

**Wesley Theological Seminary Course of Study  
Online**

**January 21-22 and February 18-19, 2022**

**CS123 Formation and Discipleship**  
**Instructor: Rev. Dr. Sarah Mount Elewononi**  
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**Course Description**

This course grounds the student in the theology and core practices of a Wesleyan approach to personal and congregational formation and discipleship.

**Objectives**

Students will be able to:

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

**Required Texts**

1. Dick, Dan R. and Barbara R. *Dick, Equipped for Every Good Work*
2. Wimberly and Park, *In Search of Wisdom: Faith formation in the Black Church*
3. Thompson, Marjorie, *Soul Feast*

**Registration Deadline** December 1, 2021

**Program Schedule**

1. **Complete Formation and Discipleship Form** – by December 1, 2021
2. **Watch videos** on Blackboard introducing Safe Harbor, the Revised General Rules and Sarah’s revised Wesleyan method of formation and discipleship
3. **Safe Harbor weekly worship and prayer meeting**
  - a. **Safe Harbor Groups** You will be formed into small groups of 3 called, and have an introductory video meeting between December 1 and 5. You will then meet by video (or phone conference if necessary) for 30 minutes at a mutually agreed upon time each week starting December 5. The group may change the time from week to week, or skip one week and meet twice the next (to accommodate Christmas plans and vacations) but please make every effort to meet for 30 minutes on each topic.
  - b. **Worship** Each week find 30 minutes to worship on your own using the assigned Safe Harbor worship video before your group meets. In preparation for worship each week, take some time to journal about the “self-examination” questions in the margins of page 60 of *Soul Feast*. Heed Thompson’s advice for “During

Worship” (p. 60-63). Feel free to communicate your needs to the professor, as suggested in “Beyond Worship (p. 63).

- c. **Meet in your Safe Harbor group** to share how the worship theme connects to your life, describe how you sense God at work, and pray for one another.
- d. Dr. Elewononi (the Cyber Circuit Rider) will meet with each group the first week, and rotate over the groups in subsequent weeks. The theme for each week will be built upon the verbs of Baptism Tai Chi
  - i. Week 1 Renounce
  - ii. Week 2 Reject
  - iii. Week 3 Repent
  - iv. Week 4 Accept
  - v. Week 5 Resist
  - vi. Week 6 Confess/Profess
  - vii. Week 7 Trust

Use the Safe Harbor Experience chart to make notes about each meeting, how you felt, what needs are being met and what needs are still unmet.

4. **Soul Feast Experiment** Read the introduction and chapter 1 of *Soul Feast* carefully. Watch *Soul Feast* video(s) on Blackboard. Then quickly read over the following chapters one time through.
  - a. Chapter 2 Spiritual Reading
  - b. Chapter 3 Prayer
  - c. Chapter 5 Ceasing
  - d. Chapter 6 Fasting
  - e. Chapter 7 Examination
  - f. Chapter 9 Hospitality

Pick one new practice or try a familiar practice in a new way. Build time each week of the course to try one or more of Thompson’s suggestions. Use the *Soul Feast* Experiment chart to make notes about how this practice affects you.

5. Meet as a class January 22 – 10:00-11:30 am by Zoom
6. Safe Harbor Weekly Discussions Continue...
  - i. Week 8 Serve
  - ii. Week 9 Unite
  - iii. Week 10 Remain
  - iv. Week 11 Present
7. Meet as a class February 19 -10:00-11:30 am by Zoom

### **Assignments (total of 20 pages)**

These assignments are meant to assess where you are in your own formation and discipleship practices, present and exhort you to take up spiritual practices (if not new, then trying some in a new way), consider the content of the books and video presentations, and THEN let your brain process what you are encountering through discussion and short written assignments. We are doing all of this in the context of a supportive community of faith who intentionally aligns our work with the saving work of God.

**Complete Formation and Discipleship form**

counts as 2 pages

Read over the needs sheet – meditate on which needs you most hope this course will meet for you. Answer the questions in the form.

**Due December 1**

### **Discover Your Spirituality Type**

Read Chapter 4 of *Equipped for Every Good Work* p. 73-79 and reflect carefully on each type.

Watch Spirituality Type Video on Blackboard

Report which type describes you best.

Be ready to share your type is with your Safe Harbor group during week 3 - Repent.

**Due December 19**

### **Discover Your Spiritual Gifts**

Use the Spiritual Gifts Questions video on Blackboard to fill out your Inventory Score Sheet.

Report your primary and secondary spiritual gifts with their scores

Read the Introduction, Chapters 1 and 2 of *Equipped for Every Good Work*

Watch Spiritual Gifts video on Blackboard.

Be ready to share your spiritual gifts with your Safe Harbor group during week 6 – Confess. **Due January 9**

### **Affirm Your Task Type Preference**

Complete the Task Type form and report your score.

Read Chapter 5 of *Equipped for Every Good Work*

Watch the Task Type video on Blackboard

Be ready to share your task type preference with your Safe Harbor group during week 7 – Serve

**Due January 16**

### **Wisdom Essay 1**

3 pages

Read Chapters 1-4 of *In Search of Wisdom*.

Watch video(s) about *In Search of Wisdom* on Blackboard.

Pick one chapter and write about what you have learned about the Black Church and how you and your congregation could benefit by the wisdom presented by the author. **Due January 21**

### **Discover Your Leadership/Interaction Styles**

Read Chapter 3 of *Equipped for Every Good Work*

Watch Leadership/Interaction videos

Take your time discerning your type and report it.

Be ready to share your style with your Safe Harbors group during week 8 - Unite

**Due January 30**

### **Soul Feast Experiment Report**

3 pages

Use the notes from your *Soul Feast* Experiment Chart. Describe your experience. Did it change over time? Did you alter the practice over time? Did it help you feel more or less connected to God? More or less connected to other people? What did you learn? **Due February 18**

### **Companions on the Journey**

3 pages

Read chapter 8 of *Soul Feast*. Use the notes from your Safe Harbor Experience chart and write about how your experience in your Safe Harbor Group was like and/or unlike having a spiritual director as Thompson describes the relationship. As pastor what can you apply to forming small groups in your appointment context? What work of God might be best reserved for one-on-one Spiritual Direction? **Due February 18**

### **Develop a Rule of Life**

1 page

Read Chapter 10 of *Soul Feast* and consider the rest of the book. Make an outline of a rule of life that you would like to keep at this stage of your spiritual journey. **Due February 18**

### **Wisdom Essay 2**

3pages

Read Chapters 5-9 of *In Search of Wisdom*.

Watch video(s) about *In Search of Wisdom* on Blackboard.

Pick one chapter and write about what you have learned about the Black Church and how you and your congregation could benefit by the wisdom presented by the author. **Due February 18**

### **Equipped for Every Good Work**

2 pages

Now that you have discerned your four profile pieces, read or re-read all of this book. Write a newsletter article to your particular congregation introducing this process and highlighting the benefits of discovering each member's profile, and how that might energize the congregation for effective ministry. **Due February 18**

### **Promote Spiritual Disciplines**

3 pages

Write a newsletter article for your congregation that summarize how spiritual disciplines serve as means of grace within the Wesleyan tradition, and invite them to form one or more new small groups that follow the general rules and help one another along the Way of Salvation.