

PMN 100N GPA

Goals, Priorities, and Attitudes

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MISSION STATEMENT

Saint Louis Christian College pursues excellence in the Word and develops servant-leaders for urban, suburban, rural and global ministry.

COURSE DESCRIPTION

This course is an opportunity for students to 1) develop personal and career goals, 2) set priorities within these goals, 3) build the attitudes and self-concept that will allow these goals and priorities to be realized, and 4) learn the spiritual disciplines that will enhance Christian living and attitudes.

COURSE OBJECTIVES

The student will:

1. Understand his/her present goals, priorities and attitudes as they affect important areas of life.
2. Discover his/her underlying value system and how it affects work and home life.
3. Work through and write out a personal mission statement.
4. Develop a set of goals relating to spiritual issues, work habits and ethics, and personal and relational life changes.
5. Write out a set of priorities to clarify their goals, change their attitudes and clarify their priorities.

6. Understand the nature and effects of how stress affects them and the means by which their stress might be managed.
7. Understand the Spiritual Disciplines and the affect they have on the student's spiritual life and relationship.

TEXTS

Foster, Richard J. Celebration of Discipline, The Path to Spiritual Growth. Revised Edition. New York, NY: Harper Collins Publishers, 1988.

Willard, Dallas. Hearing God: Developing a Conversational Relationship with God. 3rd ed. Downers Grove, IL: InterVarsity Press, 1999.

A Daily Reading of the corresponding chapter in Proverbs to the day of the Month:
Example—Read Chapter 1 of Proverbs on Oct. 1, or the Chapter 28 on the 28th day of September.

READING ASSIGNMENTS

Week	Hearing God	Celebration of Discipline
1	Chapter 1 – A Paradox About Hearing God Chapter 2 – Guidelines for Hearing God	Chapter 1 – The Spiritual Disciplines Chapter 2 – Meditation Chapter 3 – Prayer
2	Chapter 3 – Never Alone Chapter 4 – Our Communicating Cosmos	Chapter 4 – Fasting Chapter 5 – Study Chapter 6 – Simplicity
3	Chapter 5 – The Still Small Voice & Its Rivals Chapter 6 – The Word of God & the Rule of God	Chapter 7 – Solitude Chapter 8 – Submission Chapter 9 – Service
4	Chapter 7 – Redemption Through the Word of God Chapter 8 – Recognizing the Voice of God	Chapter 10 – Confession Chapter 11 – Worship
5	Chapter 9 – A Life More Than Guidance Epilogue – The Way of the Burning Heart	Chapter 12 – Guidance Chapter 13 – Celebration

STUDENT ASSIGNMENTS AND HAND IN MATERIALS

1. All papers should be typed, unless the student has no opportunity to do so, using, the Times New Romans #12 font and double spaced between lines. If the student hands in hand-written materials, it must be legible or it will not be accepted.
2. Footnotes are necessary in essays and research material using the MLA Handbook sections B.1.1-9 and 5.5 on pages 268-285.
3. Title pages are required on all essays and research work. See attached SLCC format.
4. The First Page of A Research Paper and the First Page of List of Works Cited must be followed in MLA Manual pages 292-293.
5. Papers are to be written in either an essay or a Research Paper focus.
 - a. An **Essay** is an opinion paper that you the writer present from an idea, opinion or view, and discuss either a pro or con position, or both, presenting your view clearly and strongly.
 - b. A **Research Paper** takes an idea, opinion, concept, or view and presents research showing the position taken by the sources with footnotes and accurate quotes. The work concludes with the student's evaluation the materials in a pro or con position of the research done. There must be footnotes and a works cited page according to the MLA Manual pages 292-293.
6. Weekly assignments will include a two-to-three page essay based on the reading assignment. The essay will be based on your gleanings, thinking about, and applying what you gained from the material.

Student Assignments – Week One

(DUE AT THE BEGINNING OF FIRST CLASS SESSION)

Start reading daily devotions in the chapter of Proverbs the day of the month this class begins and read each day the chapter corresponding to the day of the month. Begin looking to see the important issues rather than running after the urgent matters.

HEARING GOD

Study the assigned reading and utilize the questions over each chapter from your understanding, application, and value to write a two-to-three page essay. Do not quote or just answer the questions over each chapter, but rather, use these questions to draw your evaluations of the material in terms of your understating, application, and value as to what you have learned and how you will utilize the material assigned.

Chapter 1 – A Paradox About Hearing God**Chapter 2 – Gospels of Sin Management**

CELEBRATION OF DISCIPLINE

Read and prepare to discuss in class each of the assigned disciplines for the week.

Chapter 1 – The Spiritual Disciplines

1. What is the purpose of the Spiritual Disciplines?
2. What does the author mean by “disciplined grace”? What does he say the concept of “cheap grace” means? With which of these two types of grace are you most familiar?

Chapter 2 – Meditation

1. What is the basic difference between eastern meditation and Christian meditation?
2. What are some of your first reactions to the idea of meditation? What threatens you most about meditation?

Chapter 3 – Prayer

1. Why is it important to view prayer as a learning process?
2. What should we do when we don’t feel like praying?

STUDENT ASSIGNMENTS – WEEK TWO <i>(DUE AT THE BEGINNING OF CLASS)</i>
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HEARING GOD

After reading the assigned material, write a two-to-three page essay on your understanding, application, and value of the material.

Chapter 3 – Never Alone**Chapter 4 – Our Communicating Cosmos**

CELEBRATION OF DISCIPLINE

Read the assigned material and be prepared to discuss each discipline in class.

Chapter 4 – Fasting

1. What is the primary purpose of fasting?
2. How can fasting reveal what controls your life?

Chapter 5 – Study

1. What is study?
2. What are the four steps into study the author describes and which do you believe is the most important in bringing about the goal of the transformation of the individual?
3. Why does study produce joy?

Chapter 6 – Simplicity

1. What are the two aspects of simplicity and why are they both essential?
2. What are the three inward attitudes of simplicity? Of the three, which one do you find the most difficult?
3. What are the ten controlling principles for outward simplicity? Which are the most helpful to you?

STUDENT ASSIGNMENTS – WEEK THREE <i>(DUE AT THE BEGINNING OF CLASS)</i>
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HEARING GOD

After reading the assigned material, write a two-to-three page essay on your understanding, application, and value of the material.

Chapter 5 – The Still Small Voice & Its Rivals**Chapter 6 – The Word of God & the Rule of God**

CELEBRATION OF DISCIPLINE

Read the assigned material and be prepared to discuss each spiritual discipline in class.

Chapter 7 -- Solitude

1. What is the difference between loneliness and solitude?
2. Why do we need both solitude and community for spiritual success?
3. What are the five possible steps in solitude and which one would you find most helpful at this point in your life?

Chapter 8 -- Submission

1. Why was Jesus' teaching on submission so revolutionary?
2. What do you think it means to be in submission to the ways of God?
3. How have you observed the discipline of submission abused?

Chapter 9 – Service

1. If the towel is the sign of service, how can that sign be manifested in 20th century culture?
2. When should you say “no” to the demands that people place upon your time and attention?

STUDENT ASSIGNMENTS – WEEK FOUR <i>(DUE AT THE BEGINNING OF CLASS)</i>

HEARING GOD

After reading the assigned material, write a two-to-three page essay on your understanding, application, and value of the material

Chapter 7 – Redemption Through the Word of God**Chapter 8 – Recognizing the Voice of God**

CELEBRATION OF DISCIPLINE

Read the assigned material and be prepared to discuss in class each spiritual discipline.

Chapter 10 -- Confession

1. In your own words, describe the theology that lies behind the discipline of confession.
2. What are two or three dangers that could accompany the exercise of the Christian discipline of confession?

Chapter 11 -- Worship

1. Which forms of worship that you have experienced have been especially meaningful to you? Do you have any sense of why these particular forms have been more meaningful than others?
2. Critique the author's rather bold statement that the Bible does not bind us to any universal form of worship. Can you identify any worship forms that should be universally binding upon Christians in all cultures at all times?

Mission Statement Workshop

Complete and hand in a copy of the appendix 1, Mission Statement Workshop, pages 20-24.

STUDENT ASSIGNMENTS – WEEK FIVE <i>(DUE AT THE BEGINNING OF CLASS)</i>

HEARING GOD

After reading the assigned material, write a two-to-three page essay on your understanding, application, and value of the material

Chapter 9 – A Life More Than Guidance**Epilogue – The Way of the Burning Heart**

CELEBRATION OF DISCIPLINE

Read the assigned material and be prepared to discuss each spiritual discipline in class.

Chapter 12 – Guidance

1. What are some of the dangers of corporate guidance and of the audible voice concept that states, “God told me...”?
2. How should the idea of guidance influence the ways in which we carry on business in our churches? If we believed in guidance, how might it change our present church policy?
3. If living in guidance comes mainly through entering into friendship with God so that we know and desire His ways, what should you drop from your life and/or add to your life in order to deepen your intimacy with God and with Christ Jesus?

Chapter 13 – Celebration

1. Why do you think human beings often find celebration so difficult?
2. Do you enjoy God? Giving? Serving? Mundane Things? Problem People?
3. At the close of this study, create a written covenant between you and the Lord.

Mission Statement

Develop and hand in a copy of your Mission Statement.

<p>STUDENT ASSIGNMENTS – FINAL EXAM <i>(DUE ONE WEEK FOLLOWING LAST CLASS)</i></p>
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Choose any one of the thirteen Spiritual Disciplines and write a RESEARCH PAPER. Using three other sources, expanding on Dr. Foster’s particular discipline. The last page is to be devoted to how you will implement this discipline into your life, especially how this will improve your goals, priorities, and attitudes in your life, home, and ministry.

This is a RESEARCH PAPER and must include three sources besides *Celebration of Discipline* by Dr. Richard Foster. It is imperative that footnotes be cited according to the

MLA handbook sections B.1.1-9 and 5.5 on pages 268-285, and that the Title Page and Works Cited pages follow the SLCC format.

This paper must be at least five (5) pages in length and no more than ten (10) pages. It must be typed in Times New Roman font, font size 12, and double-spaced. It is due one week following the last class in the instructor's mailbox.

STUDENT EVALUATION

Students in this course will be evaluated by the College's grading system. You should refer to the Student Handbook or the College Catalog for further details on the grading system. The criteria for determining the student's final grade will be as follows:

1. **(70%) HOMEWORK:** For each assigned reading there is a homework assignment. These assignments are due at the beginning of the class on the session indicated. Homework questions should generally be answered in the evaluation of the assigned reading material. You may give a short explanation for the question, but it is geared for your thoughtful and insightful input. Homework is worth:

ASSIGNMENT	POINTS	MAX POINTS
Five Essays	40 ¹	200
Mission Statement Workshop	50 ¹	50
Draft Mission Statement	50 ¹	50
Final Research Paper	400 ²	400
Learning Journal	100	100

Participation	40	200
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TOTAL	1,000 points
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¹ 10 points deducted for each week late

² 50 points deducted for each week late

2. **(20%) PARTICIPATION:** The instructor will assign a separate grade for this part of the course that will be averaged with other portions of the grade. The criteria will be the quality of the contribution to the class or group. Speaking often without a significant contribution could actually detract from the grade.
3. **(10%) LEARNING JOURNAL:** Quality of comments, insight and extent of learning as reflected in the student's journal. The student is required to write in the journal at the close of each class meeting and may add to it at other times, such as after reading an assignment or completing a homework assignment.

LOGISTICS CHART

HOUR	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
1	Hearing God	Hearing God	Hearing God	Hearing God	Hearing God
2	Overview of the Spiritual Disciplines	Meditation	Prayer	Patterns of Prayer	Patterns of Prayer
3	God's Kingdom	Fasting	Solitude and Simplicity	Service and Confession	Guidance
4	Sin Management	Study	Submission	Worship	Celebration

A LEARNING JOURNAL

Each student will keep a Learning Journal in which they will reflect and record from reading assignments, class lectures and discussions their personal insights. These are to be recorded at the close of each class meeting and may be added to at other times, such as during a reading assignment, paper preparation or insight process. The quality of the comments, insights into oneself, and the extent of learning about oneself and one's own goals, attitudes and priorities, and the effecting of changes are to be reflected in the journal. Yes, this will take discipline—but that is what this class is about. It counts 10% of your final grade (See Page 11 of Syllabus).

Journaling is one of the best ways for adults to reinforce new ideas so they can reflect on the ideas and plan ways to implement the new ideas into their lives. The problem is, most adults do not practice journaling, and thus lose the opportunity journaling provides. The reason most adults do not journal is because they do not know how. For this course, practice using this outline each week to build your journaling skills.

1. Experience:

Select an experience from the homework or from class – something that you have learned, or an idea you were introduced to that was new, and you need more time to think about, or, something that reinforced what you already know.

2. Reflection:

Reflect on this experience – How did it strike you? What feelings, reactions, or reflections do you have? How did others seem to react?

3. Concepts:

Does anything from the reading, or class discussion (or other sources), contribute to your understanding or reaction? I.e., does it reinforce or support your view? Does it move you into the possibility of a new position or expand your current view?

4. Action:

What actions might be necessary because of this experience?

- Any ideas for further study?
- Any actions to take – in life or ministry?

Be specific here – at least outline the “next step.” “As a result of this experience, I need to take the following step” (and then outline the next step).

5. Biblical Reading:

What passages did I read this week and what particular verses spoke to my heart, and what do I need to give attention to during this time of my life.

Do not be a slave to the outline, but do use it as a guide to help you reflect on the class. You will write a journal entry for each week, giving you a total of ten (10) for the class. This assignment is to be typed.

Appendix 1

Mission Statement Workshop

HAVE: RESULTS YOU WANT TO ACHIEVE

Step 1: Make a list of the things you want to have that you feel are important. *Note: Your “haves” may be tangible possessions (e.g. a house) or they may be intangible (e.g. a happy family).*

Step 2: Now go back over the list and identify the five most important with an asterisk.

DO: CONTRIBUTION AND ACCOMPLISHMENTS

“Do” addresses the contributions and accomplishments that tie to your purpose and values. It answers the question, “What am I about?” Think about and respond to the questions below.

1. When I daydream, what do I see myself doing?

2. If I had unlimited time and resources, what would I choose to do?

3. When I look at my work life, which activities do I consider of greatest worth?

4. When I look at my personal life, which activities do I consider of greatest worth?

5. What do I consider to be my most important future contributions to others?

6. What talents do I have, whether developed or undeveloped?

7. Are there things I feel I really should do even though I might have dismissed such thoughts many times before for various reasons? What are they?

BE: LOOK TO AN INFLUENTIAL PERSON

People influence others through their behavior, feelings, and lifestyle. Undoubtedly, a number of people have served as patterns or sources of inspiration for you. The following questions will help you discover the character traits you value the most.

Who are the people who have most influenced your life?

What outstanding characteristics or attributes do you admire in these people?

Which of these qualities do you value enough to include in your personal mission statement?

Project Your Life Forward

Visualize your eighty-sixth birthday. Relax and imagine friends and loved ones as they individually stand to pay tribute to you. These individuals represent the roles you now fulfill in life (i.e. parent, teacher, manager, child, friend, servant). Assume that you have fulfilled these roles to the utmost of your potential.

- What would each person say?
- What difference have you made in their lives?
- What qualities or characteristics will you be remembered for?
- What outstanding contribution would they mention?

Answer these questions, using the following example as a guide, in the spaces provided on the following page.

Your Roles



Jesus



Vicki—sister

Tribute statement person would give

Jesus' tribute: Well done good and faithful servant

Vicki's Tribute: My sister genuinely loved me. She made me laugh and her perseverance inspired me. She was faithful and loved me "no matter what." I saw Jesus living in her.

Identify a minimum of four roles you have. For each role identify a key person and their relationship related to the role. Then write a tribute statement from that person for each role.

Your Roles

Tribute Statement person would give












