

## COURSE SYLLABUS

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# Foundations of Spiritual Formation II: The Disciplines of Life

Course Lecturer: Gordon T. Smith, PhD

## Course Description

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Welcome to *Foundations of Spiritual Formation II: The Disciplines of Life*, an online graduate-level course designed to help you grow in intimacy with God and to mature in your spiritual life and relationships.

How is spirituality formed both in private and in community? This course explores the meaning of biblical Christianity and its relation to faith and practice, giving special attention to spiritual formation through prayer, meditation, and personal disciplines. The lectures form a paradigm of spiritual growth and maturity that will affect both the individual and the church.

## Course Objectives

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Upon completion of the course, you should be able to do the following:

- Develop a functional definition of spiritual formation.
- Foster a growing desire for knowing and serving God.
- Practice key spiritual disciplines such as discerning prayer, meditation on Scripture, and holy living.
- Place a high value on spiritual growth for yourself and those you teach.

## Course Lecturer

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*Gordon T. Smith, PhD*

**Education:**

- Loyola School of Theology, the Ateneo de Manila University, PhD
- Canadian Theological Seminary, MDiv

### Teaching Career:

- Academic Vice President, Regent College
- Dean, Regent College
- Associate Professor of Spiritual Theology, Regent College
- Researched key studies in Christian living, including the Lord's Supper, Christian Spirituality, and Christian Community
- Theology instructor, Canadian Theological Seminary
- Theology instructor, Alliance Biblical Seminary in the Philippines

### Other Career Highlights:

- President of reSource Leadership International
- Pastor in Canada and the Philippines
- Member, the Canadian Evangelical Theological Association, the American Academy of Religion, and the Overseas Council Network, an international leadership training consortium

### Publications:

- Numerous publications, including *A Holy Meal: The Lord's Supper in the Life of the Church*, *The Voice of Jesus: Discernment, Prayer and the Witness of the Spirit*, *Beginning Well: Christian Conversion and Authentic Transformation*, *Listening to God in Times of Choice*, and *Courage and Calling*

## Recommended Reading

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Though not required, you may choose to read the textbooks shown below to supplement your learning.

Willard, Dallas. *The Spirit of the Disciplines*. San Francisco: Harper San Francisco, 1991.

Lovelace, Richard. *Dynamics of Spiritual Life: An Evangelical Theology of Renewal*. Downers Grove, IL: InterVarsity Press, 1979.

Textbooks can be ordered through your local bookstore, various online bookstores, or through your preferred eReader when available.

## Course Methods

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The lecture content for each lesson is provided in two easy-to-use formats: audio and PDF text (if available). Students can choose the medium (or combination of media) that most closely aligns with their individual learning styles.

## Course Assessment and Requirements

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To earn a Certificate of Completion, you must complete the course requirements. Course requirements include:

1. Viewing the following for each lesson:
  - **Lesson Objectives:** Objectives describe the learning outcomes you should achieve by the end of the lesson.

- **Reading:** Suggested readings that will supplement your learning.
  - **Lectures:** 45-minute lessons that can be viewed as many times as needed.
2. Completing a final self-assessment form in which you will reflect on the content in the course and evaluate your life in light of what you have learned. The specifics of this assessment are provided in the course materials.

Course requirements noted in this syllabus will be validated before a Certificate of Completion is awarded to any student.