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| Course ID: | Course Title: | Fall 2019 |
| PT 501-CL | Personal Formation and Development | Prerequisite: |
| | | Credits: 3 |

| Class Information | | Instructor Information | | Important Dates | |
|---------------------------|---------------------------------------|------------------------|----------------------------|--|--------------|
| Days: | Oct 18-19, Nov 8-9 Nov 29-30, 2019 | Instructor: | Dr. Wilson Tran | First day of classes: | Wed, Sept 4 |
| Time: | | Email: | wilsontran0920@hotmail.com | Last day to add/drop, or change to audit: | Sun, Sept 15 |
| Room: | | Phone: | 403-831-5811 | Last day to request revised final exam: | Fri, Nov 1 |
| Lab/ Tutorial: | No | Office: | | Last day to withdraw from course: | Mon, Nov 18 |
| | | Office Hours: | By appointment | Last day to apply for coursework extension: | Mon, Nov 25 |
| Final Exam: | No | | | Last day of classes: | Wed, Dec 11 |

Course Description

This course helps the student develop a rule of life that fits their personality, season of life, and unique situation. It explores the nature and goal of spiritual formation, as well examines our rich inheritance of spiritual practices from Scripture and church history. The student will also be asked to undertake an intensive study of one biblical or historical figure in light of that individual's spiritual formation (and, if warranted, deformation). Overall, the emphasis will be on the student cultivating increasing Christ-likeness expressed through their God-given personality.

Note: An additional fee for MBTI testing will apply. See Financial Information section for details.

Expected Learning Outcomes

At the end of this course, the students will be able:

1. To identify current literature, trends, and movements in the field of spiritual formation, renewal and direction.
2. Comprehend traditional spiritual discipline in church history.
3. To ascertain how to cultivate and enhance heart intimacy with God.
4. To appraise the value of classical spiritual disciplines such as simplicity, solitude, fasting, biblical meditation, contemplation, and journaling for deepening one's relationship with God.
5. To understand the dynamics of and acquire modest competence in the art of spiritual direction.
6. To construct a viable model that integrates theology, spiritual disciplines, and care-giving to the total person.

Textbooks

1. Leung, Ivan. *Launch Out: Striving for a Deeper Spiritual Life*. Canada: CCM, 2004.
There is also a Chinese translation of this work:
梁海華。《開往靈程深處》(修訂版)。香港：宣道出版社，2013。
2. Macchia, Stephen A. *Crafting a Rule of Life*. Downers Grove: InterVarsity Press, 2012.
3. Tozer, A. W. *The Pursuit of God*. Camp Hill: Wing Spread Publishers, 2006.
4. 黃克鏞、盧德主編。《基督宗教靈修學史》。第一冊：聖經及教父時代靈修。台北：光啟文化事業，2012。
Wong, Joseph, and Ruth Yang, eds. *Scriptural and Patristic Spirituality. Vol. 1 of A History of Christian Spirituality*. Taipei: Kuangchi Cultural Group, 2012.

References

1. Barton, Ruth Haley. *Sacred Rhythms: Arranging our lives for Spiritual Transformation*. Downers Grove: InterVarsity Press, 2006.
2. Foster, Richard. *Celebration of Discipline: The Path to Spiritual Growth*. 2nd ed. San Francisco, CA: HarperCollins, 1989.
There is also a Chinese translation of this work:
傅士德。《屬靈操練禮讚》(增修版)。周天和譯。香港：香港基督徒學生福音團契，1993。
3. Foster, Richard J. *Streams of Living Water: Celebrating the Great Tradition of Christian Faith*. San Francisco: Harper & Row, 1998.
There is also a Chinese translation of this work:
傅士德。《屬靈傳統禮讚》。袁達志譯。香港：天道書樓，2001。
4. Greenman, Jeffrey P., and George Kalantzis, eds. *Life in the Spirit: Spiritual Formation in Theological Perspective*. Downers Grove: InterVarsity Press, 2010.
5. McGraph, Alister E. *Christian Spirituality: An Introduction*. Malden, Mass.: Blackwell Publishers, 1999.
There is also a Chinese translation of this work:
麥格夫。《基督教靈修學》。趙崇明譯。香港：基道，2004。
6. Mursell, Gordon, ed. *The Story of Christian Spirituality*. Minneapolis, MN: Fortress Press, 2001.
7. Nouwen, Henri. *In the Name of Jesus: Reflections on Christian Leadership*. New York, NY: Crossroad Publishing Company, 1991.
8. Wakefield, James L. *Sacred listening: Discovering the Spiritual Exercises of Ignatius Loyola*. Grand Rapids, MI: Baker, 2006.
9. Willard, Dallas. *The Divine Conspiracy: Rediscovering Our Hidden Life in God*. San Francisco, CA: Harper, 1998.
There is also a Chinese translation of this work:
魏樂德。《神聖的約定》。徐成德譯。台北：中國主日學協會，2007。
10. 李耀全。《屬靈操練與生命關懷》。香港：更新資源，1998。
11. 郭鴻標。《歷代靈修傳統巡禮》。香港：香港基督徒學會，2001。

12. 黃克鏞、盧德主編。《基督宗教靈修學史》。第二冊：中世紀及近代天主教靈修。台北：光啟文化事業，2012。
Wong, Joseph, and Ruth Yang, eds. *Medieval and Modern Spirituality. Vol. 2 of A History of Christian Spirituality*. Taipei: Kuangchi Cultural Group, 2012.
13. 黃克鏞、盧德主編。《基督宗教靈修學史》。第三冊：正教及新教靈修。台北：光啟文化事業，2012。
Wong, Joseph, and Ruth Yang, eds. *Orthodox and Protestant Spirituality. Vol. 3 of A History of Christian Spirituality*. Taipei: Kuangchi Cultural Group, 2012.
14. 黃克鏞、盧德主編。《基督宗教靈修學史》。第四冊：當代基督徒靈修。台北：光啟文化事業，2015。
Wong, Joseph, and Ruth Yang, eds. *Present-day Christian Spirituality. Vol. 4 of A History of Christian Spirituality*. Taipei: Kuangchi Cultural Group, 2015.

Course Schedule

Oct 18-19

1. **The Importance of Pursuing Spiritual Maturity 追求屬靈成熟的重要性**
2. **Some Traditional Spiritual Disciplines in Church History 簡述歷史中的屬靈傳統**
 - **Introducing Benedict's Rule 介紹本篤會規**
 - **Lectio Divina (lectio, meditatio, oratio and contemplation) 聖言誦禱 (誦讀，默想，祈禱和默觀)**
3. **A Biblical Foundation of Spiritual Formation 靈命塑造的聖經基礎**
4. **A Biblical Model of Spiritual Formation 靈命塑造的聖經模式**

Nov 8-9

5. **Myers Briggs Type Indicator (MBTI) Personality Inventory MBTI 性格心理測驗**
6. **A Personal and Pastoral Strategy of Enhancing Spiritual Maturity 靈命成長的個人及牧養的策略**
7. **Survey of Deeper Life Questionnaire in Chinese Church 華人教會的屬靈實況**
8. **A Reflection of Personal Spiritual Growth 個人屬靈成長的反思**

Nov 29-30

9. **Personal Growth and Spiritual Formation 個人成長與靈命塑造**
10. **Discipleship and Spiritual Formation 門徒訓練與靈命塑造**
11. **Ministry and Spiritual Formation 事奉與靈命塑造**

Requirements:

1. Read any two textbooks and write two three-page reading report. (20%)
2. Develop a Rule of Life. (20%)
Using class materials and required readings, develop a Rule of Life – a plan of your personal growth, the spiritually formative disciplines that keyed to your personality, calling, season of life, weak areas of life, and discuss each practice, why it is important to you, and your plan to implement it.
3. Explore a single classical spiritual practice (i.e., fasting, solitude, Scripture meditation, alms giving, etc.) and give a brief account of its biblical foundation and its history within the church, as well as discuss its benefits, possible drawbacks, and

your own practice or intended engagement with this discipline, with some reflection on how it might benefit you in your calling. 5-6 pages. (30%)

4. At the end of the course, the student is required to reflect upon and evaluate the course. This will be done in answering the questions below in writing. The evaluation shall be of 1000-1500 words. (30%)

A. Knowledge:

What new knowledge have I learned cognitively? In what ways will I be able to apply this in the context of my ministry? How is this knowledge relevant to the members of my church?

B. Skills:

Did the course prepare me for the ministry (ordained or otherwise), or anyone seeking to be accepted for training? In what ways did it help me and in what ways did it fall short from its goal and intent? Which views and perspectives of mine have been challenged or changed as the result of this course? As someone put into a position of spiritual authority, how do I instil insights flowing from my study of Personal Formation and Development into my church?

C. Spirituality/Character Formation:

What new Christian attitudes have been formed (or are in the process of being formed) due to an awareness, new knowledge on the church fathers' or the reformers' spiritual formation? In what ways have I become a better Christian as the result of this course?

Submission of Assignments:

The reports and the reflection paper should be submitted to the instructor on or before Dec 25, 2019 through e-mail. Name, email address and course title should be put on the paper. Self-evaluation (1-10 %) must put on the first page of research paper.

Attendance:

Although attendance makes up no portion of your grade, you are expected to fully participate in class discussions and to integrate the course material into your written work. Therefore, make every effort to attend and fully participate in each three-week module classes. It is extremely important that you attend 100% of the class time.

Grade Summary:

| | | | | | | | | | |
|----------|----------|----------|---------|----------|----------|---------|----------|----------|--|
| 93-100=A | 90-93=A- | 85-89=B+ | 80-84=B | 75-79=B- | 70-74=C+ | 65-69=C | 60-64=C- | 55-59=D+ | |
| 50-55=D | 49 fail | | | | | | | | |

The available letters for course grades are as follows:

| <u>Letter Grade</u> | <u>Description</u> |
|---------------------|--------------------|
| A+ | |
| A | Excellent |
| A- | |
| B+ | |
| B | Good |
| B- | |
| C+ | |
| C | Satisfactory |
| C- | |
| D+ | |
| D | Minimal Pass |
| F | Failure |

Ambrose University Academic Policies:

Communication

All students have received an Ambrose e-mail account upon registration. It is the student's responsibility to check this account regularly as the Ambrose email system will be the professor's instrument for notifying students of important matters (cancelled class sessions, extensions, requested appointments, etc.) between class sessions. If students do not wish to use their Ambrose accounts, they will need to forward all messages from the Ambrose account to another personal account.

Registration

During the **Registration Revision Period** students may enter a course without permission, change the designation of any class from credit to audit and /or voluntary withdraw from a course without financial or academic penalty or record. Courses should be added or dropped on the student portal by the deadline date; please consult the List of Important Dates. After that date, the original status remains and the student is responsible for related fees.

Students intending to withdraw from a course after the Registration Revision Period must apply to the Office of the Registrar by submitting a "Request to Withdraw from a Course" form or by sending an email to the Registrar's Office by the **Withdrawal Deadline**; please consult the List of Important Dates on the my.ambrose.edu website. Students will not receive a tuition refund for courses from which they withdraw after the Registration Revision period. A grade of "W" will appear on their transcript.

Students wishing to withdraw from a course, but who fail to do so by the applicable date, will receive the grade earned in accordance with the course syllabus. A student obliged to withdraw from a course after the Withdrawal Deadline because of health or other reasons may apply to the Registrar for special consideration.

Exam Scheduling

Students, who find a conflict in their exam schedule must submit a Revised Examination Request form to the Registrar's Office by the deadline date; please consult the List of Important Dates. Requests will be considered for the following reasons only: 1) the scheduled final examination slot conflicts with another exam; 2) the student has three final exams within three consecutive exam time blocks; 3) the scheduled final exam slot conflicts with an exam at another institution; 4) extenuating circumstances. Travel is not considered a valid excuse for re-scheduling or missing a final exam.

Electronic Etiquette

Students are expected to treat their instructor, guest speakers, and fellow students with respect. It is disruptive to the learning goals of a course or seminar and disrespectful to fellow students and the instructor to use electronics for purposes unrelated to the course during a class session. Turn off all cell phones and other electronic devices during class. Laptops should be used for class-related purposes only. Do not use iPods, MP3 players, or headphones. Do not text, read, or send personal emails, go on Facebook or other social networks, search the internet, or play computer games during class. Some professors will not allow the use of any electronic devices in class. The professor has the right to disallow the student to use a

laptop in future lectures and/or to ask a student to withdraw from the session if s/he does not comply with this policy. Repeat offenders will be directed to the Dean. If you are expecting communication due to an emergency, please speak with the professor before the class begins.

Academic Policies

It is the responsibility of all students to become familiar with and adhere to academic policies as stated in the Academic Calendar. Personal information (information about an individual that may be used to identify that individual) may be required as part of taking this class. Any information collected will only be used and disclosed for the purpose for which the collection was intended. For further information contact the Privacy Compliance Officer at privacy@ambrose.edu.

Extensions

Although extensions to coursework in the semester are at the discretion of the instructor, students may not turn in coursework for evaluation after the last day of the scheduled final examination period unless they have received permission for a course Extension from the Registrar's Office. Requests for course extensions or alternative examination time must be submitted to the Registrar's Office by the deadline date; please consult the List of Important Dates. Course extensions are only granted for serious issues that arise "due to circumstances beyond the student's control."

Appeal of Grade

An appeal for change of grade on any course work must be made to the course instructor within one week of receiving notification of the grade. An appeal for change of final grade must be submitted to the Registrar's Office in writing and providing the basis for appeal within 30 days of receiving notification of the final grade, providing the basis for appeal. A review fee of \$50.00 must accompany the appeal. If the appeal is sustained, the fee will be refunded.

Academic Integrity

We are committed to fostering personal integrity and will not overlook breaches of integrity such as plagiarism and cheating. Academic dishonesty is taken seriously at Ambrose University as it undermines our academic standards and affects the integrity of each member of our learning community. Any attempt to obtain credit for academic work through fraudulent, deceptive, or dishonest means is academic dishonesty. Plagiarism involves presenting someone else's ideas, words, or work as one's own. Plagiarism is fraud and theft, but plagiarism can also occur by accident when a student fails or forgets to acknowledge to another person's ideas or words. Plagiarism and cheating can result in a failing grade for an assignment, for the course, or immediate dismissal from the university. Students are expected to be familiar with the policies in the current Academic Calendar that deal with plagiarism, cheating, and the penalties and procedures for dealing with these matters. All cases of academic dishonesty are reported to the Academic Dean and become part of the student's permanent record.

Note: Students are strongly advised to retain this syllabus for their records.