



The Southern Baptist Theological Seminary
40150 CT Personal Spiritual Disciplines
3 credit hours

in conjunction with



Together for the Gospel
Distinct from the World



PROFESSOR

Dr. Don Whitney
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Online Teaching Assistants:

Online teaching assistants (OTA) will be your primary contact throughout the course. Your OTA will notify you, so you will know who your primary contact will be.

CONFERENCE REGISTRATION

In addition to registering for the course on my.sbts.edu, students must register for the Together for the Gospel conference separately at t4g.org. Student registration is \$119 for the conference. *Students who are unable to register for the conference will not be able to take the course.*

COURSE DESCRIPTION

A scriptural approach to Christian spirituality utilizing biblical, classical, and contemporary materials. This course will assist the student in pursuing intimacy with and conformity to Jesus Christ through personal spiritual disciplines such as Bible intake, prayer, fasting, silence and solitude, and journaling.

COURSE OBJECTIVES

1. The student will understand biblical, classical, and contemporary materials concerning Christian spirituality. This objective will be evaluated on the basis of journal entries about the biblical, classical, and contemporary materials assigned to read as per the specifics below. This objective will also be evaluated by means of quizzes or chapel report forms, as described below.
2. The student will practice personal spiritual disciplines found in Scripture, such as prayer, Scripture memory, devotional Bible study, fasting, journaling, and personal evangelism. This objective will be evaluated by journal entries made about the student's practice of these disciplines during the course of the semester according to the specifics of the assignments below, and by a floating exam which the student will take as per the specifics below.
3. The student will describe the significance of these disciplines to their life and ministry. This objective will be evaluated by journal entries made about the student's practice of these disciplines during the course of the semester according to the specifics of the assignments below.
4. The student will develop accountability relationships. This objective will be evaluated by means of journal entries recorded following sessions with the student's accountability partner, according to the specifics of the assignment below.

REQUIRED TEXTS

Alcorn, Randy. *The Purity Principle*. Colorado Springs, Colo.: Multnomah, 2003. ISBN 1590521951. Also available in [Kindle](#) and iBooks editions. **OR** Lambert, Heath. *Finally Free*. Grand Rapids, MI: Zondervan, 2013. ISBN-10: 0310499232. ISBN-13: 978-0310499237. Also available in [Kindle](#) and iBooks editions.

Bunyan, John. *Pilgrim's Progress*. (Any edition except children's or modern language; must include parts 1 & 2, such as ISBN 0192803611). Available on [Kindle](#).

Steer, Roger. *George Müller Delighted in God!* Tain, Scotland: Christian Focus, 2015. ISBN-10:1845501209. ISBN-13: 978-1845501204. [Older editions, such as the 2004 Christian Focus edition or the version published by Harold Shaw are acceptable.]

Whitney, Donald S. *Family Worship*. Wheaton, IL: Crossway, 2016. ISBN-10: 1433547805; ISBN-13: 978-1433547805. Available in Kindle and iBooks editions.

Whitney, Donald S. *Praying the Bible*. Wheaton, IL: Crossway, 2015. ISBN-10: 1433547848. ISBN-13: 978-1433547843. Available in [Kindle](#) and iBooks editions.

Whitney, Donald S. *Spiritual Disciplines for the Christian Life*. Colorado Springs, Colorado: NavPress, 2014. ISBN 1615216170. Must use the Revised & Updated Edition. Also available in [Kindle](#) and iBooks editions.

Recommended

Calhoun, Adele. *Spiritual Disciplines Handbook*. Downers Grove, IL: InterVarsity Press, 2005. ISBN-10: 0830833307; ISBN-10: 0830833306. Also available on [Kindle](#).

If the student would like to access other resources for this course, please visit the James P. Boyce Centennial Library's [Distance Students Services](#).

COURSE SCHEDULE

On-Campus Meeting:

Lecture 1: Tuesday, April 10 from 1:00 pm to 2:15 pm

Lecture 2: Tuesday, April 10 from 3:00 pm to 4:15 pm

Location: Legacy hotel, room 303

Major Assignments:

Forums: as assigned on Canvas

Books of the Bible Quiz: April 29, 2018

Final Journal Submission: May 6, 2018

See Canvas for more specific submission information

COURSE ASSIGNMENTS

Chapel

Each student must view eight of the the SBTS chapel services (on www.sbts.edu) throughout the term and complete Chapel Interaction Forms for each service. Chapel services are streamed, as well as available online a few hours after each service. This will count for 8% (or 8 out of a possible 100 points) of the final grade. Usually there are at least 16 or more chapel services and special lectures during the term. If the entire chapel service, as opposed to just the message, is available, the student is expected to view the entire chapel service. The student will receive one point for each chapel viewed with a Chapel Interaction Form adequately completed, up to 8 points. On the table of contents page in the student's journal, the student will report the number of chapels viewed, plus one copy of the Chapel Interaction Form for each chapel or special lecture viewed. You will find templates for each of these Interaction Forms at the end of the Journal Template file. The total number of points may be reduced if the Chapel

Interaction Forms do not contain sufficient information.

Forums

Each student must participate in four forum discussions, which may be found on Canvas. Each forum discussion is worth 3%, for a total of 12% (or 12 out of a possible 100 points) of the final grade. Students must submit an initial post (150–300 words) in response to the prompt. One meaningful response to a fellow student (75–150) words is also required. Initial post (2 points) + Follow up post (1 point) = a maximum of 3 points per forum.

Journal (See Appendix 1 and Appendix 2)

Each student must keep a journal throughout the term. See the chapter on “Journaling” in *Spiritual Disciplines for the Christian Life* for general guidelines. This journal will include eighteen “Scripture” or “Life” entries, ten “Designated” entries, a record of your meetings with your accountability partner (see Accountability Meeting Guidelines for more information about this), a record of your viewing of chapel services, and a place to state whether or not you read each required book. Journals received after the due date and time will be marked down five points per day. Due at the end of the semester.

Class/Conference Attendance and Lecture Videos

Due to this being a conference course, attendance for on-campus lectures and all conference sessions are mandatory. Failure to attend will result in a failing grade for the course. Students unable to secure conference registration will not be able to take the course. Online lectures will be posted to cover the majority of course material. Lectures must be viewed in their entirety. Failure to do so will result in a failing grade for the course.

Books of the Bible Quiz

This quiz must be taken by the student before the deadline assigned by the professor on the Canvas page for the course. The student will be responsible to write out **(1)** the names of the books of the Bible in order (and correctly spelled), **(2)** the Ten Commandments (short version,¹ and in order), and **(3)** the text of 1 Timothy 4:7b and 4:16 (noting which translation you are quoting). This assignment must be written *by hand* (to ensure that the student learns to spell the books of the Bible and doesn’t take advantage of a computer’s spell-checker), and uploaded to Canvas. (Remember to keep your hard copy in case the submission doesn’t arrive.) The student should take the

¹ By “short version,” this means the student is required to write, for the Tenth Commandment for example, “You shall not covet,” and does not have to write, “You shall not covet your neighbor’s house; you shall not covet your neighbor’s wife,” etc.

entire quiz in one sitting and complete the quiz in less than twenty (20) minutes. Students unable to write the quiz by hand may do so with a keyboard, but must disable any auto-correct features and certify that they did not change the spelling of their entries once they were made or take any advantage of spelling helps provided by the computer. Please direct questions regarding the exam to the Garrett Fellow first. As with all work, the student should include the affirmation of academic integrity that is recorded below.

Extra Credit

Extra credit options. If the student completes one or more of the extra credit opportunities, he/she must report in his/her journal what work he/she has accomplished in order to receive credit for the work. Please see the Extra Credit Guidelines file for more information.

Honor Code

According to seminary protocol, "All students are required to affirm their academic integrity when submitting all course work with the following statement, signed by the student: *On my honor, I have neither given nor taken improper assistance in completing this assignment.*" This statement and signature should appear on the final page of each assignment submitted. Throughout this class, your typed full name will count as your signature.

Grade	Percentage	Points
A	97-100	4.0
A-	95-96	3.7
B+	93-94	3.3
B	89-92	3.0
B-	87-88	2.7
C+	84-86	2.3
C	80-83	2.0
C-	77-79	1.7
D+	75-76	1.3
D	72-74	1.0
D-	70-71	0.7
F	0-69	0.0
WP	Withdrew Passing	
WF	Withdrew Failing	
I	Incomplete	

GRADING SCALE

Journal	75%
Chapel	8%
Forums	12%
Books of the Bible Quiz	5%
Total	100%

TECHNOLOGY REQUIREMENTS

- A computer with basic internet access will be needed for this course
- If you need technical support during this course, please email or call Campus Technology (helpdesk@sbts.edu) or visit <http://www.sbts.edu/online/current-students/technical-support/> for more contact information.

EXPECTATION OF STUDENTS

Email: Students are expected to check their SBTS email accounts at least twice a week throughout the semester. This is necessary to stay up to date on pertinent class communication and updates.

Acceptable Document Formats: Upload documents as either PDF or Word Doc (.doc or .docx) only.

ONLINE COURSE POLICIES

Late Work: Points received for any late assignment will be radically reduced by 50%, and it is unlikely that the student will receive a final grade above C. Unless every assignment is completed, you will receive a failing grade for the course.

Respect for Divergent Viewpoints: Students and faculty are to show appropriate respect for each other even when divergent viewpoints are expressed through class assignments and discussion boards. Such respect does not require agreement with or acceptance of divergent viewpoints.

Plagiarism and Cheating: Students who pass off ideas or words of another person as their own without crediting the source are guilty of intellectual property theft or literary theft better known as plagiarism. Students who conduct any part of their participation in the course in a fraudulent or deceptive manner are guilty of cheating. Students caught in either of these acts of academic misconduct will be reported to the Dean of Students, resulting in

disciplinary action up to and including failing the course and academic dismissal.

Special Needs: As an institution, we strive to work with students and any challenges they face to the full degree possible. If there are any physical or mental challenges that might need special accommodation, please contact the instructor prior to or on the first day of class.

Grievances and Grade Disputes: If a student has a concern about a grade that he or she received, the student is expected to request clarification from instructor via. If the student still has significant concern, he or she may contact the Dean of the School of Theology.