

Dev 150
Winter 2002
Winter 2003

CANADIAN BIBLE COLLEGE
Access Intersession DEV 166/150
Living Your Disciplines
Instructor: Marilyn Martin

You have traveled to an oasis in the foothills of the Rockies, to a place set apart for the pursuit of God. Throughout the week the overall purpose will be to enlarge your understanding of and desire for the spiritual life and with that your desire for God. As you explore and engage in spiritual disciplines individually and corporately it is hoped that you will form lifelong patterns of personal spiritual discipline.

Course Objectives:

The student will:

1. gain a biblical/theological understanding for the practice of the classical spiritual disciplines.
2. experience the practice of some of the classical spiritual disciplines both individually and in the context of community.
3. begin to develop a pattern of personal discipline for his/her everyday life.
4. become more aware of the movement of God in her/his life

Course Texts

Required

Don Postema. Space For God

Recommended

1. Richard Foster. Celebration of Discipline
2. Richard Foster and James Smith, Eds. Devotional Classics
3. Gordon T Smith. Essential Spirituality
4. John Piper. Desiring God
5. Donald Whitney. Spiritual Disciplines for the Christian Life

Course Requirements

1. Attendance at all sessions.
2. Assigned reading.
3. A journal:
 - A. The student will keep a journal throughout the five days of the course.
 - B. The journal should record the following:
 - a) personal responses to lectures, group experiences and readings;
 - b) conversations and other casual interactions
 - c) impressions (thoughts, images, feelings) received during guided prayer and meditation sessions and private times of prayer and meditation.

At the conclusion of the course, a summary of the week's journaling will be submitted. This will take the form of at least 10 'I am' statements reflecting

aspects of yourself and your spiritual journey that you have either discovered for the first time this week or confirmed in a new way. Each of these statements needs to be supported with some explanation of how you made that discovery or what it means for you. 3-4 pages legibly hand written or typed.

Additional requirements for a B

Read the selections from any one of the 6 sections of the Devotional Classics or the Spiritual Classics each edited by Richard Foster (You can find these in the King's Fold Library or in the CBC Library). In light of the theme of the particular section that you choose, write a 1-2 page reflection on the key concepts that impress you from the section. Your reflections may pose questions that you had, ideas that you particularly liked, thoughts that inspired you or even ideas that you strongly disagree with. This is a personal reflection paper not a research paper.

Additional requirements for an A.

All of the above.

Keep a daily record of your devotional practices and a brief daily journaling summary of your spiritual insights for a three-week period starting Feb 25 and running until March 15. Strive for consistency but the object of this exercise is to support you in your on going personal development and not to penalize you for inconsistencies. At the conclusion of the three-week period write a statement of your on-going plan for personal worship and prayer.

Grade

Prior to the completion of the course each student will submit a written indication of the grade they are contracting for. Those contracting for a C will be expected to complete all the requirements by the end of the week and submit the written work by February 23. Those contracting for an A or B must mail all work by March 23, 2002. Late submission of the material by the due date will result in automatic failure of the course.

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Course Outline

Day 1

- 10:00 Arrival and settling in.
- 11:00 Welcome from the King's Fold Community
- 11:30 Introduction to "Living Your Disciplines"
- 12:30 Lunch
- 1:30 Lecture #1. Making Space For God: Following in the Master's Footsteps.
- 2:30 Break
- 4:00 Making Space For God con't
- 5:30 Dinner and relaxation
- 7:00 Personal Study Time (a rule of silence will be observed during this time)
Read Postema Chapter 1 and complete the "Space for God" exercise included with your syllabus.
- 8:30 Lecture #2. Journey to the Desert Place: Planning a Personal Retreat
- 10:15 Evening Prayers: A Time for Consecration

Daily Assignments

Postema Chapter 2 & 3.

Day 2

- 7:30 Morning Quiet Time. Using selections from the Windows To Insight from the current chapters in Postema as well as suggestions from the exercises at the conclusion of each chapter, try some different ways of approaching God.
- 8:00 Breakfast
- 9:00 Write Morning Pages
- 9:30 Lecture #3 Belonging: The Starting Place for Prayer
- 10:30 Break
- 11:00 Meditation Exercise: The Prodigal Son
- 12:30 Lunch
- 1:30 Unstructured Time for reading, reflection, exploring, journaling, playing, sleeping etc.
- 4:00 Lecture #4. Community: Is it really a place for healing?
- 5:30 Dinner and relaxation
- 7:00 Personal Study Time (rule of silence will be observed)
- 8:30 Worship and prayer. Praying the Psalms
- Evening Snack

Daily assignments

Morning Pages: Using the 30 minutes provided in the morning, write about anything you want. It can be serious but it may not be. Simply write about whatever comes into your mind. If nothing is coming to your mind then write that. Try to not stop until you have written 3 pages. No one will read this so be as honest as you can be.

Assigned Reading

Postema, Chapters 4 & 5.

Day 3

- 7:30 Morning Quiet Time.
- 8:00 Breakfast
- 9:00 Morning Pages
- 9:30 Lecture #5. Prayer: Conversation of the Heart
- 10:30 Break
- 11:00 Read one of your favorite Psalms of praise and then enjoy an intentional nature walk. Open your heart to receive God's blessing and covenantal hug as you walk. When you return try your hand at writing your own Psalm of praise.
- 12:30 Lunch
- 1:30 Community work experience
- 4:00 Lecture #6. Gratitude as recognition, receptivity and response
- 5:30 Dinner
- 7:00 Personal Study Time (Rule of Silence will be observed)
- 8:30 Worship and Prayer. Praying the Gospels
- Snack

Daily assignment

Morning Pages

Assigned Reading

Postema Chapter 6 & 7

Day 4

- 7:30 Morning Quiet Time
- 8:00 Breakfast
- 9:00 Morning Pages.
- 9:30 Lecture #7 Intercession: The Voice of Compassion
- 11:00 Praying the Lord's Prayer
- 12:30 Lunch
- 1:30 Unstructured Time
- 4:30 Lecture # 8. The Discipline of Fasting: A preparation for the Soul.
- 5:30 Dinner and Relaxation
- 7:00 Personal Study Time (The rule of silence will be observed)
- 8:30 Worship and Prayer
- Snack

Daily Assignments

- Morning Prayer
- Assigned Reading
- Postema Chapter 8 & 9

Note: From evening on Day 4 until Dinner time on Day 5 we will observe a partial fast. If you have medical concerns, please speak to me so that we can arrange an alternative.

Day 5

- 9:30 Meditation in preparation for a day of retreat (meet in the conference room)
- 10:00 Personal Retreat (silent)
- 4:30 Going for the Gold (Conference room)
- 5:30 Celebration Dinner
- 7:30 Celebrating the Journey: A Time of Praise, Foot Washing and Communion
- 8:30 The Celebration Continues

Day 6

- 7:30 Morning Quiet Time
- 8:00 Breakfast
- 8:30 Room Clean and Check
- Departure



Have a safe and fun trip and a gentle re-entry.