



Module Description

Module: Spiritual Disciplines (PT80308)
 10 Units (30 Study Hours) 3 Credits
 Lecturer: Pastor David Childs

DESCRIPTION: "The spiritual disciplines are those practices found in Scripture that promote spiritual growth among believers in the gospel of Jesus Christ. They are habits of devotion, habits of experiential Christianity that have been practiced by God's people since biblical times." (Don Whitney)

OBJECTIVES: As a result of the student's successful completion of this module, s/he will:

Head: be introduced to the biblical teaching of the nature of sanctification and the need for their active participation in that work

Heart: have a longing and desire for a deeper ongoing work of the Holy Spirit to transform them into the likeness of Christ

Hand: be familiar with the 'tools' (spiritual disciplines) and how to apply them in order to mature in their faith.

READING:

Required:

Whitney, Donald *Spiritual Disciplines for The Christian Life* Tyndale House, 2014

Recommended:

Davis, Andrew M *An Infinite Journey* Belfast: Ambassador International, 2014 Friesen, Ga *Decision Making and the Will of God* The Crown Publishing Group, 2004

Hughes, Barbara *Disciplines of a Godly Woman* Wheaton: Crossway, 2013

Hughes, R Kent *Disciplines of a Godly Man* Wheaton: Crossway, 2006

SCHEDULE:

April 17	Spiritual Formation – Understanding the need, & the challenge. Re-thinking conversion.
April 24	Primacy of the Bible in spiritual formation. Application; cleansing, sanctification (holiness). Introduction to the Swedish Bible study method. Asking questions ... applying answers.
May 1	The Christian's Devotional life
May 8	Prayer - What/Why/How?
May 15	Scripture memorisation & meditation; why? How?
May 22	<i>No class</i>
May 29	Worship – "Not for the lips of praise alone, not e'en a praising heart I ask, but for a life made up of praise in every part." Evangelism - Being Salt & Light in a dark world
June 5	Guidance - knowing and doing God's will
June 12	Solitude, Silence, Simplicity,
June 19	Suffering
June 26	Fasting

See over page for assignment

ASSIGNMENT:

Part A: (20%)

Write a prayer, incorporating a Bible passage or Psalm you have read. (250-500 words)

Part B: (10%)

Choose a hymn or song that will reinforce the theological, devotional and practical application of part A.

Part C: (70%)

(1000 words)

Choose ONE option from the list below and, using the resources suggested, provide some Scriptural analysis for your chosen subject. Demonstrate engagement with the biblical text, provide some evaluation, and show how this could be applied to your own life and the lives of other Christians as part of on-going sanctification.

1. **STEWARDSHIP:** Read chapter 8, 'Stewardship' in *Spiritual Disciplines for the Christian Life*. What is Christian stewardship? Why does Paul emphasise stewardship in 2 Corinthians chapters 8 & 9 & how does this contribute to Christian growth?
2. **FASTING:** Read chapter 9, 'Fasting' *Spiritual Disciplines for the Christian Life*. What does the Bible teach fasting is and is not? What does fasting achieve in the life of the disciple and why should it form part of the disciple's regular disciplines?
3. **MEMORISATION AND MEDITATION:** Read chapter 3, 'Bible Intake (2) or The Purposes of Godliness', in *Spiritual Disciplines for the Christian Life*. Explain Christian Meditation; what it is and what it is not. How does Scripture memorisation and meditation help us in our sanctification?
4. **GUIDANCE:** Read chapter 6, 'Does Scripture Teach the "Dot?"' in *Decision Making and The Will of God*. Do you agree with Friesen's argument regarding guidance? In what way does this challenge and/or encourage you? What does God require of his followers, and how might our obedience here, affect guidance in other areas of our lives?
5. **SUFFERING:** Suffering is experienced by each one in a variety of ways. James exhorts us to consider it pure joy when we face trials (Jas. 1.2-4). How and why does God use suffering in the life of a believer regardless of the kind of suffering?