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PT 522 – REFORMED SPIRITUALITY  
WESTMINSTER SEMINARY CALIFORNIA  
Fall 2025

A. Craig Troxel  
actroxel@wscal.edu

Tuesday, 6:00 p.m.  
Chapel

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## Course Description

The purpose of this course is to acquaint you with the distinctive aspects of Reformed spirituality as it compares with the piety that dominates much of contemporary evangelicalism and post-modern spirituality. Ultimately the goal of the course is to encourage you toward greater communion with God in faith and life.

The class seeks to fulfill the following of WSC's "Student Learning Outcomes" for the M.Div.:  
*"Exhibits and/or reports growing integrity, teachability, humility, perseverance, self-discipline."*

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## Course Requirements

- A. Readings & Quizzes - **50%** of final grade
1. Readings, which are on Populi, are assigned each week (see Course Outline below)
  2. Quizzes are on the readings and will be posted following the last class of each section (Sep 23, Oct 21, Nov 11, Dec 2), and are due within 24 hours. All quizzes are open book.
- B. Written Assignment (choose one of the following) - **50%** of final grade
1. Option #1: Journal - due **Dec 2**
    - a. Keep a journal of spiritual reflections, meditations and prayers, **five** days a week, Sep 16-Nov 25.
    - b. Many Puritan and reformed luminaries observed this practice of spiritual reflection. You are free to do this however you wish (see Populi—"Resources" folder on "Files" page, for two readings that explain how journaling can been done). I will not read it; you will only show it to me.
  2. Option #2: Outline a Classic - due **Dec 2**
    - a. Prepare an outline for one of the following classics in Reformed spirituality:

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|---|--|
| William Bridge, <i>Lifting Up for the Downcast</i><br>Th. Brooks, <i>Precious Remedies Against Satan's Devices</i><br>John Bunyan, <i>The Pilgrim's Progress</i><br>Jer Burroughs, <i>The Rare Jewel of Christian Contentment</i><br>Jonathan Edwards, <i>Charity and its Fruits</i><br>John Flavel, <i>Keeping the Heart (Works 5.417-509)</i> | Thomas Goodwin, <i>The Heart of Christ</i><br>William Guthrie, <i>The Christian's Great Interest</i><br>John Owen, <i>Communion with God</i><br>-----, <i>Mortification of Sin</i><br>Richard Sibbes, <i>The Bruised Reed</i><br>Thomas Watson, <i>All Things For Good</i> |
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    - b. Your outline should be sufficiently detailed that it can function as a study guide (e.g., useful for leading a group discussion on the book). Thus, it cannot be a mere skeleton of terse headings. Each line should contain an idea (ideally a phrase or sentence) that helps you trace the flow of the author's thought. Somewhere between 7-12 pages will probably do it.

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## Course Outline & Readings

### PILGRIMS IN THE WILDERNESS

|                                   | <i>Topic</i>              | <i>Readings</i>  |
|-----------------------------------|---------------------------|--|
| 1<br><b>Sep 9</b>                 | Pilgrimage                | Hughes Old, "What is Reformed Spirituality?"<br>Jn Calvin, <i>Institutes</i> (1541) Ch. 17 "The Christian Life" (785-791)  |
| 2<br><b>Sep 16</b>                | Sanctification<br>(Cause) | Sinclair Ferguson, "The Reformed View"<br>Sinclair Ferguson, <i>Devoted to God</i> Ch. 3 "Prepositions of Grace" (55-69)   |
| 3<br><b>Sep 23</b><br><i>Quiz</i> | Sanctification<br>(Means) | Richard Gaffin, "The Usefulness of the Cross" (228-46)<br>Campegius Vitringa, "Self-Denial" (43-53); "Cross-Bearing" (55-57)<br>Thomas Chalmers, "The Expulsive Power of a New Affection"<br>Jn Calvin, <i>Institutes</i> (1541) - Ch. 17 "The Christian Life" (792-810) |

### OASIS IN THE WILDERNESS

|                                   |                 |   |
|-----------------------------------|-----------------|---|
| 4<br><b>Sep 30</b>                | People          | John Muether, "Evangelicalism & Triumph of New School" (339-347)<br>Dietrich Bonhoeffer, <i>Life Together</i> , "Community" (17-39)<br>John Calvin, <i>Institutes</i> 4.1   |
| <b>Oct 7</b>                      | <i>no class</i> |   |
| 5<br><b>Oct 14</b>                | The Lord's Day  | William Still, "Thirty-Eight Years at Gilcomston"<br>Richard Gaffin, "A Sabbath Rest Still Awaits the People of God"<br>John Murray, "Sabbath Institution"  |
| 6<br><b>Oct 21</b><br><i>Quiz</i> | Worship         | T. David Gordon, "Some Answers about the Regulative Principle"<br>D.G. Hart, "Post-Modern Evangelical Worship"<br>Gordon Lathrop, "New Pentecost of Joseph's Britches?"<br>Westminster Directory for Family Worship |

### MANNA IN THE WILDERNESS

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|-----------------------------------|------------|--|
| 7<br><b>Oct 28</b>                | Word       | Tom Wells, "The Two Roads" (144-154)<br>Stanley Hauerwas, "Preaching as Though We Had Enemies"<br><i>Second Helvetic Confession</i> , Chs 17,18; WSC #85,88–97 (Means of Grace)                                      |
| 8<br><b>Nov 4</b>                 | Sacraments | John Calvin, <i>Institutes</i> 4.3,15,17<br>B. A. Gerrish, "John Calvin & Reformed Doctrine of the Lord's Supper"<br>Abraham Kuyper, "Antithesis between Symbolism and Revelation"<br>B.B. Warfield, "Sacerdotalism" |
| 9<br><b>Nov 11</b><br><i>Quiz</i> | Prayer     | WSC #98–107 (Prayer & Lord's Prayer)<br>Ole Hallesby, "What Prayer Is"<br>Campegius Vitringa, <i>Spiritual Life</i> "Prayer & Word of God" (113-122)   |

### CALLINGS IN THE WILDERNESS

|                                   |                                     |   |
|-----------------------------------|-------------------------------------|---|
| 10<br><b>Nov 18</b>               | Meditation &<br>Heavenly-Mindedness | Wilhelmus á Brakel, "Watchfulness" (11-17), "Spiritual Meditation" (25-30)<br>John Calvin, <i>Institutes</i> (1541) - Ch. 17 "The Christian Life" (810-822)<br>John Owen, <i>Spiritual Mindedness</i> – Chs. 1,2 (1-14) |
| 11<br><b>Nov 25</b>               | Vocation                            | Gilbert Meilander, "The Everyday C.S. Lewis"<br>John Calvin, <i>Institutes</i> , 3.19<br>Calvin Van Reken, "Pilgrims or Settlers?" (234-256)  |
| 12<br><b>Dec 2</b><br><i>Quiz</i> | Providence<br>(Suffering)           | Richard Gaffin, "Theonomy and Eschatology" (197-224)  |

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## Course Evaluation

### A. Grades - All assignments are required

1. Weekly Readings & Quizzes                    50% of final grade
2. Written Assignment                                50% of final grade
3. Attendance is required. Unexcused absences will result in a penalty to your *final* grade.

### B. Late work

Late work will not be accepted for this course and will receive an “F” for a grade. The only exception is when the unforeseen happens. In such cases, let me know as soon as possible *why* you must turn your work in late and we will find an agreeable time for you turn it in. Contacting me afterwards does not count.

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## Course Bibliography

Wilhelmus á Brakel, *The Christian’s Reasonable Service*, 4 volumes (Soli Deo Gloria, 1992)

Dietrich Bonhoeffer, *Life Together* (HarperOne, 2009), 17-39

John Calvin, *Institutes of the Christian Religion* (1541, reprint Banner of Truth, 2016)

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Sinclair B. Ferguson, “The Reformed View” (in *Christian Spirituality: Five Views of Sanctification*) 47-74

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B. A. Gerrish, “John Calvin and the Reformed Doctrine of the Lord’s Supper,” *McCormick Quarterly* 22 (Jan. 1969) 85-98.

T. David Gordon, “Some Answers about the Regulative Principle,” *WTJ* 55 (Fall 1993) 321-329.

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Hart, D. G., “Post-Modern Evangelical Worship,” *Calvin Theological Journal* 30 (1995) 451-59.

Stanley Hauerwas, “Preaching as Though We Had Enemies,” *First Things* 53 (May 1995) 45-49

Abraham Kuyper, *The Antithesis between Symbolism and Revelation* (Edinburgh, 1898).

Gordon Lathrop, “New Pentecost or Joseph’s Britches? Reflections on the History and Meaning of the Worship Ordo in the Megachurches,” *Worship* 72 (1998): 521-538.

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- J. Gresham Machen, “The Responsibility of the Church in our New Age” in: *What is Christianity?* ed. Ned B. Stonehouse (Grand Rapids: Eerdmans, 1951), 272-287; or, *Selected Shorter Writings: J. Gresham Machen* (Phillipsburg, NJ: P & R, 2004), 364-376.
- Gilbert Meilander, “The Everyday C. S. Lewis,” *First Things* 85 (Aug/Sept 1998) 27-33.
- John R. Muether, “Contemporary Evangelicalism and the Triumph of the New School,” *Westminster Theological Journal* 339-347.
- John R. Muether, “The Sabbath and OPC Identity,” in *Perspectives: A Pre-Assembly Conference Commemorating the 60<sup>th</sup> Anniversary of the OPC* (Committee for the Historian, 1997), 55-77.
- Richard Muller, “How Many Points?” *Cahin Theological Journal* 28 (1993): 425-433.
- John Murray, “The Sabbath Institution,” in *The Collected Writings of John Murray*, Vol. 1 (Edinburgh: Banner of Truth, 1977), Ch. 28.
- Hughes Oliphant Old, “What is Reformed Spirituality?” *Perspectives* (Jan. 1994) 8-10.
- John Owen, *The Mortification of Sin* - abridged by Richard Rushing (Banner of Truth, 2022)
- , *Spiritual Mindedness* - abridged by R.J.K. Law (Banner of Truth, 2009)
- William Still, “Thirty-Eight Years at Gilcomston,” *Banner of Truth* 244 (Jan 1984) 8-16.
- Gene Edward Veith, Jr., *Postmodern Times*, Ch. 11, “Spirituality Without Truth” (Wheaton, IL: Crossway Books, 1994), 191-207.
- Calvin P. Van Reken, “Christians in This World: Pilgrims or Settlers?” *CTJ* 43:2 (Nov. 2008), 234-256.
- David Wells, *Above All Earthly Powers*, Ch. 4, “Christ in a Spiritual World,” pp.125-154.
- Campegius Vitrunga, *The Spiritual Life*, transl., Charles Telfer (Reformation Heritage Books, 2018).
- Benjamin B. Warfield, “Sacerdotalism,” *The Plan of Salvation* (Simpson, 1989).
- Thomas Watson, *Heaven Taken By Storm* (, ) Appendix: “How We May Read the Scriptures with Most Spiritual Profit” 113-129
- Westminster Assembly, *Directory for Family Worship*, and *Directory for the Publick Worship of God*, in Publications Committee of the Free Presbyterian Church of Scotland, *Confession of Faith* (Inverness, 1970).
- Tom Wells, *Faith: The Gift of God* (Banner of Truth, 1988)