

# *Spiritual Formation*

## *Doctor of Ministry Seminar DR 30380 (4 hours)*

### *January 3-7, 2004*

**Dr. Don Whitney Phone (816) 414-3781 Fax (816) 414-3740 Email: [dwhitney@mbts.edu](mailto:dwhitney@mbts.edu)**

This syllabus and other class materials are available at [www.BiblicalDisciplines.org](http://www.BiblicalDisciplines.org) on the "For MBTS students" button

#### **I. Course Description from the Catalog**

This course is intended to serve Midwestern's institutional mission, as affirmed by its Board of Trustees (April 23, 2001) to "Biblically educate God-called men and women to be and to make disciples of Jesus Christ throughout the world."

Course 30050 (3 hours), Spiritual Formation: A seminar designed to stimulate intellectual and devotional growth in the minister, and to equip him with resources for the ongoing encouragement of personal spiritual maturity of those in his ministry setting.

#### **II. Course Objectives**

The institutional *objectives* of Midwestern Baptist Theological Seminary are consistent with Midwestern's institutional *mission* (stated above). Through its exegetical, theological, and practical educational processes, Midwestern seeks to produce students who will: (1) believe that the Bible is authoritative and inerrant; (2) understand and apply biblical and theological truth; (3) exemplify biblical leadership and doctrinal integrity in ministry; (4) demonstrate Christlikeness in seeking and cultivating all relationships; (5) manifest a developing and disciplined Christian life; (6) be equipped to minister in culturally relevant ways; and (7) commit themselves to fulfilling the Great Commission in worshipping God, in evangelizing the lost, in edifying believers, and in establishing healthy New Testament churches.

Consistent with these institutional objectives, the objectives for this course are:

- The student will grow in his understanding of biblical and theological truth about the use of Scripture in prayer, apply this in an exercise during the course, and commit himself to manifest a developing and disciplined Christian life by the practice of praying through Scripture.
- The student will grow in his understanding of biblical and theological truth about meditation on Scripture, apply this in his journal assignments for the course, and commit himself to manifest a developing and disciplined Christian life by a lifelong application of meditation on Scripture.
- The student will deepen his understanding about various views of the doctrine of sanctification, and further develop his own position by preparing and discussing a brief outline on the biblical teaching on this doctrine.
- The student will grow in his understanding of biblical and theological truth about the discipline of keeping a spiritual journal, and manifest a developing and disciplined Christianity by keeping a spiritual journal during the assigned weeks.
- The student will grow in his understanding of biblical and theological truth regarding family worship, and manifest a developing and disciplined Christianity by formulating a simple plan for its implementation into his own family and for introducing/reinforcing it in his ministry setting.
- The student will be equipped to minister in culturally relevant ways by developing a brief theology for reading non-Christian literature and a general plan for incorporating non-Christian literature into his reading in ways that will stimulate his intellectual growth.
- The student will grow in his understanding of biblical and theological truth about the disciplines of silence and solitude, apply this in an assignment for the course, and commit

himself to manifest a developing and disciplined Christian life by the practice of these disciplines.

- The student will grow in his understanding of biblical and theological truth about the discipline of fasting, apply this in an assignment for the course, and commit himself to manifest a developing and disciplined Christian life by the practice of this discipline.
- The student will grow in his understanding of biblical and theological truth that applies to mysticism, and develop his Christian life by demonstrating an ability to distinguish mysticism from biblical spirituality.
- The student will exemplify biblical leadership and doctrinal integrity in ministry by committing himself to the lifelong practice of paying attention both to his life and doctrine, in accordance with 1 Timothy 4:16.

### III. Required Texts

- Alexander, Donald L., ed. *Christian Spirituality: Five Views of Sanctification*. Downers Grove, Ill.: InterVarsity, 1989. ISBN 0830812784.
- Bridges, Jerry. "Gospel-Driven Sanctification." *Modern Reformation*. May/June 2003, 13-16, 42. (NB: this magazine article will be provided to you.)
- Howard, Evan. *Praying the Scriptures*. Downers Grove, Ill.: InterVarsity, 1999. ISBN: 0830822011.
- Peterson, Eugene H. *Answering God*. San Francisco: HarperCollins, 1989. ISBN: 0060665122.
- Piper, John. *Brothers, We Are Not Professionals*. Wheaton, Ill.: Crossway, 2002. ISBN: 0805426205.
- Sanders, Robert. "The Ecstasy Heresy." *Christianity Today*, 48:10 (October 2004):54-58. (NB: this magazine article will be provided to you.)
- Smith, John; Stout, Harry; Minkema, Kenneth, eds. *A Jonathan Edwards Reader*. New Haven, Conn.: Yale, 1995. ISBN: 0300062044.
- Whitney, Donald S. *Spiritual Disciplines for the Christian Life*. Colorado Springs, Colo.: NavPress, 1991, 1996. ISBN: 1576830276.
- Whitney, Donald S. *Ten Questions to Diagnose Your Spiritual Health*. Colorado Springs, Colo.: NavPress, 2001. ISBN: 1576830969.

### IV. Assignments

- A. The student will keep a journal beginning one month before the start of the seminar until three weeks after the seminar, for a total of eight full weeks. Entries are not required on a daily basis, but according to the directions that follow. See the chapter on "Journaling" in *Spiritual Disciplines for the Christian Life* for general guidelines, and the details below and in the example at the end of this syllabus. The journal will count for 45% of the total possible grade for the course.
  1. The journal must be computer-generated or typed. Hand-written versions deemed legible by the professor will be accepted. But the professor must approve any exception to a computer-generated or typed journal *before the journal is started*.
  2. In *all cases the student should make a copy* of his journal before it is submitted to the professor. Please save your journal on your hard disk, on a portable storage device, and on a hard copy *each* time you make an addition to it.
  3. While a cover is acceptable, the journal does not need a cover, i.e., it may simply be stapled. Do not submit your journal in a binder which has a spine that can fall off.
  4. Use single-spacing.
  5. Put page numbers in your journal.
  6. Submit a table of contents with your journal. The table of contents should tell what *page number* on which *each* of the entries can be found as well as indicate the *word count* for *each* entry. The beginning point of each entry should be conspicuous on the page where

each is found. Also include a word count for *each week*. See the example at the end of this syllabus.

7. Put your phone number(s) and e-mail address on the front or inside cover of your journal so that you may be reached in case the professor needs to contact you while he is grading the journal (as sometimes pages are missing, etc.).
8. Spell correctly. Points may be deducted from the journal for spelling errors.
9. Bring a copy of the pre-seminar part of your journal to the seminar for preliminary evaluation by the professor.
10. Mail the journal to: Dr. Don Whitney, Midwestern Baptist Theological Seminary, 5001 N. Oak Trafficway, Kansas City, MO 64118 USA.
11. Mail (or personally deliver) the journal in time for Dr. Whitney to receive it by noon, central time, one month from the end of the last day of the seminar. Journals received after the due date will be marked down one letter per day.
12. The journal must include the following:
  - a. Sixteen “Scripture or life” entries (as explained below and in class, and as illustrated at the end of this syllabus), arranged in eight pairs.
    - i. Eight of these entries must be from meditations on Scripture (i.e., a paragraph, verse, phrase, word, or theme from the Bible), which then may be applied to life.
    - ii. Eight must be from “life,” that is, from reflection upon life events, God’s providence, creation, seminary or church experiences, etc., which are then evaluated or interpreted in light of Scripture.
    - iii. Alternate entries between Scripture meditations and “life” meditations so that there are eight *pairs* of entries. The pairs do not have to relate to one another in content or theme.
    - iv. Each *pair* should contain a minimum *total* of 500 (five hundred) words. The two entries in each pair do *not* have to be approximately equal in length.
    - v. The entries should be spread throughout the eight-week period. A small deduction from the total points for the journal may be made if, in the judgment of the professor, entries were made in a time frame that was too narrow.
    - vi. It does not matter whether a meditation on Scripture is first in each pair or a meditation on “life,” just as long as each pair contains one of each type. However, all sixteen entries should be listed chronologically.
  - b. Ten “assigned” entries of at least 500 (five hundred) words each. These entries may be made at any time during the eight-week period, *unless* otherwise directed by this syllabus or the professor. Unless otherwise directed by this syllabus or the professor, the readings may be *read prior* to the eight week journal period, but the journal entries associated with each reading may only be *made during* the eight week journal period. If the student has previously read any of the assigned readings, he should read them again for this seminar. These assigned entries must include:
    - i. An entry consisting of at least 500 words where you reflect upon, describe the impact of, etc., your complete reading of Evan Howard’s *Praying the Scriptures*. This should be completed before the seminar.
    - ii. An entry consisting of at least 500 words where you reflect upon, describe the impact of, etc., your complete reading of John Piper’s *Brothers, We Are Not Professionals*. This should be completed before the seminar.
    - iii. An entry consisting of at least 500 words in which you respond to the “Spiritual Inventory Questions” that will be provided. This should be completed before the seminar.
    - iv. An entry consisting of at least 500 words where you reflect upon, describe the impact of, etc., your complete reading of Eugene Peterson’s *Answering God*.

- v. An entry consisting of at least 500 words describing/reflecting upon an evangelistic encounter you experienced during the eight weeks. This encounter must include at least some element of the Gospel spoken to an unbeliever.
  - vi. An entry consisting of at least 500 words where you reflect upon, describe the impact of, etc., a fast of at least two meals duration which you experience sometime during the eight weeks, but *after* you read the chapter on fasting in Whitney's *Spiritual Disciplines for the Christian Life*.
  - vii. An entry consisting of at least 500 words where you reflect upon a scheduled time of at least four consecutive hours of silence and solitude with God which occurs during the eight weeks. *The professor must approve in advance a brief outline of how you intend to spend this time.* It is expected that most of the time will be spent reading and meditating upon Scripture, praying through Scripture, playing an instrument and/or singing to the Lord, journaling, and doing devotional reading. No school work or church work should be done during this leisurely time. You may also choose to complete the assigned fast on the same day as this event.
  - viii. An entry consisting of at least 500 words where you reflect upon, describe the impact of, etc., your complete reading of Donald S. Whitney's *Ten Questions to Diagnose Your Spiritual Health*. This should be completed after the seminar.
  - ix. An entry consisting of at least 500 words where you reflect upon what the experience of this eight weeks has taught you about the importance and value of keeping a spiritual journal. This should be completed at the end of the eight week journal period.
  - x. An entry consisting of at least 500 words where you reflect upon, describe the impact of, etc., this course upon your practice of the personal spiritual disciplines. This should be completed at the end of the eight week journal period.
- B. As part of seminar preparation and participation (which includes 9% of the total possible grade for the course), the student will bring to the seminar—for both discussion purposes and the professor's reading—the journal entry wherein the student answers the Spiritual Inventory Questions.
- C. As part of seminar preparation and participation (which includes 9% of the total possible grade for the course), the student will bring to the seminar—for discussion purposes—the journal entry made following his complete reading of John Piper's *Brothers, We Are Not Professionals*.
- D. After reading the textbook and article on sanctification, the student will bring to the seminar—for both discussion purposes and the professor's grading—a one-to-two page, double-spaced paper identifying the position which most closely represents the student's understanding of the doctrine, and listing ten key statements (of his own, with scriptural support) reflecting his view. This paper will count for 5% of the total possible grade for the course.
- E. The student will bring to the seminar either a detailed, single-spaced outline of at least three pages or a complete manuscript of a sermon or a study lesson on the subject of using a passage of Scripture as a basis for prayer, a subject also known as praying through Scripture. Whether or not the following headings are used explicitly, the paper should address the what, why, and how of praying through Scripture. This paper will count for 9% of the total possible grade for the course.
- F. The student will bring to the seminar either a detailed, single-spaced outline of at least three pages or a complete manuscript of a sermon or a study lesson on the subject of meditation on Scripture. This paper should address the biblical teaching on meditation on Scripture, and explain at least five methods of meditation on the text of Scripture. The student should develop

these methods himself, i.e., not from researching the methods of others but rather from memory or from fresh thought, and do so before reading chapters three and four in *Spiritual Disciplines for the Christian Life*. This paper will count for 9% of the total possible grade for the course.

- G. The student will bring to the seminar either a detailed, single-spaced outline or a complete manuscript regarding Jonathan Edwards' "Personal Writings." This paper should be designed for use in a pastors' conference or local church teaching setting. These "Personal Writings" are Edwards' *Diary, Resolutions, Apostrophe to Sarah Pierpont, and Personal Narrative*. These may found on pp. 266-296 in *A Jonathan Edwards' Reader*, but are available in other works and may possibly be available online. The student should set forth what may be learned from the example of Edwards' piety and illustrate his points from these writings. Biographies of Edwards may also be utilized. This paper will count for 9% of the total possible grade for the course.
- H. The student will bring to the seminar—for both discussion purposes and the professor's grading—a paper of at least five, double-spaced pages presenting a theology of reading non-Christian (not necessarily anti-Christian) literature. This paper will include a simple plan for incorporating non-Christian literature into the student's personal reading. This paper will count for 5% of the total possible grade for the course.
- I. After the seminar, the student will prepare a paper of at least five, double-spaced pages setting forth a simple plan for implementing family worship into his (future, where applicable) family. If the student is single, or married without children, he should include a plan of implementation for the family both before and after the arrival of children. The paper should also include a plan for introducing and/or reinforcing the practice of family worship into the student's ministry setting. As an alternative, the student may submit either a detailed, single-spaced outline of at least three pages or a complete sermon manuscript proclaiming the biblical teaching regarding family worship. This paper is due at the same time as the journal. This paper will count for 9% of the total possible grade for the course.
- J. Seminar preparation, participation, and attitude will count for 9% the total possible grade for the course.
- K. For each paper to be used in class or submitted to the professor, the student should bring enough copies for each student in the seminar and the professor so that all can follow along when the student is addressing the class from his paper. The student should contact the D.Min. office to determine how many students will be participating. Remember that the total number of copies needed for each paper should include the student, the other students in the seminar, and the professor.
- L. The student has the option of doing one or more papers for extra credit. Extra credit papers should be at least eight pages in length and be the result of the complete reading of the book(s). The book(s) must be read between the reception of this syllabus and the date when extra credit papers are due. The paper(s) should be a critique—using the guidelines for a book critique available from the D.Min. office—of one (or more) of the books listed below. Each paper is worth a maximum of 5% of the total possible grade for the course. The papers are due at the same time as the journal.

Alexander, James W. *Thoughts on Family Worship*. Morgan, Penn.: Soli Deo Gloria, 1998. ISBN: 1573580813

Bunyan, John. *Pilgrim's Progress*. (Any edition that includes parts one and two, except a children's or modern language edition.)

Dallimore, Arnold. *Spurgeon: A New Biography*. Chicago: Moody, 1984; or Edinburgh:

- Banner of Truth, 1985. ISBN: 0851514510.
- Howard, Evan B. *Praying the Scriptures*. Downers Grove, Ill.: InterVarsity, 1999. ISBN: 0830822011.
- Murray, Iain H. *Jonathan Edwards: A New Biography*. Edinburgh: Banner of Truth, 1987. ISBN 0851517048.
- Murray, Iain H. *D. Martyn Lloyd-Jones: The First Forty Years, 1899-1939*. Edinburgh: Banner of Truth, 1982. ISBN: 0851513530.
- Murray, Iain H. *D. Martyn Lloyd-Jones: The Fight of Faith, 1939-1981*. Edinburgh: Banner of Truth, 1990. ISBN: 0851515649.
- Packer, J. I. *A Quest for Godliness*. Wheaton, Ill.: Crossway, 1990, 1994. ISBN: 0891078193
- Piper, John. Any of his books in the *Swans Are Not Silent* series such as *The Legacy of Sovereign Joy*, *The Hidden Smile of God*, *The Roots of Endurance*, etc.
- Steer, Roger. *George Müller Delighted in God!* Geanies House, Scotland: Christian Focus, 1997. ISBN 1857923405. Or Wheaton, Ill.: Harold Shaw, 1975, 1981.
- Whitney, Donald S. *Simplify Your Spiritual Life*. Colorado Springs, Colo.: NavPress, 2003.
- Whitney, Donald S. *Ten Questions to Diagnose Your Spiritual Health*. Colorado Springs, Colo.: NavPress, 2001. ISBN: 1576830969

All the textbooks and most of the extra credit texts are on reserve in the library. In your studies, take advantage of our seminary library. New resources related to this course are added to the library regularly. You will find that the personnel at our library serve our seminary community willingly and well.

**EXAMPLE OF A TABLE OF CONTENTS IN A JOURNAL**

| <b><u>ENTRY</u></b>  | <b><u>WORD COUNT</u></b> | <b><u>PAGE NUMBER</u></b>        |
|--|--------------------------|----------------------------------|
| <b>Scripture and life entries</b>  |                          |                                  |
| First pair   | 537                      | 1                                |
| Dec. 6—Scripture   |                          |                                  |
| Dec. 9—Life  |                          |                                  |
| Second pair  | 622                      | 2-3                              |
| Dec. 12—Life   |                          |                                  |
| Dec. 14—Scripture  |                          |                                  |
| Third pair   | 605                      | 3-4                              |
| Dec. 20—Scripture  |                          |                                  |
| Dec. 23—Life   |                          |                                  |
| Fourth pair  | 576                      | 5                                |
| Dec. 28—Life   |                          |                                  |
| Dec. 31—Scripture  |                          |                                  |
| Fifth pair   | 514                      | 6                                |
| Jan. 4—Scripture   |                          |                                  |
| Jan. 8—Life  |                          |                                  |
| Sixth pair   | 558                      | 7                                |
| Jan. 10—Life   |                          |                                  |
| Jan. 12—Scripture  |                          |                                  |
| Seventh pair   | 724                      | 8-9                              |
| Jan. 16—Life   |                          |                                  |
| Jan. 18—Scripture  |                          |                                  |
| Eighth pair  | 680                      | 10                               |
| Jan. 23—Life   |                          |                                  |
| Jan. 26—Scripture  |                          |                                  |
| <b>Assigned entries</b>  |                          |                                  |
| 1. <i>Praying the Scriptures</i>   | Dec. 7                   | 598                              |
| 2. <i>Brothers, We Are Not Professionals</i>                                 | Dec. 11                  | 721                              |
| 3. <i>Answering God</i>  | Dec. 15                  | 550                              |
| 4. Evangelistic encounter  | Dec. 18                  | 804                              |
| 5. Four hours of silence and solitude  | Dec. 21                  | 642                              |
| 6. Fasting experience <i>after</i> reading on fasting                        | Dec. 21                  | 511                              |
| 7. Spiritual Inventory Questions   | Jan. 1                   | 528                              |
| 8. <i>Ten Questions to Diagnose . . .</i>                                    | Jan. 20                  | 612                              |
| 9. The importance and value of journal-keeping                               | Jan. 27                  | 497                              |
| 10. Impact of this class   | Jan. 28                  | 588                              |
| <b>Assigned reading</b>  |                          |                                  |
| 1. Alexander, Donald L. <i>Christian Spirituality</i>                        |                          | Yes, I read this entire book     |
| 2. Bridges, Jerry. "Gospel-Driven Sanctification"                            |                          | Yes, I read this entire article. |
| 3. Edwards, Jonathan. "Personal Writings."                                   |                          | Yes, I read the entire material. |
| 4. Howard, Evan. <i>Praying the Scriptures</i> .                             |                          | Yes, I read this entire book.    |
| 5. Peterson, Eugene. <i>Answering God</i> .                                  |                          | Yes, I read this entire book.    |
| 6. Piper, John. <i>Brothers, We Are Not Professionals</i>                    |                          | Yes, I read this entire book.    |
| 7. Sanders, Robert. "The Ecstasy Heresy."                                    |                          | Yes, I read this entire article. |
| 8. Whitney, Donald S. <i>Spiritual Disciplines for the Christian Life</i> .  |                          | Yes, I read this entire book.    |
| 9. Whitney, Donald S. <i>Ten Questions to Diagnose Your Spiritual Health</i> |                          | Yes, I read this entire book.    |

