American Baptist Churches of New York State
Lay Study Program

SPIRITUAL DEVELOPMENT

A Brief Course Description

Spiritual Development is the process of growing in our faith and practice and is fundamental to Christian leadership. Through journals, sharing of experiences, and the writing of a paper, the student will learn of many factors involved in the development of his/her spiritual life.

Expected Outcomes

The main hoped-for outcome of this class will be the regular and faithful practice of spiritual disciplines. Additionally, each student should gain a better understanding of various spiritual disciplines within the scope of Christian practice. Spiritual development involves the regular practice of personal disciplines. Through journaling and sharing of experiences, added to the practice of disciplines, the student should be able to look back and see where spiritual growth has occurred in his/her life.

Class Expectations

There will be two writing projects involved in this course: (1) Students will keep a journal of faith activity, responses and discoveries to help in measuring their own spiritual growth and development. Students will share appropriate selections from their journals at each class; (2) Students will be required to submit a research paper on some aspect of spiritual life. The format of this paper will be described in the syllabus. Active participation through sharing is mandatory for this experiential study.

The expectation is there will be 20 hours of class time. The course is usually set up as ten classes which are two hours long. A short break may be included in the middle of the class time. Classes may be designed to include a variety of learning experiences, including but not limited to: interactive lectures, presentations, and group discussions. Modifications to this structure may be done at the discretion of the instructor.

Suggested Resources

Celebration of Discipline by Richard J. Foster. Harper Collins, 1998.
List of Spiritual Disciplines, included with class syllabus.
Bible

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