

PERKINS REGIONAL COURSE OF STUDY SCHOOL
COS 123 - Formation and Discipleship

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

Instructor: Jami Moss

Email: study2approve@gmail.com

Objective:

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 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.

Textbooks:

1. *As if the Heart Mattered: A Wesleyan Spirituality* by Gregory S. Clapper, 2014, Wipf and Stock (available at Amazon and at Publisher's web sites).
2. *Developing a Discipleship System: A Guide for Congregations* (available at www.seeallthepeople.org, One free download per church. Additional copies available at a cost of \$9.99).
3. *Formation in Faith* by Sondra Matthaei, 2008, Abingdon Press.
4. *Soul Feast: An Invitation to the Christian Spiritual Life* by Marjorie J. Thompson, 2005, Westminster John Knox Press.
5. *Three Simple Rules* by Rueben P. Job, 2009, Providence House Publishers.

Grading Scale (in points):

Grade Scale:

A = 90-100, B = 80-89, C = 70-79, D = 60-69, F = 59 or below

Written assignments, presentations, and class discussions should reflect student engagement with the content of the course. Assignments will be graded based on both content and form.

Rubric:

Assignment:

Papers

Content:

Meets assignment guidelines

Articulates and thoughtfully develops answers to questions

Focused and well organized

Structure:

Clearly expressed points with minimal grammatical errors

Follows the format

Assignment:

Group Project

Content:

Meets assignment objective

Develops age appropriate curriculum

Develops age appropriate lesson plans

Focused on a developmental objective

Well organized

Structure:

Clearly expressed points throughout the curriculum

Assignments:

Attendance and Class participation:

10 points

Paper:

Pre-Class assignments to be submitted by email to study2approve@gmail.com

25 points

Group Project:

The project will be worth 40 points

Design curriculum for a group

Or

Write a paper discussing the organizational system within the UMC that helps people discern their callings and gifts for ministry.

Class participation and attendance will be assessed throughout the class

10 points

Pre Class Assignment (due September 25, 2021) submission to study2approve@gmail.com:

Paper (5 pages)

After reading “*As if the Heart Mattered*,” please answer a minimum of three of the following questions:

1. Have you ever tried to provide the opportunity for someone else to encounter God’s holiness? Explain how, and in what way, this occurred. How might you more intentionally seek to make God’s holiness obvious to others?
2. Discuss the means of grace and how they aid in achieving holiness.
3. How do you go about encountering the holy in the everyday and the ordinary?
4. Discuss what the world’s meaning of love compared to the New Testament understanding of love.
5. Discuss the purpose of Scripture in the life of the Christian.

Pre Class Assignment (due September 25, 2021) submission to study2approve@gmail.com:

Paper (5 pages)

After reading “*Soul Feast*,” please answer the following a minimum of three of the following questions:

1. Discuss the differences between reading to be transformed and reading to be informed. Describe the benefits of each. How have you employed both?
2. Discuss communication in prayer. Include honesty in prayer, what you believe regarding Psalms as an expression of emotion in prayer, and how honesty or dishonesty might affect someone’s spiritual journey.
3. Discuss what makes it difficult to rest in our culture. Do you find it difficult to keep Sabbath? If not, or if so, discuss the reasons.
4. Describe spiritual disciplines and what they mean to you. How and why are they important?
5. Discuss the various styles of spiritual direction. Which do you feel more comfortable with?

Group Project (Outline Due October 16, 2021):

After reading “*Formation in Faith*” and “*Developing an Intentional Discipleship System: A Guide for Congregations*” intentionally develop in detail one of the following for your setting:

- A five-day Vacation Bible School curriculum
- A four-week youth Bible study curriculum
- An eight-week adult Bible study curriculum

In addition, create a lesson plan for each day of the curriculum. The lesson plan should include Scripture, talking points, questions, volunteer instruction, and material for each day of events.

Choose one of the options listed above and create a curriculum for your church setting.

The Vacation Bible School curriculum should be written for Elementary aged students. The five-day curriculum will include:

- A biblically based lesson plan (for volunteers to follow)
- List of materials

- Games
- Crafts/Coloring pages
- Timeline

The four-week youth Bible study curriculum can be written for ages as follows:

- 10 - 12 years of age
- 13 - 15 years of age
- 16 -18 years of age

The four-week youth Bible study curriculum will include:

- A biblically based lesson plan (for volunteers to follow)
- List of materials
- Icebreakers (games)
- Timeline

Each day's curriculum should only be one hour in length. The four-week youth Bible study and the eight-week adult Bible study are four or eight days, respectively.

For example, the eight-week adult Bible study will be eight days for eight successive weeks totaling eight hours. Each of the eight plans will include the following:

- Scripture
- Teaching objective
- Timeline (limit one hour)
- Materials needed
- Discussion questions

Groups will be assigned the first-class session

Or write a paper

Paper (10 pages):

Write a ten-page paper discussing how the organizational system of the United Methodist Church guides people through the discernment process and acceptance of their calling. Explain how this system equips and offers opportunities for them to use their gifts in ministry. In addition, discuss useful tips from a minimum of two authors regarding self-care and spiritual development for others.

The paper will be an individual project. The curriculum project will be the only group effort.

Read Three Simple Rules for class discussion on November 21, 2021

Projects or Paper will be presented in class, November 20, 2021

Course Outline:

September 17:

Class Discussion

As if the Heart Matters

Soul Feast

Project/Paper Research

Groups assigned

October

Class Discussion

Faith in Formation

Developing a Discipleship System: A Guide for Congregations

Project/Paper Research

Draft due at the end of class

November

Class Discussion

Three Simple Rules

Project/Paper Presentations