

This class is open to your family and friends. Forward your email to them.

Spiritual Formation: Part I – A Study of *Celebration of Discipline* by Richard J. Foster

Course Syllabus

Course Description: This twelve-week course introduces participants to the foundational concepts of Christian spiritual formation as explored in Richard J. Foster's *Celebration of Discipline*. Through a structured study of the inward disciplines of meditation, prayer, fasting, and study, students will engage in reflective and practical exercises aimed at spiritual growth and transformation. Each week's session includes scriptural support, class discussions, and practical applications of the disciplines.

Course Objectives:

- To understand the inward spiritual disciplines and their role in Christian life.
- To explore the biblical foundations of each discipline and its application.
- To cultivate personal spiritual practices that lead to greater intimacy with God.

Required Text:

- Foster, Richard J. *Celebration of Discipline*. Harper & Row, 1978.

Weekly Outline:

Week 1: Introduction to Spiritual Disciplines and Spiritual Formation

Reading: Foster, *Introduction to Celebration of Discipline*

Scripture: 1 Timothy 4:7b-8; Philippians 2:12-13

Discussion Topics:

Week 2: Meditation – Finding Depth in God

Reading: Foster, Chapter 1

Scripture: Psalm 1:1-3; Joshua 1:8

Discussion Topics:

Week 3: Meditation – Practical Application and Reflection

Reading: Foster, Chapter 1

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Scripture: Philippians 4:8; Colossians 3:16

Discussion Topics:

Week 4: Prayer – The Central Avenue of Transformation

Reading: Foster, Chapter 2

Scripture: Matthew 6:5-13; 1 Thessalonians 5:16-18

Discussion Topics:

Week 5: Prayer – Developing a Deeper Prayer Life

Reading: Foster, Chapter 2

Scripture: James 5:16; Ephesians 6:18

Discussion Topics:

Week 6: Fasting – A Means of Grace

Reading: Foster, Chapter 3

Scripture: Matthew 6:16-18; Isaiah 58:6-9

Discussion Topics:

Week 7: Fasting – Practical Guidance and Reflection

Reading: Foster, Chapter 3

Scripture: Joel 2:12-13; Acts 13:2-3

Discussion Topics:

Week 8: Study – The Renewal of the Mind

Reading: Foster, Chapter 4

Scripture: Romans 12:2; 2 Timothy 3:16-17

Discussion Topics:

Week 9: Study – Methods and Application

Reading: Foster, Chapter 4

Scripture: Psalm 119:105; Proverbs 2:1-5

Discussion Topics:

Week 10: The Inward Journey of the Disciplines

Reading: Review of Chapters 1-4

Scripture: 2 Corinthians 3:18; Ephesians 4:22-24

Discussion Topics:

Week 11: The Role of the Holy Spirit in Spiritual Formation

Reading: Foster, *Celebration of Discipline*, Epilogue

Scripture: Galatians 5:22-23; John 16:13

Discussion Topics:

Week 12: Conclusion and Final Reflection

Reading: Summary of *Celebration of Discipline*

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Scripture: Philippians 1:6; 2 Peter 1:3-8

Discussion Topics:

Evaluation and Assignments Expectations:

- **Weekly Reflection Journal Entries (50%):** Students must maintain a weekly journal documenting their personal experiences and reflections on the spiritual disciplines discussed in class. These entries should demonstrate thoughtful engagement with the readings and the practical application of the disciplines in daily life. Each entry will be evaluated on depth of insight, clarity of expression, and connection to course materials.
- **Participation in Discussions (30%):** Active participation in class discussions is essential for this course. Students are expected to contribute meaningfully by sharing their insights, asking questions, and engaging with peers' contributions. Participation will be assessed based on the engagement quality, demonstrating an understanding of the readings and a willingness to explore the spiritual disciplines in a communal context.
- **Final Reflection Paper (20%):** After the course, students will submit a final reflection paper that synthesizes their learning and personal growth throughout the course. The paper should reflect on key lessons from the disciplines studied, personal spiritual development, and how they plan to continue integrating these practices into their life. This paper will be graded on coherence, reflection depth, and integration of course concepts.

Course Requirements: Participants are expected to complete the weekly readings, engage in personal spiritual practices related to the disciplines, and actively participate in class discussions.

NOTE:

This syllabus outlines Part I of *Celebration of Discipline*, focusing specifically on the inward disciplines. I encourage you not to feel overwhelmed or intimidated by the content. This course is an integral part of the ministry God has called me, enabling me to invest in His people's spiritual growth and transformation. The structure of this course is designed with intentionality, aimed at elevating the standard of our engagement and ensuring that our time together is meaningful and productive.

The primary goal is spiritual growth—deepening your relationship with God, expanding your reach for Him, and intensifying your desire for His presence. With that in mind, you are indeed in the right place. Please rest assured, this is a space where you will never be embarrassed or put on the spot.

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Ministry Support

There is no cost to participate in this course. However, I offer you an opportunity to support the ministry if you feel led. Enclosed, you will find information on how to become a ministry partner or make a weekly contribution, whether \$10 or any amount you feel comfortable with. If you cannot contribute at this time, I understand entirely—the enclosed brochure details how you can offer your support weekly or monthly if you feel able.

REMEMBER THE COURSE IS FREE!!!

I hope to see you in class

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