



**PT 501**

**Personal Formation and Development**

Spring, 2015

**Dates:** Tuesday-Friday  
May 19-23

**Room:** 9:00am-4:00pm  
A2141

**Number of credits: 3**

**Instructor:** Peter Ralph DMin.

**Email:** pralph@ambrose.edu

**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. Please note: An additional fee for MBTI testing will apply. As time permits, aspects of sexuality that bear on formation and vocation will be examined.

**Recommended Textbooks**

- Macchia, Steve. *Crafting a Rule of Life: An Invitation to a Well-Ordered Way*. Downers Grove, IL: IVP Books, 2012.
- Scazzero, Peter. *Emotionally Healthy Spirituality: Unleash a Revolution in Your Life in Christ*. Nashville, TN: Thomas Nelson, 2011.
- Willard, Dallas. *The Divine Conspiracy: Rediscovering Our Hidden Life in God*. San Francisco, CA: HarperOne, 1998.
- Johnson, Reginald. *Your Personality and the Spiritual Life*. CAPT: 1999.
- Kroeger, Otto and Janet Thuesen. *Type Talk at Work: How 16 Personality Types Determine your Success on the Job*.
- Oswald, Roy. *Personality Type and Religious Leadership*. Alban Institute: 1988.
- Kroeger, Otto and Janet Thuesen: *16 Ways to Love Your Lover*. Dell: 1996.

**Important Dates:**

- First day of classes: Tuesday, May 19, 2015
- Registration revision period: 4:00PM of the first day of classes
- Last day to withdraw from course: 1:00PM of the fourth (4<sup>th</sup>) day of classes
- Last day to apply for time extension for coursework: One month before the final assignment is due
- Last day of classes: May 23, 2015

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Balswick, J.K. and J.O. Balswick. *Authentic Human Sexuality: An Integrated Christian Approach*. Downer's Grove: IVP Academic. 2008

It is the aim of the course:

That students will be able to:

- evaluate their spiritual formation in light of the Christian Tradition
- evaluate their spiritual formation in the light of classic spiritual disciplines and cultures.
- evaluate the development of their sense of vocation to Christian ministry
- assess their sexual development in light of vocation to Christian ministry
- assess their personal formation and alignment with Christian ministry in terms of the Myers Briggs Type Indicator.

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## Outline:

Personal Formation, Spirituality and Vocation

Personal Formation and Temperament

Personal Formation and Sexuality

## Requirements:

### Course Requirements

1. *Spirituality and Vocation*. This paper will focus on the student's personal formation, including themes discussed in class, as it relates to their personality, season of life, and call. Please note: though this paper can incorporate "personal testimony," it needs to be more than that. 1500 words.
2. *Developing a Rule of Life*. This paper will develop and reflect on a personal plan of spiritually formative practices and rhythms keyed to the student's personality, season of life, and call. 1500 words.
3. *Biblical Character Study with Course Material Integration*. This paper will focus on the personal and spiritual formation (and/or deformation) of one biblical character (to be discussed and approved by instructor) and will integrate themes from the course, as well as from the readings, discussions, and the student's own life experience. 2500 words.
4. *Reading Summaries*. Write a 1-page (1.5 spacing, 12 pt. *New Times Colonist*, *Ariel* or *Garamond*) précis of each book read (including supplemental books). This is strictly a summary of the book's contents – not a critique, analysis, or response. Must not exceed 1-page per book. Summaries of other readings must be approx. 1-paragraph for each 100 pages read.

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## Reading and Reports (Re: requirement #4)

Students will complete 1000 pages of reading from the recommended and supplemental reading list. Substitute reading material may be negotiated with the instructor.

Students will choose readings that correspond to class topics, and will read as added learning for their assigned papers.

### Due Dates

All work is due the week of July 5-11, 2015.

Recommended due dates

Paper #1: week of June 8-13

Paper #2: week of June 28-July 4

Paper #3: week of July 5-11

Students are strongly urged to remain on campus until they have selected course reading material for all subjects of the course, gained all approvals requiring the professor's agreement, and discussed any necessary aspects of future papers with the instructor.

### Cover Sheet Format.

Students will identify, on the first or cover page of all assignments, the course name, the instructor's name and their own name, along with their student ID number. If the submission is a book report, a precise bibliographic notation and the number of pages read must be identified on the title page.

### Examinations:

None

## Submission of Assignments:

Please submit an electronic copy on or before the due date (no later than 1:00 PM on due date).

**Late Policy:** Only under extraordinary circumstances (i.e., a life or family crisis, a severe and prolonged illness, etc.) will the instructor grant an extension. All requests for extension must be submitted in writing on or before the assignment's due date. Otherwise, any submissions received later than midnight on the due date will be deemed late and penalized at a 5% deduction per day. Any submission later than a week past the due date, unless negotiated with the Instructor & Registrar, will automatically receive an F.

**Format:** All papers must:

- Be double-spaced (except for reading reports, which can use 1.5 spacing).
- Use *Times New Roman*, *Arial* or *Garamond* 12-point font.
- Be submitted by email attachment.
- Be numbered.
- Cite sources properly. NOTE: The student can use his/her preferred style (e.g. Kate Turabian's *A Manual for Writers*, or *The Chicago Manual of Style*), but must remain consistent throughout the entire paper.
- Use inclusive language. The student is encouraged to avoid the consistent use of masculine terminology in reference to people in the general sense. For example, prefer using the terms "humanity" or "people" or "humankind" over the terms "man" or "mankind" when referring to the human race.

Include a title page (both on the hard copy and the electronic copy).

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## Attendance:

Although attendance makes up no portion of the grade, the student is expected to fully participate in class discussions and to integrate the course material into their written work.

## Evaluation:

**Assignment 1: Spirituality & Vocation 20%**

**Assignment 2: Rule of Life 25%**

**Assignment 3: Biblical Character 40%**

**Assignment 4: Reading Summaries 15%**

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

## Policies:

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, it is highly recommended that they forward all messages from the Ambrose account to the other account.

During the **Registration Revision Period** students may to 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. These courses will not appear on the student's transcript. 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 by the **Withdrawal Deadline**, please consult the List of Important Dates.

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Withdrawal from courses after the Registration Revision period will not be eligible for tuition refund. A grade of “W” will appear on the student’s 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.

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) 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 engage in electronically-enabled activities unrelated to the class during a class session. Please turn off all cell phones and other electronic devices during class. Laptops should be used for class-related purposes only. Please 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. 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, that is information about an individual that may be used to identify that individual, may be collected as a requirement 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](mailto: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 Office of the Registrar in writing 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 to review final grades. 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 give credit 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.

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

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**Other**

*Any added features in the syllabus are optional. You may or may not wish to include elements such as a bibliography, reading list, schedule of lectures/topics, or reporting form.*

**Bibliography****Clergy Families**

Briscoe, D. Stuart. Pulling Together When you're Pulled Apart.

Hands, Donald R. Spiritual Wholeness for Clergy: a New Psychology of Intimacy with God, Self, and Others

Langford, Daniel. The Pastor's Family: The Calling of Family Life and Pastoral Responsibilities.

Larson, Lyle and Walter Goltz. Clergy Families In Canada: An Initial Report.

Lee, Cameron and Jack Balswick. Life In A Glass House: The Minister's Family In Its Unique Social Context.

O'Brien, Gene. Couples Praying: A Special Intimacy.

Richardson, Ron. Becoming a Healthier Pastor: Family Systems Theory and The Pastor's Own Family.

Shelley, Marshall. The Healthy Hectic Home: Raising A Family In The Midst Of Ministry.

**Desert Wisdom**

Nomura, Yushi. Desert Wisdom: Sayings From The Desert Fathers.

**Intimacy**

Brennan, M. Bridget. Claiming our Deepest Desires: the Power of an Intimate Marriage

Brenton, Myron. Friendship

Burr, R. Develop Your Secret Closet of Prayer.

Covington, Stephanie. Leaving the Enchanted Forest: The Path from Relationship Addiction to Intimacy

DeMoss, Robert G. Sex and the Single Person: Dealing Honestly with the Need for Intimacy

Diamond, Jed. Looking for Love in all the Wrong Places: Overcoming Romantic and Sexual Addictions

Ferder, Fran and John Heagle. Your Sexual Self: Pathway to Intimacy.

Fischer, Kathleen R. Promises to keep: Developing the Skills of Marriage

Groom, Nancy. Risking Intimacy.

Harvey, Donald R. The Spiritually Intimate Marriage

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Hershey, Terry. Intimacy: Where Do I go to Find Love?

Joy, Donald M. Re-bonding: Preventing and Restoring Damaged Relationships

Keyes, Ken. A Conscious Person's Guide to Relationships

MacDonald, Gordon. The Tests Men Face. (cassettes)

Manning, Brennan. Abba's Child

Mayhue, Rich. Spiritual Intimacy.

McDonald, Robert L. Intimacy: Overcoming the Fear of Closeness

McGinnis, Alan Loy. The Friendship Factor: How to get Closer to the People you Care for.

Moore, Thomas. Soul mates: Honoring the Mysteries of Love and Relationship

Myers, Joseph R. The Search to Belong: Rethinking Intimacy, Community, and Small Groups

Nouwen, Henry. Intimacy: Pastoral Psychological Essays.

Oden, Thomas. Game Free: A Guide To The Meaning Of Intimacy.

Phillips, Holly Faith. What does she want from me, Anyway?: Honest Answers to the Questions Men ask about Women

Purnell, Dick. Becoming a Friend and Lover

Rainey, Dennis. Lonely Husbands, Lonely Wives: Rekindling Intimacy in every Marriage

Rowley, Wm. Nothing To Hide: The Search For Authentic Relationships.

Rubin, Lillian B. Intimate Strangers: Men and Women Together

Schaef, Anne Wilson. Escape from Intimacy: the Pseudo-relationship Addictions: Untangling the "love" addictions, sex, romance, relationships

Schaumburg, Harry W. False Intimacy: Understanding the Struggle of Sexual Addiction

Shelton, Charles M. Intimacy and the Moral Life

Smalley, Gary, and John Trent. The Language Of Love: A Powerful Way To Maximize Insight, Intimacy, And Understanding.

Storkey, Elaine. The Search for Intimacy

Throne, Brian. Infinitely Beloved: the Challenge of Divine Intimacy

Whitehead, James and Evelyn. A Sense of Sexuality: Christian Love and Intimacy.

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## Trinitarian Spirituality

Adam, Peter. Living the Trinity

Blyth, Myra. Celebrating the Trinity: Faith, Worship and Mission

British Council Of Churches: The Forgotten Trinity.

Coppedge, Allan. Portraits of God: a Biblical Theology of Holiness

Downey, Michael. Altogether Gift: A Trinitarian Spirituality

Duck, Ruth C. Praising God: the Trinity in Christian Worship

Fairbairn, Donald: Life in the Trinity: An Introduction to Theology with the Help of The Church Fathers.

Fiddes, Paul S. Participating in God: a Pastoral Doctrine of the Trinity

Fox, Patricia. God as Communion: John Zizioulas, Elizabeth Johnson, and the Retrieval of the Symbol of the Triune God

Houston, James: Prayer: The Friendship That Transforms.

Johnson, Darrell W. Experiencing the Trinity

Kimel, Alvin F. Speaking the Christian God: the Holy Trinity and the Challenge of Feminism

Letham, Robert. The Holy Trinity: in Scripture, History, Theology, and Worship

Maloney, George A. Abiding in the Indwelling Trinity

McGrath, Alister E. Understanding the Trinity

Navone, John J. Self-giving, and Sharing: the Trinity and Human Fulfillment

Olsen, V. Norskov. The New Relatedness for Men and Women in Christ: a Mirror of the Divine

Owen, John. Communion with God

Powell, Samuel M. Participating in God: Creation and Trinity

Prokes, Mary Timothy. Mutuality: the Human Image of Trinitarian Love

Torrance, James. Worship, Community, and The Triune God Of Grace.

White, James R. The Forgotten Trinity

Young, Paul. The Shack.

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## **Myers Briggs Type Indicator**

Edwards, Lloyd. How we Belong, Fight and Pray: the MBTI as a Key to Congregational Dynamics

Francis, Leslie J. Personality type and Scripture

Grant, Harold; Thompson, Magdala, and Thomas Clarke. From Image To Likeness: A Jungian Path In The Gospel Journey.

Harbaugh, Gary L. God's Gifted People: Discovering and Using your Spiritual and Personal Gifts

Johnson, Reginald. Celebrate my Soul

Kroeger, Otto and Janet Thuesen. Type Talk at Work: How 16 Personality Types Determine your Success on the Job

Kroeger, Otto and Janet Thuesen: 16 Ways to Love Your Lover.

Myers, Isabel Briggs. Manual, a Guide to the Development and Use of the Myers-Briggs Type Indicator

Myers, Isabel, with Peter Myers. Gifts Differing.

Osborn, Lawrence. God's Diverse People

Provost, Judith A. A Casebook, Applications of the Myers-Briggs Type Indicator in Counseling

Tieger, Paul. D. Do What You Are: Discover the perfect Career For You.

## **Sexuality**

Allender, Dan. The Wounded Heart.

Every Man's Battle: Winning The War on Sexual Temptation.

Balswick, Jack. Men At the Crossroad

Authentic Human Sexuality.

The Family

Bell, Rob Sex God: Exploring the Endless Connections Between Sexuality and Spirituality.

Brown, David Mark. Tainted Love: God, Sex and Religion For The Not-So-Pure At Heart.

Crabb, Lawrence. Men And Women.

Dalbey, Gordon. Father And Son.

Healing The Masculine Soul.

Dawn, Marva. Sexual Character: Beyond Technique To Intimacy.

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Elliot, Elizabeth. *Passion and Purity: Learning to Bring Your Life Under Christ's Control.*

Grenz, Stanley. *Sexual Ethics: An Evangelical Perspective.*

Hart, Arch. *The Sexual Man.*

Hubbard, M.G. *Women, The Misunderstood Majority.*

Ind, Jo. *Memories of Bliss: God, Sex and Us.*

Joy, Donald. *Bonding.*

*Re-Bonding.*

*Unfinished Business.*

Laaser, Mark. *The Secret Sin.*

Ludy, Eric. *God's Gift to Women.*

MacDonald, Gordon. *When Men think Private Thoughts*

Matzko, David. *Sex and Love in the Home: A Theology of the Household.*

*Sexual Healing: God's Plan For the Sanctification of Broken Lives.*

McMinn, Lisa. *Sexuality and Holy Longing: Embracing Intimacy In A Broken World.*

Neuchterlein, Ann-Marie, and Celia Hahn. *The Male-Female Church Staff.*

Rhinehart, Paula. *Sex and The Soul Of A Woman: The Reality Of Love And Romance in An Age Of Casual Sex.*

Rutter, Peter. *Sex In The Forbidden Zone.*

Schaumberg, H. *False Intimacy.*

Sell, Charles. *Achieving The impossible: Intimate Marriage.*

Smedes, Lewis. *Sex For Christians.*

Tannen, Deborah. *You Just Don't Understand.*

Timmerman, Joan H. *Sexuality and Spiritual Growth.*

Trobisch, Walter. *Living With Unfulfilled desires.*

White, John. *Eros Defiled: The Christian And Sexual Sin.*

*:" Redeemed: Breaking The Stranglehold Of Sexual Sin.*

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Wright, H. Norman. Always Daddy's Girl.

Young, H. Edwin. Pure Sex.

## **Types Of Spirituality**

Sager, Allan. Gospel-Centred Spirituality: An Introduction To Our Spiritual Journey.

## **Vocation**

Andrew, Brother. The Unforgettable Story of a Man who Discovered the Adventure of the Calling

Badcock, Gary D. The Way of Life: A theology of Christian Vocation

Bayly, Joseph. Essays on Guidance

Blamires, Harry. The Will and the Way: a Study of Divine Providence and Vocation

Bockmuehl, Klaus. Recovering Vocation Today. (CRUX: Sept. 1988, v.24, #3.)

Bradley, John. Unlocking your Sixth Suitcase: How to Love What you Do and Do what you Love

Brown, Keith. It's Never Too Late To Say Yes.

Deratanay, Edward. When God Calls You.

Guinness, Oz. The Call: Finding And Fulfilling The Central Purpose Of Your Life.

Hadnut, Robert K. Call waiting: How to Hear God Speak

Hammond, Peter, and R. Paul Stevens: The Marketplace Annotated Bible.

Hancock, Maxine. Re-evaluating our Commitments: How to Strengthen the Permanent and reassess the Temporary

Hardy, Lee. The Fabric of this World: Inquiries into Calling, Career Choices, and the Design of Human Work

Harris, James. Secrets of People Who Love Their Work.

Holderness, Ginny Ward. Career and Calling: a Guide for Counselors, Youth and Young Adults

Jensen, Mark. Shattered Vocations

Klingaman Patrick. Thank God it's Monday

Kowalski, Judith A. and Dean J. Collins. To Serve and Protect: Law Enforcement Officers Reflect on their Faith and Work

Kraemer, Hendrik. A Theology Of The Laity.

Lee, Hardy. The Fabric of this World: Inquiries into Calling, Career Choice, and the Design of Human Work

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Lewis, Roy. Choosing your Career, Finding your Vocation: a Step by Step Guide for Adults and Counselors

Mattson, Ralph. Finding a Job you can Love

Minear, Paul Sevier. To Die and to Live: Christ's Resurrection and Christian Vocation

Moore, Thomas. Care Of The Soul: A Guide For Cultivating Depth And Sacredness in Everyday Life.

Mouw, Richard. Called To Holy Worldliness.

Nemeck, F. and M. Coombs. Called By God.

Palmer, Parker. Let Your Life Speak: Listening For The Voice Of Vocation.

Parker, Ronald. Do I Belong In Seminary?

Peck, M. Scott. A World Waiting To Be Born: Civility Rediscovered.

Peterson, Eugene. Under The Unpredictable Plant: An Exploration In Vocational Holiness.

Pierce, Gregory F. Augustine. Of Human Hands: A Reader in the Spirituality of Work

Proctor Samuel. We have this Ministry: the heart of the Pastor's Vocation

Provost, Judith A. Work, Play, and Type: Achieving Balance in your Life

Redekop, Calvin Wall. Who am I? What am I?: Searching for meaning in your Work

Roels, Shirley J. Organization man, Organization woman: Calling, Leadership, and Culture

Riddell, Jim. Career Decision Making

Ryken, Leyland. Work And Leisure In Christian Perspective.

Sherman, Douglas, and William Hendriks. Your Work Matters To God.

Sider, Ronald J. Genuine Christianity

Smith, Gordon T. Courage And Calling: Embracing your God Given Potential.

Stevens, R. Paul. The Other Six Days.

Trueblood, Elton. Your other Vocation

Van Vuuren, Nancy. Work and Career

White, Jerry. On the Job: Survival or Satisfaction

Wingren, Gustaf. Luther on Vocation

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## Additional Bibliography: recommended by Mark Buchanan

- Barton, Ruth Haley. *Discerning the Will of God Together: A Discernment Practice for Leadership Groups*. Downers Grove, IL: IVP Books, 2012.
- Sacred Rhythms: Arranging Our Lives for Spiritual Transformation*. Downers Grove, IL: IVP Books, 2006.
- Strengthening the Soul of Your Leadership: Seeking God in the Crucible of Ministry*. Downers Grove, IL: IVP Books, 2012.
- Brenner, David. *The Gift of Being Yourself: The Sacred Call to Self-Discovery*. Downers Grove, IL: IVP Books, 2004.
- Soulful Spirituality: Becoming Fully Alive & Deeply Human*. Ada, MI: Brazos Press, 2011.
- Buchanan, Mark. *Hidden in Plain Sight: The Secret of More*. Nashville, TN: Thomas Nelson, 2007.
- The Holy Wild: Trusting in the Character of God*. Colorado Springs, CO: Multnomah, 2003.
- Spiritual Rhythm: Being with Jesus Every Season of Your Soul*. Grand Rapids, MI: Zondervan, 2010.
- The Rest of God: Restoring Your Soul by Restoring Sabbath*. Nashville, TN: Thomas Nelson, 2006.
- Your God is Too Safe: Rediscovering the Wonder of a God You Can't Control*. Colorado Springs, CO: Multnomah, 2001.
- Crouch, Andy. *Playing God: Redeeming the Gift of Power*. Downers Grove, IL: IVP Books, 2013.
- Dirks, Morris. *Forming the Leader's Soul: An Invitation to Spiritual Direction*. Portland, OR: Soul Formation, 2013.
- Duhigg, Charles. *The Power of Habit: Why We Do What We Do in Life & Business*. Toronto, ON: Anchor Canada, 2012.
- Edwards, Gene. *A Tale of Three Kings: A Study in Brokenness*. Nashville, TN: Tyndale, 1992.
- Foster, Richard. *Celebration of Discipline: The Path to Spiritual Growth*. San Francisco, CA: HarperOne, 1988.
- Freedom of Simplicity: Finding Harmony in a Complex World*. San Francisco, CA: HarperOne, 2005.
- Prayer: Finding the Hearts True Home*. San Francisco, CA: HarperCollins, 2009.
- Guinness, Os. *The Call: Finding & Fulfilling the Central Purpose of Your Life*. Nashville, TN: Thomas Nelson, 2003.
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- Heschel, Abraham J. *The Sabbath*. New York, NY: FSG Adult, 2005.
- Keller, Timothy. *The Meaning of Marriage: Facing the Complexities of Commitment with the Wisdom of God*. New York, NY: Dutton Adult, 2011.
- Maté, Gabor. *When the Body Says No: The Costs of Hidden Stress*. New York, NY: Random House, 2004.
- Nouwen, Henri. *In The Name of Jesus: Reflections on Christian Leadership*. New York, NY: CrossRoads Publishing, 1992.
- The Return of the Prodigal: A Story of Homecoming*. New York, NY: Image, 1994.
- The Way of the Heart: Connecting to God through Prayer, Wisdom & Silence*. New York, NY: Ballantine Books, 2003.
- The Wounded Healer: Ministry in Contemporary Society*: New York, NY: Image, 1979.
- Palmer, Parker. *The Courage to Teach*:  
*Let Your Life Speak: Listening For The Voice Of Vocation*.
- Peterson, Eugene. *Pastor: An Autobiography*.  
*Under The Unpredictable Plant: An Exploration in Vocational Holiness*.  
*Working the Angles*.
- Rolheiser, Ronald. *The Holy Longing: The Search for a Christian Spirituality*.
- Scazzerro, Peter. *The Emotionally Healthy Church*.
- Shigematsu, Ken. *God in My Everything: How an Ancient Rhythm Helps Busy People Enjoy God*.
- Sittser, Gerald. *A Grace Disguised*.  
*The Will of God as a Way of Life*.
- Smith, Gordon T. *Courage And Calling: Embracing your God Given Potential*.
- Taylor, Barbara B. *An Altar in the World*.
- Thomas, Gary. *Sacred Pathways*.
- Willard, Dallas. *Renovation of the Heart*.  
*The Spirit of the Disciplines*.

## ***How to Write a Good Academic Paper (Adapted from an article by Dr. Bill McAlpine)***

Reading a well-thought, well-argued, well-researched, well-written paper is one of a teacher's delights. Reading a poorly reasoned, thinly researched, sloppily written one, one of a teacher's torments.

You are asked to write an *academic paper*. This is not the same as an essay, personal reflection, or thought-piece. It's its own creature. Hopefully the following suggestions will help you.

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- ✓ Research. Start thinking about and reading for the paper early. Insight from good research seldom, if ever, comes from crunching and scrambling. Asking God for a miracle when you've put off your research until the last moment is an act of presumption, not faith. Complete most of your research before starting to write. Try to establish a preliminary outline early in the process. **(please consult Late Policy in syllabus)**.
  - ✓ Reflection. Prior to writing your final draft you should be able to answer the following questions:
    - What is my central theme?
    - What questions I am addressing related to this theme?
    - What line of argument am I taking in answering these questions?
  - ✓ Thesis. Surprise endings are great in movies but terrible in academic paper. The ending, and how you arrive at it, should be evident from the beginning. Your first paragraph should grab the reader's attention and convince him/her that what follows merits their careful attention and reflection. Your second paragraph should provide a clear purpose statement, and should describe the overall direction of your paper, the conclusions you have come to, and the line of argument you will take to get there. This, in essence, is your thesis.
  - ✓ Argumentation, not assertion. A paper like this should both develop and demonstrate your skills of analysis, evaluation, and critical thinking. Therefore, a bare summary of other people's views and ideas is inadequate. Likewise, a bald assertion of your personal opinion or conviction devoid of reasonable argumentation and substantiation is inadequate.
  - ✓ Conclusion: Conclude well. A summary is not a conclusion. A conclusion demonstrates that you have interpreted, reflected on, and, where appropriate, applied your research convincingly
  - ✓ Style: Academic writing does not have to be boring. Be creative. Be interesting. Avoid clichés and the passive voice. Each paragraph should address one idea and each sentence should be grammatically correct (that is, it should contain at least a subject and a verb). Use a rich and varied vocabulary but also strive for simplicity, brevity, and clarity - avoid too many words and too many big words. Read your paper out loud, or have someone else read it to you: even beginner writers can *hear* sloppy writing better than they can *see* it.

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. Please note: An additional fee for MBTI testing will apply.