

<b>PMN 105N GPA</b>
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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**

Upon successful completion of this course, the learner will:

1. Understand present goals, priorities and attitudes as they affect important areas of life.
2. Discover a personal underlying value system and how it affects work and home life.
3. Develop a written personal mission statement.
4. Explain the nature and effects of stress and strategies to manage stress.
5. Understand the Spiritual Disciplines and the effect they have on the student's spiritual life and relationships.

**TEXTS**

Jones, Laurie Beth. Jesus Life Coach. Nashville: Thomas Nelson, 2004.

Foster, Richard J. Celebration of Discipline: The Path to Spiritual Growth. Rev. ed. New York: Harper, 1988.

Gibaldi, Joseph. MLA Handbook for Writers of Research Papers. 6<sup>th</sup> ed. New York: MLA, 2003.

## READING ASSIGNMENTS

A Daily Reading of the corresponding chapter in Proverbs to the day of the Month:

Example—Read Chapter 1 of Proverbs on the 1<sup>st</sup> day of the month, or Chapter 28 on the 28<sup>th</sup> day of the month, etc.

<b>Week</b>	<b>Jesus Life Coach</b>	<b>Celebration of Discipline</b>
1	Introduction thru page 31	Chapter 1 – The Spiritual Disciplines
2	Pages 32-60	Chapter 2 – Meditation
3	Pages 61-80	Chapter 3 – Prayer
4	Pages 81-108	Chapter 4 – Fasting
5	Pages 109-133	Chapter 5 – Study
6	Pages 134-163	Chapter 6 – Simplicity
7	Pages 164-195	Chapter 7 – Solitude Chapter 8 – Submission
8	Pages 196-233	Chapter 9 – Service Chapter 10 – Confession
9	Pages 234-270	Chapter 11 – Worship Chapter 12 – Guidance
10	Pages 271-312	Chapter 13 – Celebration
11	Final Exam and Learning Journal	

## WRITTEN ASSIGNMENTS

1. Each week you will write a reflective essay for the reading for one of the textbooks (As noted in weekly assignments).
2. In preparation for Week 4, you will work through the Mission Statement Workshop material in Appendix (included in the syllabus). Submit a rough draft of your personal mission statement at the beginning of class in Week 4.
2. Submit your revised Personal Mission Statement at the beginning of class in Week 9.
3. Submit your Journal at the beginning of class in Week 11.

## GUIDE TO STUDENT ASSIGNMENTS AND HAND-IN MATERIALS

1. Unless otherwise indicated, all papers should be typed. If using a computer, use the Times New Roman, font size 12, and double space. Use the format from the Study Skills class.
2. Title pages are not required.

## **A LEARNING JOURNAL**

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.

**STUDENT ASSIGNMENTS – WEEK ONE**  
***(DUE AT THE BEGINNING OF FIRST CLASS SESSION)***

**1. DEVOTIONAL READING**

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.

**2. JESUS LIFE COACH**

1. Read Introduction through pg 31.
2. Write your reflective essay for “Jesus Life Coach”.
3. Be prepared to discuss the following concepts in class:
  - Distractions
  - Reality
  - Open-ended questions

**3. CELEBRATION OF DISCIPLINE**

1. Read Chapter 1.
2. Be prepared to discuss the following concepts in class:
  - What is the purpose of the Spiritual Disciplines?
  - 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?

<p><b>STUDENT ASSIGNMENTS – WEEK TWO</b></p> <p><b><i>(DUE AT THE BEGINNING OF CLASS)</i></b></p>
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**1. DEVOTIONAL READING**

Continue reading through Proverbs.

**2. JESUS LIFE COACH**

1. Read pgs 32-60.
2. Write your reflective essay for “Jesus Life Coach”.
3. Be prepared to discuss the following concepts in class:
  - Learning Readiness
  - Boredom vs. Fun

**3. CELEBRATION OF DISCIPLINE**

1. Read Chapter 2.
2. Be prepared to discuss the following concepts in class:
  - What is the basic difference between eastern meditation and Christian meditation?
  - What are some of your first reactions to the idea of meditation? What threatens you most about meditation?

**STUDENT ASSIGNMENTS – WEEK THREE**  
***(DUE AT THE BEGINNING OF CLASS)***

**1. DEVOTIONAL READING**

Continue your reading of Proverbs.

**2. JESUS LIFE COACH**

1. Read pgs. 61-80
2. Write your reflective essay for “Jesus Life Coach”.
3. Be prepared to discuss the following concepts in class:
  - Use of time
  - Identification of Talents

**3. CELEBRATION OF DISCIPLINE**

1. Read Chapter 3.
2. Be prepared to discuss the following concepts in class:
  - Why is it important to view prayer as a learning process?
  - What should we do when we don’t feel like praying?



<p><b>STUDENT ASSIGNMENTS – WEEK FOUR</b></p> <p><b><i>(DUE AT THE BEGINNING OF CLASS)</i></b></p>
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**1. DEVOTIONAL READING**

Continue your reading of Proverbs.

**2. JESUS LIFE COACH**

1. Read pgs 81-108
2. Be prepared to discuss the following concepts in class:
  - Balance
  - Planning

**3. CELEBRATION OF DISCIPLINE**

1. Read Chapter 4.
2. Be prepared to discuss the following concepts in class:
  - What is the primary purpose of fasting?
  - How can fasting reveal what controls your life?
3. Write a reflective essay for “Celebration of Discipline”.
4. Complete the “Mission Statement Workshop” material found in Appendix I of this syllabus.
3. Submit a rough draft of your personal mission statement.

<p><b>STUDENT ASSIGNMENTS – WEEK FIVE</b></p> <p><b><i>(DUE AT THE BEGINNING OF CLASS)</i></b></p>
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**1. DEVOTIONAL READING**

Continue your reading of Proverbs.

**2. JESUS LIFE COACH**

1. Read pgs. 109-133.
2. Be prepared to discuss the following concepts in class:
  - Change
  - Chaos

**2. CELEBRATION OF DISCIPLINE**

1. Read Chapter 5.
2. Be prepared to discuss the following concepts in class:
  - What is Study?
  - What are the four steps into study the author describes and which do you feel is the most important in bringing about the goal of the transformation of the individual?
  - Why does study produce joy?
3. Write a reflective essay for “Celebration of Discipline” .

<p><b>STUDENT ASSIGNMENTS – WEEK SIX</b></p> <p><b><i>(DUE AT THE BEGINNING OF CLASS)</i></b></p>
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**1. DEVOTIONAL READING**

Continue your reading of Proverbs.

**2. JESUS LIFE COACH**

1. Read pgs. 134-163.
2. Be prepared to discuss the following concepts in class:
  - Servanthood
  - Discernment

**3. CELEBRATION OF DISCIPLINE**

1. Read Chapter 6.
2. Write your reflective essay for “Celebration of Discipline”.
3. Be prepared to discuss the following concepts in class:
  - What are the two aspects of simplicity and why are they both essential?
  - What are the three inward attitudes of simplicity? Of the three, which do you find the most difficult?
  - What are the ten controlling principles for outward simplicity? Which are the most helpful to you?

<p style="text-align: center;"><b>STUDENT ASSIGNMENTS – WEEK SEVEN</b> <b><i>(DUE AT THE BEGINNING OF CLASS)</i></b></p>
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**1. DEVOTIONAL READING**

Continue your reading of Proverbs.

**2. JESUS LIFE COACH**

1. Read pgs. 165-195.
2. Be prepared to discuss the following concepts in class:
  - Maturity
  - Growth

**3. CELEBRATION OF DISCIPLINE**

1. Read Chapters 7, 8.
2. Write your reflective essay for “Celebration of Discipline”.
3. Be prepared to discuss the following concepts in class from Chapter 7:
  - What is the difference between loneliness and solitude?
  - Why do we need both solitude and community in order to function with spiritual success?
  - What are the five possible steps in solitude and which one would you find most helpful at this point in your life?
4. Be prepared to discuss the following concepts in class from Chapter 8:
  - Why was Jesus’ teaching on submission so revolutionary?
  - What do you think it would mean to be in submission to the ways of God?
  - How have you seen the discipline of submission abused?

<p style="text-align: center;"><b>STUDENT ASSIGNMENTS – WEEK EIGHT</b> <b><i>(DUE AT THE BEGINNING OF CLASS)</i></b></p>
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**1. DEVOTIONAL READING**

Continue your reading of Proverbs.

**2. JESUS LIFE COACH**

1. Read pgs. 196-233.
2. Write a reflective essay for “Jesus Life Coach”.
3. Be prepared to discuss the following concepts in class:
  - Core Values
  - Listening

**3. CELEBRATION OF DISCIPLINE**

1. Read Chapters 9, 10.
2. Be prepared to discuss the following concepts in class from Chapter 9:
  - If the towel is the sign of service, how can that sign be manifested in 20<sup>th</sup> century culture?
  - When should you say “no” to the demands that people place upon your time and attention?
3. Be prepared to discuss the following concepts in class from Chapter 10:
  - In your own words, describe the theology that lies behind the discipline of confession.
  - What are two or three dangers that could accompany the exercise of the Christian discipline of confession?

<p style="text-align: center;"><b>STUDENT ASSIGNMENTS – WEEK NINE</b> <b><i>(DUE AT THE BEGINNING OF CLASS)</i></b></p>
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**1. DEVOTIONAL READING**

Continue your reading of Proverbs.

**2. JESUS LIFE COACH**

1. Read pgs. 234-270.
2. Submit the revised version of your personal mission statement.

**3. CELEBRATION OF DISCIPLINE**

1. Read Chapters 11, 12.
2. Write a reflective essay for “Celebration of Discipline”.
3. Be prepared to discuss the following concepts in class from Chapter 11:
  - 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?
  - 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 all cultures of Christians at all times?
4. Be prepared to discuss the following concepts in class from Chapter 12:
  - What are some of the dangers of corporate guidance and of the audible voice concept that states, “God told me...”?
  - 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?
  - 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 what should you add to your life in order to deepen your intimacy with God and with Christ Jesus?

<p><b>STUDENT ASSIGNMENTS – WEEK TEN</b></p> <p><b><i>(DUE AT THE BEGINNING OF CLASS)</i></b></p>
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**1. DEVOTIONAL READING**

Continue your reading of Proverbs.

**2. JESUS LIFE COACH**

1. Read pgs. 271-312.
2. Be prepared to discuss the following concepts in class:
  - God's Presence
  - God's Vessel

**3. CELEBRATION OF DISCIPLINE**

1. Read Chapter 13.
2. Be prepared to discuss the following concepts in class from Chapter 13:
  - Why do you think human beings often find celebration so difficult?
  - Do you enjoy God? Giving? Serving? Mundane Things? Problem People?
  - At the close of this study, write out a covenant between you and the Lord.
3. Write a reflective essay for "Celebration of Discipline".

**STUDENT ASSIGNMENTS – WEEK ELEVEN**  
**FINAL EXAM AND LEARNING JOURNAL**

1. Submit your Learning Journal (10 weeks of entries).
2. Be prepared for a final exam.



**STUDENT EVALUATION****1. Weekly Questions: 50%**

Each week you will write out a summary essay from the reading of each text as assigned.

**2. Written Mission Statement: 10%**

This is actually a two-part assignment. The rough draft is due at the beginning of Week 4 and the revised draft is due at the beginning of Week 9. Credit is given for both parts.

**3. Final Exam: 20%**

You will write out the answers to the final exam questions in class during the eleventh week. The questions are cumulative based on the in class discussions and lecture.

**4. Journal: 10%**

Your Journal will have ten entries, one for each of the first ten weeks of class. Submit the Journal type written as a unit at the beginning of the eleventh week instead of submitting an entry each week.

**5. Participation: 10%**

Participation is a rather subjective area, but it will be considered as part of your grade. The emphasis is not so much on quantity of talking in class, but quality. Speaking often without making a positive contribution may be as detrimental to your grade as not speaking at all.

<b>LOGISTICS CHART</b>
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HOURL	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
1 Jones	Introduction To Pg. 31	Pg. 32 To Pg. 60	Pg. 81 To Pg. 80	Pg. 81 To Pg. 108	Pg. 109 To Pg. 133
2 Foster	Overview of the Spiritual Disciplines	Meditation	Prayer	Fasting	Study

HOURL	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10
1 Jones	Pg. 134 To Pg. 163	Pg. 164 To Pg. 195	Pg. 196 To Pg. 233	Pg. 234 To Pg. 270	Pg. 271 To Pg. 312
2 Foster	Simplicity	Solitude Submission	Service Confession	Worship Guidance	Celebration

**FINAL EXAM QUESTIONS**

1. Consider the description of “how God sees us” that we covered in class. Fully Identify the six facets and give for each examples from Scripture.
2. Foster discussed 10 controlling principles for a life of simplicity. List any 5 of them and explain their contribution to a life of simplicity. Also, explain what a life of simplicity is and why it is desirable.
3. Why was Jesus’ teaching on submission so revolutionary? Is it still? Explain. Explain why the concept of the win-win and how to achieve it.
4. What is the theology behind confession? Give scriptural support as well as illustrations.
5. Compare and contrast Eastern meditation and Christian meditation. What is the value of meditation?
6. Jesus assumed his followers would fast. What benefits do Christians receive when they practice fasting?
7. Foster mentions five steps to solitude. List and explain the five steps, and also describe the value of solitude.
8. Explain the concept of discernment and Christian growth. What are the goals? What is the process? What are the possible resources for this growth to be workable?

# Appendix

## 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).*

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**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?**

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

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

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

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

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

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**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?**

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**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?**

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

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

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**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

## Tribute statement person would give







**Servant**Jesus' tribute: Well done good and faithful servant**Jesus****Sister**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.**Vicki—sister**

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**

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