  *Transforming the Inner Man* Chap.  
6, 7, 8.  *Total Forgiveness* Chap. 4, 5.

Judgment and Bitter Roots  
Repentance and Restitution  
Small group experience

Tuesday, October 5, 2010  6-9 pm. Reading:  *Celebration of Discipline* Chap. 10, 11.

Confession  
Worship  
Heart of Stone and Inner Vows

Tuesday, October 12, 2010  6-9 pm. Reading:  *Celebration of Discipline* Chap. 12, 13;  
*Transforming the Inner Man* Chap. 9

Guidance  
Celebration  
Generational Sin  
Deliverance and Inner Healing  
Turn in evaluations.