

Wesley Theological Seminary
COS 123 Formation and Discipleship
June (Asynchronously via Blackboard) & July 18-22, 1:30 to 3:45 pm via Zoom

Instructor: Rev. Dr. David Cooke, PO Box 296, Findley Lake, NY 14736
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Description & Objectives:

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

Upon completion of this course, students will be able 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 of Christian formation
4. Organize congregations to help people discern their calling and gifts for ministry

Required Texts:

Foster, Richard. *Celebration of Discipline: The Path to Spiritual Growth*.

Matthaei, Sondra. *Formation in Faith: The Congregational Ministry of Making Disciples*.

Thompson, Marjorie. *Soul Feast: An Invitation to the Christian Spiritual Life*.

Course Outline:

- 1.) The definitions and theological foundation of spiritual formation and discipleship
- 2.) A Wesleyan understanding and approach to spiritual growth for individuals and groups
- 3.) The Rule of Life: Developing daily, weekly, and annual rhythms
- 4.) Making disciples in the local church who understand their calling and gifts

Grading, Expectations, and Written Assignments:

Participation via Blackboard & Zoom: 10% of final grade

Students are expected to participate, asynchronously, throughout the month of June. The instructor will post questions, videos, and other materials each week. Students are expected to contribute regularly by posting thoughtful comments and responses. Students are also required to participate in Zoom sessions, July 18-22, from 1:30-3:45 pm.

Pre-Class Book Reflection Papers (3 papers in one six-page document): 20% of final grade

Write a reflection paper, two pages in length, on each of the required texts above. What touched you? Where do you agree and disagree with the author? How would you like to incorporate what you have read into your life and ministry?

***Write (3) reflection papers, (6 pages total), and email to the instructor as one document, no later than July 16.**

Pre-Class Personal Spiritual Autobiography: 20% of final grade

Write a four-page, personal spiritual autobiography describing your spiritual background and life as a follower of Jesus. How did you come to faith? Who are some of the influential people

throughout your life who helped guide and shape you? How have local churches, para-church ministries, summer camps, and other experiences played a part in your growth as a disciple? How have the highs and lows of your life impacted your walk with God and God's people? What has your journey been like as you have stepped out of your comfort zone in mission and ministry?

***Email your four-page Spiritual Autobiography to the instructor no later than July 16.**

Personal Rule of Life: 20% of final grade

Write a three-page, "Rule of Life," including daily, weekly, and annual practices that will guide your spiritual life and growth as a disciple. Be sure to incorporate new insights you have learned from pre-course reading and class sessions into your paper. As spiritual health encompasses our physical and emotional well-being, and our relationships, be sure to include practices that will contribute to your wholeness and health in these other areas as well.

***Submit your three-page Rule of Life to the instructor via e-mail by August 5, 2022.**

Congregational Disciple-Making Plan: 30% of final grade

Write a five-page, congregational plan for making disciples.

Make sure to address the following in your paper:

What is your biblical and theological understanding of spiritual formation and discipleship?

What practices, groups, classes, and other experiences will be a part of your plan for making disciples in a local church context.

How will you evaluate fruitfulness and faithfulness?

What is your vision for a spiritually healthy and growing congregation?

***Submit Disciple-Making Plan to the instructor via e-mail by August 5, 2022.**

Grading

Pre-Class Reflection Papers	20%
Pre-Class Spiritual Autobiography	20%
Rule of Life	20%
Disciple-Making Plan	30%
Class Participation	10%

Evaluation

	A	93-100	A-	90-92	
B+	88-89	B	83-87	B-	80-82
C+	78-79	C	73-77	C-	70-72
	F	69 or below			

Plagiarism of any type is not permitted and a grade of "F" will be given. Assignments should be typed, double-spaced, in 12-point *Times New Roman* font, using one-inch margins.

COURSE SCHEDULE

The course will meet asynchronously via Blackboard in June. Students are expected to check Blackboard regularly, and post responses to demonstrate engagement with course material.

Class Sessions will be held via Zoom, July 18-22, from 1:30 to 3:45 pm each day.