





3. Each student will write a Spiritual Discipline Plan journal. Starting in week 2 and going through week 6, students will keep a journal in a word document or pdf file of the spiritual disciplines they have practiced during each day of weeks 2 through 6. The journal needs to make a record of the disciplines practiced and how they perceive those disciplines contributing to their spiritual formation. Student will include at the end of the journal how their practiced disciplines could be incorporated into a local church or small group ministry and the benefits of those incorporated disciplines for those groups.

Tentative Schedule: Course Outline and Calendar

Week 1                    06/03/2024    Introduction to Spiritual Disciplines

Required First Assignment in Blackboard due 6/4

Required Reading: Foster Foreword and Chapter 1

Blackboard Discussion 1: Student Posting Due 6/7, Student Response Due 6/10

Week 2                    06/10/2024    Inward Disciplines: Meditation and Prayer

Required Reading: Foster Inward Disciplines and Chapters 2 and 3

Blackboard Discussion 2: Student Posting Due 6/14, Student Response Due 6/17

Week 3                    06/17/2024    Inward Disciplines: Fasting and Study

Required Reading: Foster Chapters 4 and 5

Blackboard Discussion 3: Student Posting Due 6/21, Student Response Due 6/24

Week 4                    06/24/2024    Outward Disciplines: Simplicity and Solitude

Required Reading: Foster Outward Disciplines and Chapters 6 and 7

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