

Student: Carla Jones | Curriculum Project

Course: TH5300 Applied Theology For Spiritual Development (Summer 2025 On-Line Course)

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Assignment Requirements

- 1) Doctrinal Outline [Spiritual Formation] | Pgs. 2-5 [Attached]
 - Doctrine | Spiritual Formation | Handout #1 | Supplemental Lesson Plan | Pg. 8
 - Doctrine | Spiritual Formation | Handout #2 | Supplemental Lesson Plan | Pg. 9
 - Doctrine | Spiritual Formation | Handout #3 | Supplemental Lesson Plan | Pg. 10

[See Handouts Attached As 3x Separate Files]
- 2) Practical Outline [1xSpiritual Discipline | Bible Intake] | Pgs. 11-13 [Attached]
 - Practical | Spiritual Discipline | Handout #1 | Supplemental Lesson Plan | Pg. 14
 - Practical | Spiritual Discipline | Handout #2 | Supplemental Lesson Plan | Pg. 15
 - Practical | Spiritual Discipline | Handout #3 | Supplemental Lesson Plan | Pg. 16

[See Handouts Attached As 3x Separate Files]
- 3) Annotated Bibliography | Pages 6-7 | **[See Bibliography Attached As Separate File]**
 - 📖 2x Doctrinal Book Sources
 - 📖 3x Practical Book Sources
- 4) Doctrinal Outline Lesson PowerPoint **[See PowerPoint #1 Attached As Separate File]**
- 5) Practical Outline Lesson PowerPoint **[See PowerPoint #2 Attached As Separate File]**

The Doctrinal Basis of Spiritual Formation

Thesis: Humans were created to bring glory to God—though the fall of man disqualifies them of this capability, they will receive justification by faith through grace as a result of the sacrifice and atonement for sin in the death, burial and resurrection of Jesus Christ.

I. PURPOSE: To Glorify, Honor, Worship and Love God In Heart, Soul and Mind

Focus: The conclusion of the matter is that humans were created to forever glorify God in heart, soul and mind as they were formed and created **by** God, **for** God and **through** God.

- A. Commanded: Jesus commands us to glorify Him forever in heart, mind and soul.
 - Matthew 22:37 “Jesus said unto him, Thou shalt **love the Lord thy God** with all **thy heart**, and with all **thy soul**, and with all **thy mind**.”
 - Psalms 86:12 “I give thanks to you, O Lord my God, with my **whole heart**, and I will **glorify your name forever**.”
- B. Created: All things were created for Him, through Him and by Him.
 - Colossians 1:16 “For **by him** all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created **through him** and **for him**.”
[Reference: Doctrine Handout #1, Pg. 7]
 - Isaiah 43:7 “Everyone who is called by my name, **whom I created for my glory**, whom I formed and made.”
- C. Chosen: Created, chosen and formed for God’s glory, that we may declare His praise.
 - Isaiah 43:21 “The people **whom I formed for myself** that they might declare my praise.”
 - 1 Peter 2:9 But you are a **chosen** people, a royal priesthood, a holy nation, God’s special possession, that you may **declare the praises of him who called you** out of darkness into his wonderful light.

II. PROBLEM: Fallen humanity incapable of glorifying God apart from Christ.

Focus: Because of the Fall of humanity, death reigned where life could not as a result of sin.

- A. Disavowal: Adam and Eve deny responsibility and repudiation.
 - Genesis 3:12 “**The man said, “The woman** you put here with me—**she gave me** some fruit from the tree, and I ate it.”
 - Genesis 3:13 Then the LORD God asked the woman, “What have you done?” “**The serpent deceived me**,” she replied. “That’s why I ate it.”
- B. Deception: Eve is deceived.
 - Genesis 3:13 “Then the LORD God said to the woman, “What is this you have done?” The woman said, “**The serpent deceived me**, and I ate.”
 - Genesis 3:4-5 “And the serpent said unto the woman, “Ye shall not surely die: for God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as God, knowing good and evil.”
- C. Defiance: Adam disobeys God.
 - Romans 5:19 “**Adam disobeyed** God and caused many others to be sinners. But Jesus obeyed him and will make many people acceptable to God.”

- Genesis 3:17 To Adam he said, “**Because you listened to your wife and ate fruit from the tree about which I commanded you, ‘You must not eat from it,’**” “Cursed is the ground because of you; through painful toil you will eat food from it all the days of your life.

D. Downfall: The Fall of Man

1. Descent (The Fall)
2. Defect (Permanent Defect of Humanity)
3. Division (Eternal Separation | The Great Divide)
 - **Separated** from the Creator | [Reference: Doctrine Handout #2, Pg. 8]
 - **Separated** from Eden
 - **Separated** from one another

III. **PROVISION:** Sanctification and Justification By Faith in Jesus Christ

Focus: God provides sanctification and justification through the gift and sacrifice of His Son, Jesus Christ, who became the atonement and propitiation for the sin of the world.

A. Unrighteous: No one is righteous.

- Romans 3:20 “Therefore **no one will be declared righteous in God’s sight** by the works of the law..”
- Romans 3:22-23 “This **righteousness is given through faith in Jesus Christ to all** who believe. There is no difference between Jew and Gentile, ²³for all have sinned and fall short of the glory of God.”
- Romans 3:25 “God presented Christ as a **sacrifice of atonement**, through the shedding of his blood—to be received by faith. He did this to demonstrate his righteousness, because in his forbearance he had left the sins committed beforehand unpunished..”

B. Unmerited: No one can earn the unmerited gift of grace.

- Romans 3:24 “and **all are justified freely** by his grace through the redemption that came by Christ Jesus.”
- Romans 5:20 “The Law came, so that the full power of sin could be seen. Yet where sin was powerful, God’s **gift of undeserved grace** was even more powerful.”
- Ephesians 2:8 “For it is **by grace** you have been saved, through faith—and this is **not from yourselves**, it is the **gift** of God.”

C. Undone: The curse was broken and undone by the work of the cross.

- Romans 5:21 Sin ruled by means of **death. But God’s gift of grace now rules**, and God has accepted us because of Jesus Christ our Lord. This means that we will have **eternal life**.
- 1 Corinthians 15:55 “O death, where is thy sting? O grave, where is thy victory?”
- Galatians 3:13 “Christ **redeemed** us from **the curse of the law** by becoming a curse for us.” [Reference: Doctrine Handout #3, Pg. 9]

IV. **PATHWAY:** Uninterrupted connection to the vine produces Spiritual Formation.

Focus: Jesus is the Vine, we are the branches, apart from Him we can do nothing. The production of fruit requires an uninterrupted connection to the Vine, who is Jesus Christ our

Lord. True and effective Spiritual Formation requires practical application of Spiritual Disciplines.

- A. Apart: Apart from Christ, humans are incapable of doing anything.
 - John 15:4 “Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.”
 - John 15:5 “I am the **vine**, ye are the **branches**: He that abideth in me, and I in him, the same bringeth forth much fruit: for **without me ye can do nothing.**”
- B. Abide: Remaining connected to the vine allows for continual abiding.
 - John 15:6 “If a man **abide not in me**, he is cast forth as a branch, and is withered; and men gather them, and cast them into the fire, and they are **burned.**”
 - John 15:9 “As the Father has loved me, so have I loved you. Now remain in my love.”
- C. Attain: Spiritual Disciplines enable believers to attain Spiritual Formation.
 - 1. Prayer: Prayer leads to Spiritual formation, maturation and peace.
 - 1 Thessalonians 5:17 “**pray** without ceasing..”
 - Philippians 4:6-7 “Do not be anxious about anything, but in every situation, by **prayer and petition**, with thanksgiving, present your requests to God. ⁷ And the **peace of God**, which transcends all understanding, will guard your hearts and your minds in Christ Jesus”
 - 2. Fasting: Fasting allows for one to connect to God and receive answers from Him.
 - Joel 2:12 “Yet even now,” declares the Lord, “return to me with all your heart, with **fasting**, with weeping, and with mourning..”
 - Nehemiah 1:4 As soon as I heard these words I sat down and wept and mourned for days, and **I continued fasting and praying** before the God of heaven.
 - 3. Meditation: Meditation on God’s law provides direction.
 - Joshua 1:8 “Keep this Book of the Law always on your lips; **meditate on it** day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”
 - Psalms 1:2 “..but whose delight is in the law of the Lord, and who **meditates** on his law day and night.”
 - Psalms 19:14 May these words of my mouth and this **meditation of my heart** be pleasing in your sight, Lord, my Rock and my Redeemer.”
 - Psalms 49:3 “My mouth shall speak wisdom, and the **meditation of my heart shall give** understanding.”
 - Psalms 104:34 “May **my meditation** be pleasing to him, as I rejoice in the Lord.”

V. **PROMISE**: God will perfect everything concerning His children.

Focus: God has begun a good work in His children and He will see it through until the day of our Lord Jesus Christ while preparing His sons and His daughters for their full transformation, redemption and ascension to spend eternity with Him.

- A. Propitiated: Christ sacrificed Himself for the propitiation of our sins.
 - Galatians 3:13 “Christ **redeemed** us from the curse of the law by becoming a curse for us.”

- 1 John 2:2 He is the **propitiation for our sins**, and not for ours only but also for the sins of the whole world.
- B. Perfected: As believers walk in alignment with God, they must seek to be perfect and be perfected.
 - Philippians 1:6 “For I am confident of this very thing, that He who began a **good work** in you **will perfect** it until the day of Christ Jesus.”
 - Matthew 5:48 **Be perfect**, therefore, as your heavenly Father is perfect.
- C. Permuted: The more we draw near to God, the more we will become just like Him.
 - 1 John 3:2 “We know that when He appears, **we will be like Him**, because **we will see Him** just as He is..”
 - Romans 8:29 “For those God foreknew he also **predestined to be conformed to the image of his Son..**”

Conclusion of The Matter: In order for a believer to become a new creation and undergo full transformation, a believer must submit themselves to the process of Spiritual Formation through the practice of Spiritual Disciplines that will enable them to endure this life and prepare for the next all while becoming more and more like the Heavenly Father until the redemption and return of our Lord and Savior Jesus Christ.

Selected Annotated Bibliography

DOCTRINAL ORIENTED BOOKS | Course Requirement: 2

Dallas Willard, *The Kingdom Life: A Practical Theology of Discipleship and Spiritual Formation*. NavPress, 2010.

The Kingdom Life: A Practical Theology of Discipleship and Spiritual Formation focuses on the journey of Spiritual Formation for the Christian life and the spiritual disciplines that must be practiced in order to thrive in a Kingdom life. This book provides practical tips on how to utilize discipleship as a theological basis for Spiritual Formation. This book will be used to underscore theological truths about Spiritual Disciplines and how they can be used on our journey of living the Christian life.

Nelson, Peter K. *Spiritual Formation: Ever Forming, Never Formed*, InterVarsity Press, 2010.

Spiritual Formation: Ever Forming, Never Formed explores the doctrinal and Biblical foundations for Christians to thrive and excel in their daily faith journey of following Jesus. This book provides both a doctrinal (Pg. 1-103) and practical (Pg. 104-199) foundation for the everyday Christian to thrive in spiritual formation, spiritual maturation, spiritual holiness, spiritual warfare and spiritual sanctification.

PRACTICAL ORIENTED BOOKS | Course Requirement: 3

Diane J. Chandler and Mark A. Maddix. *Christian Spiritual Formation : An Integrated Approach for Personal and Relational Wholeness*. IVP Academic, 2014.

Christian Spiritual Formation: An Integrated Approach for Personal and Relational Wholeness is a research initiative that explores how to facilitate Spiritual Formation and Christian maturation through the following seven dimensions: spirit, emotions, relationships, intellect, vocation, physical health and stewardship. This book underscores theological truths about humanity's need for Christ as a result of the great Fall and divide which ultimately caused humans to be separated from God and in eternal lack apart from Christ.

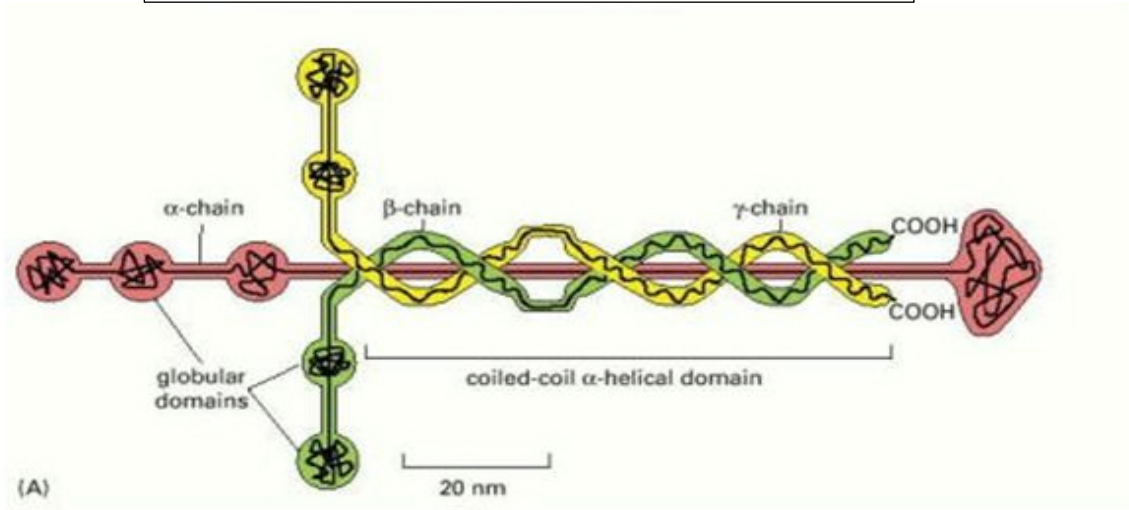
Leclerc, Diane. *Spiritual Formation*. Nazarene Publishing House, 2011.

Spiritual Formation explores the practicality of forming into the person God created you to be. With dynamic scores of examples and practical tips on becoming who God called you to be, this book provides instructions to both the immature and mature Christian that will enable them to develop disciplines in their personal daily living that will allow them to thrive in their Christian faith journey.

**Mulholland, Jr., M. Robert. *Invitation to a Journey : A Road Map for Spiritual Formation*,
InterVarsity Press, 2016.**

Invitation to a Journey: A Road Map for Spiritual Formation is a book that gives practical instructions on how to faithfully travel through the process of spiritual formation as a Christian. This book is the end all be all of Spiritual Formation instruction as it provides a literal map for the Christian journey that can be followed and understood. Taking the reader on a journey where they will encounter a road map, insight on the vehicle that will take them their final destination and the spiritual disciplines that will enable them on the journey, this book underscores practical instructions on what's needed to live a fulfilled life as a fully formed Christian ready for the return of Christ.

LAMININ GLYCOPROTEIN & THE CROSS



LAMININ GLYCOPROTEIN STRUCTURE FIGURE 1

Colossians 1:16-17

¹⁶For **in him all things were created**: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; **all things have been created through him and for him.**¹⁷He is before all things, and **in him all things hold together.**

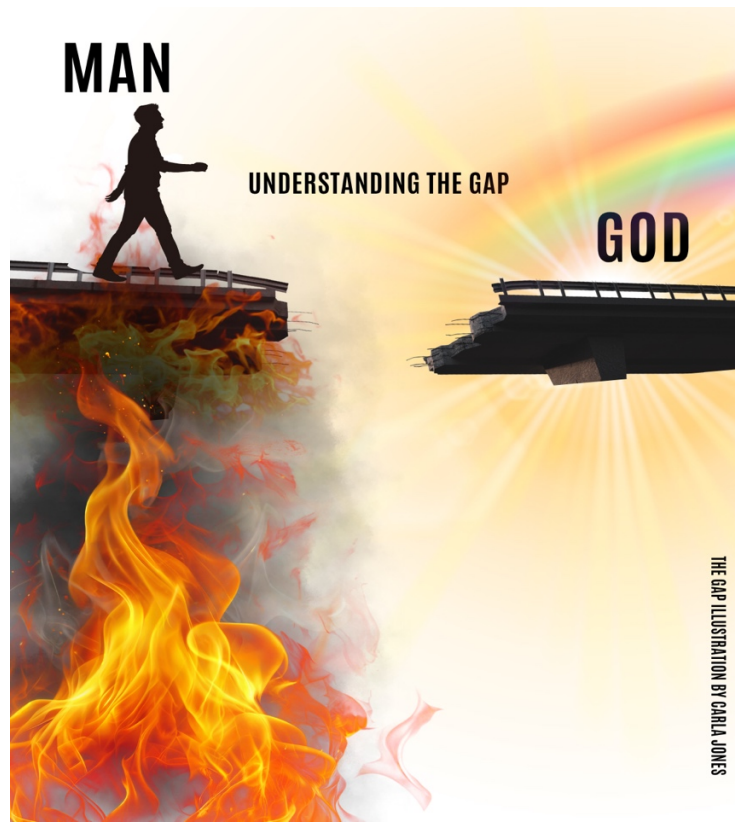
BIG IDEA: Humanity displays the essence of God's glory in its creation and being.

- Humanity is a product of God's glory and majesty.
 - The human body is comprised and held together by a **cross-shaped** molecule.
 - Laminin Glycoprotein is the cell adhesion molecule of tissue proteins.
 - Laminin is shaped like a cross.
 - Laminin reflects the glory of the Lord in the shape a cross.
 - All of God's creations declare His name in their being.
 - There are **60K molecules** in the body and **Laminin holds them all together.**
 - In the absence of Laminin, the body would fall apart.
 - In the absence of the work of the cross, we would fall apart.
 - Laminin Glycoprotein **acts as a catalyst to reinforce the body and its cells.**
 - Laminin strengthens cells and **acts as the glue that holds the body together.**

Article Source Citation

Nancy Linenkugel. *The Cross and Laminin*. <https://sistersosf.org/the-cross-and-laminin/>

UNDERSTANDING THE GAP



The Gap Illustration | Designed By Carla Jones
FIGURE 2

A. THE PROBLEM: Sin separated and continues to separate man from God.

THE PROBLEM VERSE MAP

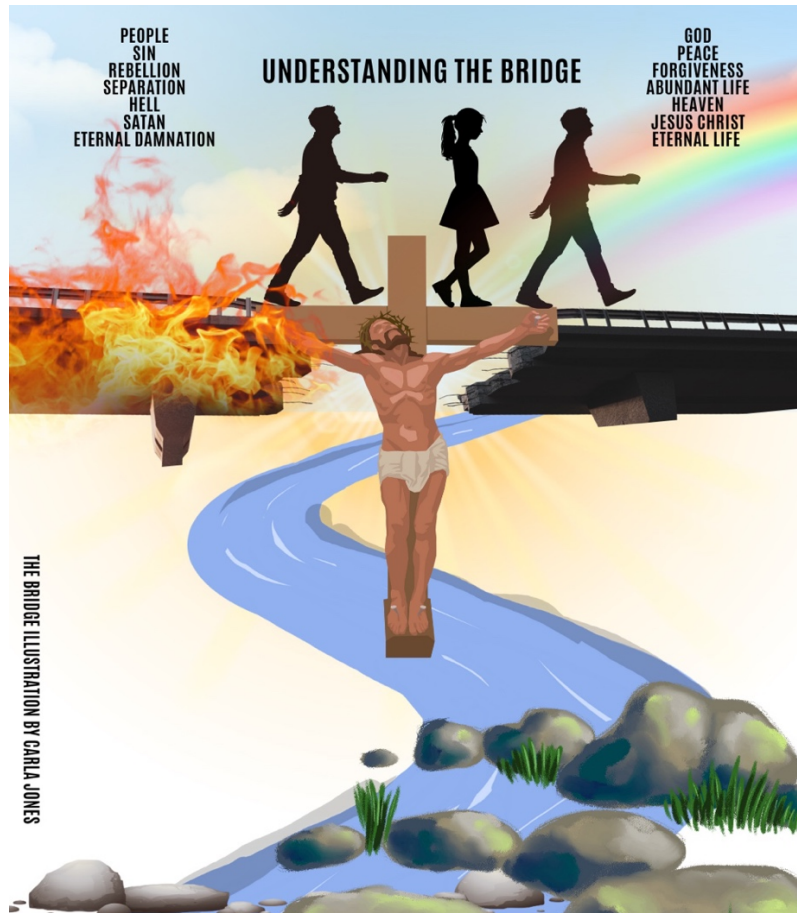
- Romans 5:19 “**Adam** disobeyed God and **caused many others to be sinners**. But Jesus obeyed him and will make many people acceptable to God.
- Isaiah 59:2 But **your iniquities have separated you from your God**; your sins have hidden his face from you, so that he will not hear.

B. THE SOLUTION: God sent his Son to die in the place of man for the sins of the world.

THE SOLUTION VERSE MAP

- Romans 6:23 “For the wages of sin is **death**, but the gift of God is eternal life in Christ Jesus our Lord.”
- John 3:16 “For God so loved the world that **He gave His one and only Son**, that whoever believes in Him shall not perish but have **eternal life**.”

UNDERSTANDING THE BRIDGE



The Bridge Illustration | Designed By Carla Jones
FIGURE 3

BIG IDEA: The death, burial and resurrection of Jesus Christ bridged the gap between man and God.

- Jesus died in the place of man so that man might have eternal life and access to God.
- Jesus acted as a bridge to the Father when he sacrificed His life for humanity.
- Jesus was the propitiation for our sins.
- The gift of salvation is freely given to all who believe in Christ Jesus.
- Man receives the gift of eternal life as a result of having faith in Jesus.

Practical Outline of Spiritual Discipline | Spiritual Discipline Focus: Bible Intake

Thesis: Practicing Bible Intake is critical to the survival of Christians; If they do not read, receive or review and study the Word of God, instead of being alive unto Christ and dead unto sin, they will be alive unto sin and dead unto Christ. [opposite of Romans 6:11]

I. THE PURPOSE OF BIBLE INTAKE: To connect, teach, rebuke, correct and change.

Focus: The Spiritual Discipline of Bible intake is important for the Christian to remain **connected** to God, **corrected** and **changed** by the transformation and renewing of the mind.

- A. Connected: Practicing Bible Intake enables the reader to hear the voice of God.
 - John 6:33 “The words that I have spoken to you are **spirit** and are **life**.”
 - Isaiah 55:11 “So will **My word** be which goes out of **My mouth**...”
- B. Corrected: Practicing Bible Intake is helpful for correcting human and sinful error.
 - 2 Timothy 3:16-17 ¹⁶All Scripture is God-breathed and is **useful for teaching, rebuking, correcting** and training in righteousness, ¹⁷ so that the servant of God may be thoroughly equipped for every good work.
 - Proverbs 12:1 Whoever loves discipline loves knowledge, but whoever hates **correction** is stupid.
 - Hebrews 4:12 For the word of God is living and active, sharper than any two-edged sword, piercing to the **division** of soul and of spirit, of joints and of marrow, and **discerning the thoughts and intentions of the heart**.
- C. Changed: Practicing Bible Intake leaves the mind changed, transformed and renewed.
 - James 1:23 “For if anyone is a hearer of the word and **not a doer**, he is like a man who looks intently at his natural face in a mirror. ²⁴For he **looks at himself and goes away and at once forgets** what he was like.”
 - Romans 12:2 And be not conformed to this world: but **be ye transformed** by the **renewing of your mind**, that ye may prove what is that good, and acceptable, and perfect, will of God.

II. HOW TO CONDUCT BIBLE INTAKE: Read, Receive, Respond.

Focus: Christians should practice Bible Intake by **reading, receiving and responding** to the Word of God.

- A. Read: Christians can practice Bible Intake and receive direction by **reading** the Word of God.
 - Psalms 119:105 “Your word is a **lamp** to my feet and a **light** to my path.”
 - Psalms 119:30 The unfolding of your words gives light; it imparts understanding to the simple.
- B. Receive: Christians can practice Bible Intake through the **hearing** the Word of God to receive faith, healing and deliverance from destruction.
 - Psalms 119:18 “Open my **eyes**, that I may **behold wondrous things** out of your law.” [Reference: Practical Outline, Session Two, Handout #1, Pg. 14]
 - Romans 10:17 “So **faith** comes from hearing, and **hearing through the word** of Christ.”
 - Psalms 107:20 “He sent out his word and **healed** them, and **delivered** them from their destruction.”
- C. Respond: Christians should **respond** to the Word of God with **action**.

- James 1:22 “But be ye **doers of the word**, and ***not hearers only***, deceiving your own selves.”
- James 1:25 “But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets **but a doer who acts**, he will be blessed in his doing.”
- Psalm 119:9-11 How can a young man keep his way pure? By ***living according to your word***. I ***seek*** you with all my heart; do not let me stray from your commands. I have hidden your word in my heart, that I might not sin against you.

III. HOW TO EXERCISE BIBLE INTAKE: Diligently, deliberately and devotionally.

Focus: A Christian should exercise Bible Intake diligently, deliberately and devotionally and include it as a part of their daily nutrition; The Word of God is the Bread of Life and man cannot live by bread alone, but by every word that proceedeth out of the mouth of God.

- A. Diligently: The Christian should practice diligence daily when studying the Word of God.
 - 2 Timothy 2:15 “**Study to show thyself approved** unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.”
[Reference: Practical Outline, Session Two, Handout #2, Pg. 15]
 - Joshua 1:8 “This Book of the Law shall not depart from your mouth, but **you shall meditate on it day and night**, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.”
- B. Deliberately: Christians should practice Bible Intake daily and deliberately with excellence.
 - Colossians 3:17 “And whatever you do, in word or deed, **do everything in the name of the Lord Jesus**, giving thanks to God the Father through him.”
 - Psalm 119:11 I have **stored up your word** in my heart, that I might not sin against you.
- C. Devotionally: Christians should practice Bible intake daily to **devote themselves to loving God** with all their heart through reading, knowing and loving His Word.
 - 1 Timothy 4:13 Until I come, **devote yourself** to the public reading of Scripture, to preaching and to teaching.
 - Mark 12:30 “And you shall **love the Lord your God** with **all your heart** and with **all your soul** and with **all your mind** and with **all your strength**.”

IV. HOW TO SELECT A LOCATION FOR BIBLE INTAKE: Silent and Sacred.

Focus: Christians should select a silent and sacred space for connecting with God.

- A. Silent: The place selected for Bible Intake should be silent for meditation.
 - Lamentations 3:28 “Let them **sit alone in silence** beneath the LORD’s demands.”
 - Lamentations 3:26 “It is good that one should **wait quietly** for the salvation of the Lord.”
 - Zechariah 2:13 **Be silent**, all flesh, **before the Lord**, for he has roused himself from his holy dwelling.
 - Habbukuk 2:20 But the Lord is in his holy temple; let all the earth **keep silence** before him.

- Psalm 37:7 “Be **silent** before the Lord and wait patiently for him..”

B. Sacred: The place selected for Bible Intake should be sacred.

- Exodus 3:5 “Then He said, “Do not come near here; remove your sandals from your feet, for the place on which you are standing is **holy ground**.”
- Joshua 5:15 “The captain of the Lord’s host said to Joshua, “Remove your sandals from your feet, for **the place where you are standing is holy**.” And Joshua did so.”
- 2 Chronicles 7:15 ‘Now My eyes will be open and My ears attentive to the prayer **offered in this place**.”
- Psalm 84:1 How lovely is your **dwelling place**, Lord Almighty!

Conclusion of The Matter: Bible Intake enables the Christian believer to connect with God, correct sinful errors and make changes through the transformation and renewal of their minds. For effective Bible Intake, a Christian believer must read, receive and respond with action during their process of studying the Word of God. To read the Word of God efficiently, Christians must read the Word of God diligently, deliberately and devotionally in a silent and sacred space.

BIBLE STUDY METHOD

SOAP

BIBLE STUDY METHOD

.....
Pray, asking God for guidance through His Word and to get rid of other distractions.

Read the passage / chapter and find the one thing that you ponder on or jumps off the page as you read.
.....

S: SCRIPTURE: *Which scripture(s) stuck out to you most? Write it down. Feel free to make it a work of art.*

O: OBSERVATION: *What you think about the verse? What does God seem to be revealing through it? Do any words stand out? Look them up in original Greek or Hebrew. Cross reference scriptures of similar topic to get an overview of the passage. Who is the author addressing? What is the cultural context? Who is the passage about?*

A: APPLICATION: *How do you apply this little truth to your life? Are there any areas in your life that do not align with the scripture and need to change? Have you seen growth in any areas?*

P: PRAYER: *Write a prayer asking how to implement this verse in your life. Pray for others who may be dealing with a similar issue. Praise God for his blessings and opening your eyes to his truths.*

FIGURE 1 | S.O.A.P. BIBLE STUDY METHOD

Handout Source Article Link

<https://www.theinspireshop.com/lifeandfaith//2014/06/personal-bible-study-how-to-with-soap.html>

5-STEP BIBLE STUDY GUIDE



FIGURE 2 | 5-STEP BIBLE STUDY GUIDE

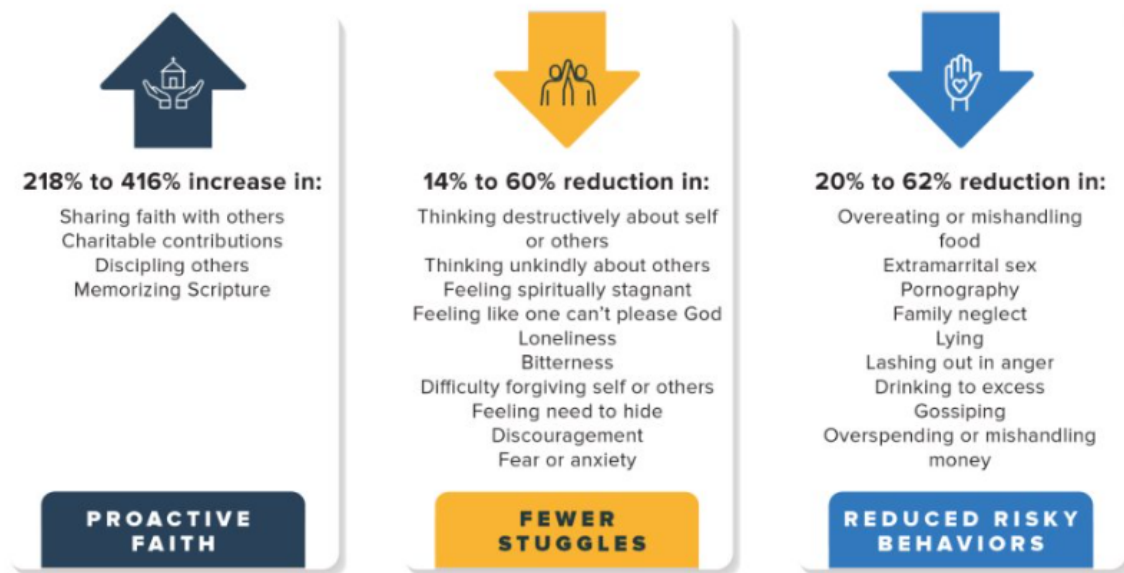
Handout Source Article Link

<https://www.lwf.org/ultimate-guide-to-bible-study>

THE POWER OF 4 | BIBLE ENGAGEMENT 4+ DAYS A WEEK

THE POWER OF 4

Engaging in the Bible 4+ days per week is related to:



Source: Center for Bible Engagement (CBE) White Paper, *Bible Engagement as the Key to Spiritual Growth: A Research Synthesis* (2012)

FIGURE 3 | THE POWER OF 4

Handout Source Article Link

<https://www.centerforbibleengagement.org/post/bible-engagement-a-key-to-spiritual-growth>