

INDIANA EXTENSION COURSE OF STUDY SCHOOL

University of Indianapolis
1200 Hanna Avenue
Indianapolis, Indiana

COS 123 FORMATION and DISCIPLESHIP

Dr. Andrew Kinsey

The course grounds the student in the theology and core practices of personal and congregational formation and discipleship and utilizes the approved curriculum of the Division of Ordained Ministry of the United Methodist Church.

OBJECTIVES of the course, by the Division of Ordained Ministry, will enable students to:

1. Articulate a theological basis for the Wesleyan emphasis on spiritual disciplines and practice them as means of grace.
2. Explain and implement the General Rules and the practices of small groups in a congregation.
3. Educate and resource a congregation in the disciplines Christian formation.
4. Organize congregations to help people discern their callings and gifts for ministry.

TEXTBOOKS

Required:

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

Sondra Matthaei – *Formation in the Faith: The Congregational Ministry of Making Disciples*

Marjorie J Thompson – *Soul Feast: An Invitation to the Christian Spiritual Life*

Anne Wimberly & Evelyn Park - *In Search of Wisdom: Faith Formation in the Black Church*

Paul Chilcote – *Recapturing the Wesleys' Vision*

Grading: Grades are assigned in the traditional academic format: A, B, C, D F.

INSTRUCTOR'S INFORMATION

If you have any questions, I can be reached at the following: 1300 East Adams Drive, Franklin, IN 46131; Phone: 317-736-7962. Follow on Facebook or Messenger.

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COS 123 FORMATION AND DISCIPLESHIP

- A) For your initial journey entry please describe the emotions/feelings you have as you prepare for this class and how Thompson's *Soul Feast* describes the Christian practices.
- B) Please read Thompson's *Soul Feast* write a three-page paper, focusing on one of the practices that meant the most to you, that is, focus on a particular practice in one of the chapters. Be prepared to discuss this text in class:
- C) Write a three-page summary or review of Robert Mulholland's book *Invitation to a Spiritual Journey*, sharing how he understands spiritual formation as the process of being formed in the image of Christ for the sake of others. How does Mulholland's insight assist us in forming persons into the image of God?
- D) We will engage in some of the practices that Thompson writes of, e.g., *Lectio Divina*, writing our own Psalm, Holy Communion, etc., **in class**.
- E) Students will discuss the main points of these books in class; Marjorie Thompson's text will be utilized in ALL the class sessions.

FEBRUART SESSION: February 17/18

Journal with Questions to Address: Each student will maintain a small "journal" responding to 10 questions for reflection. Students may use a notebook and pen/pencil, notepad or iPad, to write responses to these questions. These questions will be provided at the beginning of class.

Papers are to be a three to three-page assessment of each book, ADDRESSING the questions as they are posed above, along with the basic structure, below; and/or what you as the reader consider the strengths and weaknesses of the book, along with how you understand the book in terms of your own practice of ministry.

Paper Structure:

- a) **State the central point of the book in the opening paragraph.**
- b) **Later in the paper state what you think are the strengths and weaknesses of the book in regards to spiritual formation and discipleship.**
- c) **Share how you understand the book in terms of your own practice of ministry and understanding of spiritual formation and discipleship.**

Journal Questions are due on the final day of class. Papers on Mulholland and Thompson due at the beginning of the class.

MARCH SESSION: March 18

Please read and be prepared to discuss the following:

- A) Read Matthaei's book *Formation in the Faith: The Congregational Ministry of Making Disciples* and write a three-page paper on the following: what key aspect of Matthaei's book spoke to you about the way a congregation is to engage in making disciples? How are your congregations (or congregation) making disciples?
- B) Read Paul Chilcote's *Reclaiming the Wesleys' Vision* and write a three-page paper, sharing how Chilcote presents the Wesleys' vision of discipleship as a "series of conjunctives": why is this important to a Wesleyan understanding of the Christian life?
- C) Continue with Journal entries on the spiritual practices as outlined in Thompson's work.

**Papers on Matthaei and Chilcote's books due at the beginning of class.
Discuss Final Projects and provide updates.**

APRIL SESSION: April 22

Please read and be prepared to engage in the following:

- A) Read Anne Wimberly and Evelyn Park's *In Search of Wisdom: Faith Formation in the Black Church* and write a three-page reflection paper on the importance of the insights in that work to the wider church's formation of disciples, especially pertaining to the role of mentors in formation: what insights did you learn that would inform how you go about forming and shaping your church in the Christian faith?
- B) Discuss and share more of Thompson's book and share in other practices.

**Paper on Wimberly book due at the beginning of class.
Reflection Questions due at the beginning of class.
Final Project due.**

FINAL PROJECT:

Prepare to teach a **course session** on a spiritual discipline or disciplines in your congregation (for example, *Lectio Divina*, fasting, Holy Communion, local service project, prayer and silence, etc.).

Since each congregation has its own personality, it will be necessary to develop this short-term study or class in a way that utilizes the best insights of your parishioners (similar to what you find in a Study Guide or a Bible Study Guide).

As you compose this study, bear in mind how the practice and/or disciplines are the means of grace, communicating God's grace and love.

GRADING

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| Grading: | |
| Preparation and Participation in Class, including on-line forums | 25% |
| Journaling | 15% |
| Papers | 40% |

Final Project

20%

Revised 10-18-22