

SF703 NA/NLS Spiritual Formation Capstone

Spring 2021

Wednesdays 6:15-9:15pm

COURSE INSTRUCTOR: Dr. Wanda Walborn
CONTACT INFORMATION: Email: Wanda.Walborn@nyack.edu Phone: 845-536-1327
APPOINTMENT INFORMATION: Office: Rm 1828, 2 Washington St.
Open Office Hours: March & April 10:00-5:00pm Tues & Wed. Please arrange all other appointments in advance.

REQUIRED TEXTS:

Anderson, Keith and Randy Reese. *Spiritual Mentoring: A Guide for Seeking and Giving Direction*. (Downers Grove, IL: IVP Books, 1999). ISBN: 978-0830822102 (191 pages)

Brennfleck, Devin, and Kay Marie Brennfleck. *Live Your Calling: A Practical Guide to Finding and Fulfilling Your Mission in Life*. (San Francisco, CA: Jossey-Bass, 2004). ISBN: 0787968951 (304 pages)

Clinton, Robert. *The Making of a Leader: Recognizing the Lessons and Stages of Leadership Development*. NavPress, ISBN-10: 1612910750 ISBN-13: 9781612910758 (304 pages)

Hirsch, Debra. *Redeeming Sex: Naked Conversations About Sexuality and Spirituality* (Downers Grove: IVP Books, 2015), ISBN: 9780830836390 (224 pages)

Maxwell: John C. *The 5 Levels of Leadership: Proven Steps to Maximize Your Potential* (New York: Center Street, 2013) ISBN-13: 9781599953632 (304 pages)

Walborn, Wanda. *Spiritual Journey: Can I Really Get Close to God?* (Franklin: Carpenter's Son Pub, 2020) ISBN: 978-1-952025-20-4 (181 pages)

COURSE DESCRIPTION

Students will develop as mentors as they are used by God in evangelism and disciple-making of others. Students will synthesize their personal spiritual formation, their theological understanding, and their ministry experience as they clarify their calling and prepare for their spiritual journey after graduation. This course is part of the spiritual formation component of the MAIC, and MDiv. degrees.

STUDENT LEARNING GOALS

All the goals below are to be carried out in an atmosphere of the highest scholarly standards of conduct.

Student Learning Goals The student will:	Degree Program Goals	Nyack Core Goals (or Values)	Assignments &/Or Assessments Used
Skill: Students will continue to nurture their spiritual life by developing skills in mentoring a small group for spiritual transformation of others. (common student learning goal)	Students will gain an appreciation of the relational nature of ministry (CCG #3). Students will gain ministry skills for a broad range of Christian	Emphasizing personal transformation of others; Socially relevant	1. Read Sanders book on <i>The Power of Mentoring</i> . 2. Mentor a small group keeping an electronic journal. Write paper of 8 wk summary of mentoring experience. 3. Peer mentoring in class. Reflection paper on all sessions.

SF703 NA/NLS Spiritual Formation Capstone

Spring 2021

Wednesdays 6:15-9:15pm

	service responsibilities (CCG #5).		
Knowledge and attitude: Confidently state their calling and its implications for their future life and ministry by evaluating and integrating new and prior insights and experiences. (IL Standard 4, 1c) (common student learning goal)	Students will lay a foundation for ongoing spiritual formation including personal development, moral integrity, and spiritual maturity (CCG #1) Students will be able to understand and practice integration of the personal, theological and practical components of holistic ministry (CCG #4).	Emphasizing personal transformation; Socially relevant.	1. Complete all inventories in Brennfleck's book, <i>Live Your Calling</i> . 2. Write personal time line. 3. Spiritual Well-Being Paper. Update from areas identified through 16PF, MMPI2 assessments, spiritual gifts and spiritual covenant from SF503, grief journal and spiritual autobiography from SF505, and how they have incorporated insights gained from their field education experience and mentoring relationship in SF 503 and counseling experience in SF 505. 4. Reflection paper on calling.
Knowledge and attitude: Prepare to grow spiritually after graduation as they evaluate and integrate new and prior insights and experiences. (IL Standard 4, 1c) (common student learning goal)	Students will lay a foundation for ongoing spiritual formation including personal development, moral integrity, emotional and spiritual maturity (CCG #1)	Emphasizing personal transformation	1. Read Maxwell's book, <i>5 Levels of Leadership</i> , complete the assessment at the beginning of the book and write a Leadership Assessment and Blindspots Paper 2. Philosophy of Ministry Paper. 3. Gender reflection paper on Nouwen and Crabb's books.
Knowledge and attitude: Confidently state principles/strategies for facilitating spiritual formation in a congregation or community.	To equip persons for a broad range of Christian service responsibilities. To integrate theological and practical components of holistic ministry. (CCG #5)	Emphasizing academic excellence; Socially relevant	Final MDiv Project: Students will create and write a thorough 3-year developmental plan for ministry specific to their ministry context. This will include instruction, modeling, mentoring etc.stating, "Who I am (assessments and personal development), what I believe (philosophy of min), why I am ready for ministry (leadership), and 3 specific areas I know I can deliver in a ministry context.

ATS M.DIV CORE CURRICULUM GOALS

1. Students will lay a foundation for ongoing spiritual formation including personal development, moral integrity, emotional and spiritual maturity. [Corresponds to Nyack Core Goal: **Personally Transformed**]
2. Students will gain knowledge and be able to apply methodology in biblical studies, theology and cultural understandings. [Corresponds to Nyack Core Goals: **Academically Excellent; Intentionally Diverse; Global Engaged; Socially Relevant**]
3. Students will gain an appreciation of the relational nature of ministry through the experience of being mentored and mentoring others, and through learning and practicing interpersonal ministry skills. [Corresponds to Nyack College Core Goal: **Socially Relevant**]

SF703 NA/NLS Spiritual Formation Capstone

Spring 2021

Wednesdays 6:15-9:15pm

4. Students will be able to understand and practice integration of the personal, theological, and practical components of holistic ministry. [Corresponds to Nyack Core Goal: **Personally Transforming**]
5. Students will gain ministry skills for a broad range of Christian service responsibilities, and will be able to demonstrate competency in classroom and internship environments (in particular, those skills necessary for licensed and/or ordained ministry within the C&MA and other denominations). [Corresponds to Nyack Core Goal: **Socially Relevant**]

The Carnegie Unit - This course must be and is accountable to a professional academic standard known as the Carnegie Unit. This impacts types and amounts of reading, "seat time" (instructional time), and outside work assigned. One hundred twenty-seven and a half hours of homework is required for an online 3-credit course. Accreditors and the US Dept. of Education have set these standards so as to assure that students receive a fair education. Here are the estimated homework hours for this course, by category:

Carnegie Unit Breakdown	
Course: Capstone	
Credit for Standard Seat Hours	40
Assignments	Homework Hours
I. Required Reading	69.87
II. Studying for exams/quizzes	0.00
III. Research for writing	0.00
IV. Writing assignments	34.67
V. Other assignments	61
Total Homework Hours	165.53
Total Carnegie Unit Hours	165.53

ASSESSMENT RESULTS

Alliance Theological Seminary may use assignments that are assessed for this course for program evaluation purposes. Individual results may be used as exemplars but will only be available to the program reviewers and not made public. Results of assessments will be used to show degree program effectiveness and evaluated for degree program improvement.

GRADING SCALE:

Grades for this class are calculated on a total points basis. Each Learning Experience is assigned a percentage of the total grade, as stated in the syllabus. All grades are calculated based on the following

SF703 NA/NLS Spiritual Formation Capstone

Spring 2021

Wednesdays 6:15-9:15pm

scale:

A	=	100% - 93%	C	=	77% - 73%
A-	=	92% - 90%	C-	=	72% - 70%
B+	=	89% - 88%	D+	=	69% - 68%
B	=	87% - 83%	D	=	67% - 63%
B-	=	82% - 80%	D-	=	62% - 60%
C+	=	79% - 78%	F	=	59% - 0%

COURSE INFORMATION

In the ATS mentored development sequence, students will develop as a mentor by mentoring/coaching a small group of adults or older teens for evangelism or disciple-making of others. Students in the MA-IC or Missions track of the M.Div. degree programs will mentor a cross-cultural group.

COURSE ASSIGNMENTS:

- 1. Personal Timeline.** Due Feb 3
Based on the sample provided in the resource section of e360, each student will consider their own life time line including: 1) important people, 2) main character-forming decisions, 3) life circumstances and events, including your ministry experiences, 4) how they responded to God in those events and circumstances. Reflect on this time line and your semester mentoring experiences to identify patterns of God's working in your life and how God used you to minister to others. In a paper of **5-6 concise** pages, list and briefly explain A) the patterns and ways God has worked in you, and B) how God has used you to minister to others.
Due: February 3 (5% of course grade)
- 2. Spiritual Well-Being Reflection:**
Students will write a **4-page** paper identifying their current emotional and spiritual well-being giving updates on areas identified through 16PF, MMPI2 assessments, spiritual gifts, spiritual covenant from SF503, grief journal and spiritual autobiography from SF505, and how they have incorporated insights gained from their field education experience and mentoring relationship in SF 603 and counseling experience in SF 505.
Due as part of integrative paper. (fulfills spiritual gifts, personal and ministry strengths)
- 3. Reflection on Brennfleck's *Live your Calling*.** Due Feb 24
Based on the book write a clear **5-page** statement of your calling. Explain your calling briefly and then discuss several practical implications of your calling for your own life and present and future ministry. Please include specific details from your Life Calling Map from *Live Your Calling* (pgs 100-109).
Due: February 24 (10% of course grade)
- 4. Students will read Maxwell's book, *The 5 Levels of Leadership*. Due March 17**

Complete the leadership assessment on pp. 1-34, then ask 3 ministry leaders you have worked with, 3 close friends, *and* their spouse/boyfriend/ girlfriend or best friend to assist them in identifying blind spots in your soul *and* leadership. Write a **5 page paper** evaluating themselves as to what level of leadership you currently attain. What does this show you as a leader of others? Where do you see yourself in the ministry maturing process? What are the checks and lessons God is teaching you? What are your strengths and weaknesses identified in this process? What is your leadership style?

Due: March 17 (10% of course grade)

5. Philosophy of ministry. Due March 31

After reading Clinton's section on Philosophy of Ministry and reading the samples provided, students will construct their own **10-page** philosophy of ministry identifying 1) your theological foundations for ministry. Include your statement of faith in your own words with Scriptures to support each doctrine. 2) 4 or 5 core ministry values that will guide you throughout ministry. 3) What are your non-negotiables? This assignment requires you to think through your theological understanding and biblical methodology of implementing this in a ministry context. (See sample paper in Student Resources on E360) **Due: March 31 (20% of course grade)**

6. Read Debra Hirsch's book, *Redeeming Sex*

Read Hirsch's book, *Redeeming Sex* and choose three major topics you would use to teach your church about sexuality. Explain why and how you would teach these three things theologically and practically in your particular church. **Due as part of integrative paper. 3-5 pages.**

7. Spiritual Journey Mentoring Group You Lead. Due April 21

Each student will mentor a small group of 4-6 people for 8 weeks regarding their soul care issues. You are responsible to gather the people for this assignment. It can be a same gender group or a mixed group. Use Walborn's book, *Spiritual Journey: Can I Really Get Close to God?* to lead a small group for 8 weeks. Have participants read a chapter per week and when the group gathers, you facilitate discussion using the discussion questions at the end of each chapter.

Pay attention to the skills, relationships and tasks of mentoring. Assess your mentoring by keeping an electronic journal that identifies 1) issues, 2) insights into your own growth as a mentor and 3) shows the growth of your mentees. Reference what you learned from the course readings, class presentations and discussions on mentoring and the role of mentor and mentee. Date and compile summaries of each small group into one Word document, **approximately 6 pages**. Submit the final copy to the dropbox.

Due: April 21 (20% of course grade)

8. Peer Mentoring Triads. Due April 14

You are responsible to ask two people to be part of a peer mentoring triad for one hour per week for 10 weeks. (These people can be friends or colleagues.) During this time, the three of you will discuss and pray together about 1) spiritual challenges and areas of needed emotional support 2) receive feedback on your mentoring group experience as the mentor 3) personal spiritual formation issues that need input, biblical and theological topics of interest, and current ministry experiences in which you participate. At the end of each session, write a short paragraph for each

SF703 NA/NLS Spiritual Formation Capstone

Spring 2021

Wednesdays 6:15-9:15pm

scheduled meeting about the topics discussed and what you received from them in the session. Be sure to include in the final paper the names of who is in the triad. How well do you know these people? Why did you ask them to be in your triad? Date and compile these reflections from each meeting in one Word document, **approximately 2-3 pages**. Put the final copy in the dropbox.

Due: April 14. (5% of grade)

9. Integrative Paper: Final Project for Your Degree. Due April 28

Part 1: Having analyzed and examined their personal growth during seminary, students will write a thorough assessment of the following areas:

- 1) Who I am (assessments, personal development and how I have grown in the past 3 years).
Spiritual Well-Being Reflection: Students update emotional and spiritual well-being areas identified through 16PF, MMPI2 assessments, spiritual gifts assessment, and spiritual covenant from SF503; grief journal, counseling experience and spiritual autobiography from SF505; and insights gained from field education experience including the case study, professional disposition assessment (pda) and mentor’s final assessment. Include pda document and mentor’s final assessment document for this section.
- 2) What I believe (philosophy of min). Insert your philosophy of ministry paper here.
- 3) Why I am ready for ministry (leadership). Include your level of leadership from Maxwell assessment.
- 4) List and describe three specific areas I know I can deliver in a ministry context,
- 5) Changing role of sexuality in society and the church. Include your results from Hirsch’s *Real Sex* assignment number 6.

Part 2: To show a thorough integration of knowledge, skills and attitudes, students will create and write a thorough 3-year developmental plan **for ministry specific to their ministry context**. This plan will include instruction, modeling, mentoring etc (Entire final project should be approximately 25-30 pages.) **Due: April 28 (30% of course grade)**

Capstone Course Calendar

<u>Wk</u>	<u>Date:</u>	<u>Class Topic:</u>	<u>Text Reading and Assignments Due</u>
1	1/20-1/27	Intro to Class and Syllabus. (35 min) False Self (36 min)	Read chapters 5 & 6 from David Benner’s book, <i>The Gift of Being Yourself</i> , called Unmasking Your False Self and Becoming Your True Self. Found in resources section of e360 and in weekly lesson.
2	1/28-2/3	Listening to God as a Leader: Case Study of Moses. (57 min) Handout in resource section of e360. Julian of Norwich Podcast (56 min)	Read ch.1-2 in Clinton’s <i>Making of a Leader</i> Begin reading Brennfleck’s <i>Live Your Calling</i> 1-3. Complete all inventories in each chapter. Due Personal Timeline

SF703 NA/NLS Spiritual Formation Capstone

Spring 2021

Wednesdays 6:15-9:15pm

3	2/4-2/10	<p>Mentoring: What is it? (1:07 min)</p> <p>Mentoring: Why and How (46 min)</p>	<p>Triad Topic: Share Personal Timelines.</p> <ul style="list-style-type: none"> • Read Clinton’s ch. 3-4 • Read Brennfleck’s ch.4-6 • Begin reading Anderson’s <i>Mentoring</i> book
4	2/11-2/17	<p>Practices of Leadership. (22 min)</p> <p>What makes a great leader? (1 hr)</p>	<p>Mentoring group which you lead starts this week!</p> <ul style="list-style-type: none"> • Complete Brennfleck • Read Clinton ch. 5-6 • Begin reading Maxwell’s 5 Levels of Leadership • Begin Hirsch’s <i>Redeeming Sex</i> book. Have one mentoring session be on the topic of sexuality.
5	2/18-2/24	<p>Calling (48 min)</p>	<p>Complete Clinton book.</p> <ul style="list-style-type: none"> ■ Triad topic: What confusion have you had concerning “the call” on your life? ■ When you look at the best of how God has made you, including gifts and natural abilities, what seems to be the best way God will use you? ■ When you put together leading as specific way(s) God has been preparing you and direction as to a particular place, what does that tell you about how you might best serve God? <p>Identify any barriers that might limit God from using you the way He would like: unwilling spirit, unhealthy relationships, spiritual immaturity, confidence or courage issues, emotional underdevelopment, fear, stubbornness, pride, unbelief, insecurity</p>

SF703 NA/NLS Spiritual Formation Capstone

Spring 2021

Wednesdays 6:15-9:15pm

			Brennfleck's Live Your Calling Paper Due
6	2/25-3/3	Talent is Never Enough (48 min) Building Credibility (43 min)	<ul style="list-style-type: none"> • Complete Maxwell <p>Triad topic: Imagine that you have been given the opportunity for a 6-month all expenses paid sabbatical. You will be going to a sunny, beautiful 80 degree Caribbean island where it rarely rains. You may not take any work with you and you will not be allowed to communicate with anyone at home by phone, email or social media. There will just be you, a few good books, music and your family or a friend.</p> <p>Before you depart, you need to let the people with whom you work know the principles you believe should guide their actions in your absence. They need to understand the values and beliefs that you think should steer their decision-making and actions. You are only permitted to write a one-page memo. What will you communicate to them?</p>
7	3/4-3/10	Spring Break	Work at your own pace to catch up or get ahead.
8	3/10-3/17	Sexuality issue: What is gender dysphoria? Mark Yarhouse (17:40 min) Sermon: Jon Tyson, Church of the City, NYC. Jesus and the Gay Community	<ul style="list-style-type: none"> • Complete Hirsch's <i>Redeeming Sex</i>. <p>Maxwell Leadership Paper Due</p> <p>Triad topic: Sexuality issues. How do we teach this in the church?</p>
9	3/18-3/24	Strategic Planning (30 min)	Triad topic: Share your Maxwell assessment results.
10	3/25-3/31	Leadership Hungers (43 min) Developing Leaders (51 min)	<p>Complete Anderson's <i>Spiritual Mentoring</i>.</p> <p>Philosophy of Ministry Paper Due</p> <p>Triad topic: How do you or will you mobilize women in your church?</p>

SF703 NA/NLS Spiritual Formation Capstone

Spring 2021

Wednesdays 6:15-9:15pm

10	4/1-4/7	Overcoming Fear (56 min) Fear Handout in Resources of e360	Triad topic: Biggest sin pattern
11	4/8-4/14	Sermon. Let Out the Music of My Life (33 min) How do I do it: Offensive Spiritual Warfare (48 min) Offensive Warfare Handout in Resources of e360	Read chapter from Leanne Payne's book, <i>Restoring the Christian Soul</i> , called The Gift of Battle. Found in resources of e360 Peer Mentoring Triad Paper Due Triad topic: Share your non-negotiables from your philosophy of ministry.
12	4/15-4/21	Lessons of a Female Leader (1:03 min) Dealing with Conflict (30 min)	Spiritual Journey Mentoring Group Paper Due
13	4/22-4/28	Role of Ministry Spouse (50 min) Leading Single (1:30 min)	Triad topic: Share what worked well in your mentoring group. What was your follow up strategy with people who needed more? Final Project: Integrative Paper Due
14	4/29-5/5	Reopen the Wells. Genesis 26 (29 min)	

Common Performance/Rating Rubric for Mentoring a Small Group

All criteria below are linked to Student Learning Goal #1 and #2. To assess M.Div. program goal #3

Criteria: Mentoring skills	Exemplary	Proficient	Basic	Emerging	Unsatisfactory
Developing community by building relationships of respect and trust	Done regularly with high level of skill, exemplary	Done with some skill, a few serious attempts	Done with little skill, didn't try hard or keep trying	Low level of attention; motivation is lacking	Ignored, failed to do
Listening	Done regularly with high level of skill, exemplary	Done with some skill, a few serious attempts	Done with little skill; didn't try hard or keep trying	Almost no attention; Motivation is lacking	Ignored, failed to do
Asking questions	Done regularly with high level of skill, exemplary	Done with some skill, a few serious attempts	Done with little skill; didn't try hard or keep trying	Almost no attention; Motivation is lacking	Ignored, failed to do
Giving feedback	Done regularly with high level of skill, exemplary	Done with some skill, a few serious attempts	Done with little skill; didn't try hard or keep trying	Almost no attention; motivation is lacking	Ignored, failed to do
Sharing your life experiences	Done regularly with high level of skill, exemplary	Done with some skill, a few serious attempts	Done with little skill; didn't try hard or keep trying	Almost no attention; Motivation is lacking	Ignored, failed to do
Helping overcome obstacles	Done as needed with high level of skill, exemplary	Done with some skill, a few serious attempts	Done with little skill; didn't try hard or keep trying	Almost no attention; motivation is lacking	Ignored, failed to do

Performance Rubric for Final MDiv Project

To assess student learning goal #3 and #4 for this course. To assess MDiv. program goal #4 and #5, MA-IC program goal #7.

Project Elements	Exemplary	Proficient	Basic	Emerging	Unsatisfactory
-------------------------	------------------	-------------------	--------------	-----------------	-----------------------

Assessments (Who I am)	Deep, clear articulation of assessment results	Results stated with no clear explanation	Common, general response	Not compelling, emotion and positive attitude lacking	Not included
Personal Development (How I have grown)	4-5 specific and measurable examples of growth	Examples given with little explanation	Vague generalities	Not compelling, emotion and positive attitude lacking	Not included
Philosophy of Ministry (What I believe)	4-5 principles clearly stated and supported. Analogy for conceptualization.	3 principles stated with some support. Analogy for conceptualization	2 principles stated with little support. Weak analogy.	Generalities stated rather than specific principles. No analogy for conceptualization.	Not included
Leadership Growth (Why I am ready for ministry)	Clear articulation of ministry readiness with at least 4 solid examples.	Articulation of readiness with 2-3 examples.	Vague generalities. Not compelling.	Inability to articulate more than one reason for ministry readiness.	Not included
Confidence in specific skills to lead well (areas I can deliver)	Deep, clear confidence and articulation of 3 strengths in specific skill areas. Strong examples given to support reasoning.	Articulation and confidence of 3 strengths in specific skill areas. Some explanation given to support reasoning.	Some confidence and articulation of 2 areas of strength. Little explanation.	Lacking confidence in specific skills to lead well.	Not included
Strategies for implementing spiritual formation knowledge for others (developmental plan for others)	Specific, structured plan showing instruction, mentoring, modeling. Specific, solid action steps included.	Doable plan showing instruction, mentoring, modeling with general action steps.	Vague general plan. Not compelling. Left out either instruction, mentoring or modeling. Simplistic action steps.	Not realistic or attainable. Inability to show implementation of strategy.	Not included
Sexuality issues and their effects upon ministry	Deep understanding and clear articulation of sexuality issues in ministry.	Understanding and articulation of some sexuality issues in ministry.	General understanding of sexuality issues in ministry.	Lack of understanding sexuality and their effects upon ministry.	Not included
Depth of	Careful, creative,	Deliberate, clear	Vague	Appears to be put	Completely

thought, integration of learning and personal experience	thoughtful ideas or plans, clear understanding of implications for personal life.	but not creative ideas or plans; some understanding of implications for personal life	general plan; unclear implications for personal life	together in a hurry without any effort; integration is very limited	lacking in careful thought and implications
--	---	---	--	---	---

COURSE INFORMATION

ATS CLASS POLICIES

1. Attendance: ATS believes significant learning takes place in the classroom. Therefore, students are expected to attend all classes.
2. Late assignments: All assignments are due in the Drop Box in the E360 on the date in the syllabus, even if you are absent. The dropbox will close at midnight on the date of each assignment. If you miss the deadline, you receive an automatic zero for the assignment.
3. Style Guide for written work: A Manual for Writers by Kate Turabian.
4. Academic Integrity and Plagiarism: ATS has an honor policy and a statement of academic honesty in the student handbook. As in other Christian seminaries, academic integrity is important and this policy is enforced without a series of warnings.
5. Reasonable Accommodation: Any student eligible for and requesting academic accommodations due to a disability is required to provide a letter of accommodation from the Office of Disabilities Support Services within the first six weeks of the beginning of classes.
6. Electronic Devices: It is expected that ALL electronic devices be MUTED or turned off during class time. Please do not send/answer phone calls, text messages, emails, Facebook or Tweets during class or small group times.
7. Academic Quality: Remember that grades for assignments are based not only on the completion of the assignment but the **quality** of work produced. The higher the **quality** of skills and abilities demonstrated, in areas such as expression and depth of thought, organization, writing, research, reporting, and observation, the higher the grade given to the assignment. Follow instructions in this syllabus for each assignment. If you have questions about an assignment, contact Dr. Walborn.
8. Communication with Instructor: Nyack College email will be the primary mode of communication with students, unless specified otherwise. Please check your email regularly.
9. Web-etiquette: All electronic communication should be conducted with the highest level of integrity and respect, both in the words and style of writing. This develops a sense of safety, trust, and community.

10. Writing Center: All Nyack College students seeking assistance with pre-writing, drafting, revising, and editing their written assignments are encouraged to use the resources available through the Writing Center. Sites are available at the Rockland graduate and undergraduate campuses, the Manhattan campus, and phone consultation is available for off-campus graduate students.

SELECTED BIBLIOGRAPHY

- Ackerman, John. Listening to God: Spiritual Formation in Congregations. Bethesda, MD: The Alban Institute, 2001.
- Anderson, Keith. Spiritual Mentoring: A Guide for Seeking and Giving Direction. Downers Grove, IL: InterVarsity Press, 1999.
- Ashbrook, Thomas. Mansions of the Heart: Exploring the Seven Stages of Spiritual Growth. San Francisco, CA: Jossey-Bass, 2009.
- Barton, Ruth Haley. Sacred Rhythms: Arranging Our Lives for Spiritual Transformation. Downers Grove, IL: InterVarsity Press, 2006.
- _____. Strengthening the Soul of Your Leadership: Seeking God in the Crucible of Ministry. Downers Grove, IL: InterVarsity Press, 2008.
- _____. Pursuing God's Will Together: A Discernment Practice for Leadership Groups. Downers Grove, IL: InterVarsity Press, 2012.
- Beaudoin, Tom. Virtual Faith: The Irreverent Spiritual Quest of Generation X. San Francisco, CA: Jossey-Bass, 1998.
- Benner, David G. Sacred Companions: The Gift of Spiritual Friendship and Direction. Downers Grove, IL: InterVarsity Press, 2002.
- _____. The Gift of Being Yourself: the Sacred Call to Self-Discovery. Downers Grove, IL: InterVarsity Press, 2004.
- Boa, Kenneth. Conformed to His Image: Biblical and Practical Approaches to Spiritual Formation. Grand Rapids, MI: Zondervan, 2001.
- Buchanan, Mark. Spiritual Rhythms. Being with Jesus Every Season of Your Soul. Grand Rapids, MI: Zondervan, 2010.
- Caliguire, Mindy. Discovering Soul Care. Downers Grove, IL: InterVarsity Press, 2007.
- Carlson, Kent and Mike Lueken. Renovation of the Church: What Happens When a Seeker Church Discovers Spiritual Formation. Downers Grove, IL: InterVarsity Press, 2011.
- Chan, Simon. Spiritual Theology: A Systematic Study of the Christian Life. Downers Grove, IL: InterVarsity Press, 1998.
- Clinton, Robert. The Mentor's Mantle. Pasadena, CA. Barnabas Publishers, 2005.
- Clouser, Roy. Knowing with the Heart: Religious Experience and Belief in God. Downers Grove, IL: InterVarsity Press, 1999.

- Cully, Iris V. Educating for Spiritual Growth. San Francisco, CA: Harper & Row, 1984.
- DeMoss, Nancy Leigh, and Tim Grissom. Seeking Him: Experiencing the Joy of Personal Revival. Chicago, IL: Moody Publishers, 2004
- Dougherty, Rose Mary. Group Spiritual Direction. New York: Paulist Press, 1995.
- Drane, John. What is the New Age Still Saying to the Church? San Francisco, CA: HarperCollins, 1999.
- Dunnam, Maxie. Alive in Christ: The Dynamic Process of Spiritual Formation. Nashville, TN: Abingdon Press, 1982.
- Edwards, Tilden. Spiritual Friend: Reclaiming the Gift of Spiritual Direction. New York: Paulist Press, 1980.
- Ferguson, Duncan S., ed. New Age Spirituality: An Assessment. Louisville, KY: Westminster/John Knox, 1993.
- Foster, Richard. Celebration of Discipline. New York: Harper Collins, 1978.
- Foster, Richard J., and Emilie Griffin, eds. Spiritual Classics: Selected Readings for Individuals and Groups on the Twelve Spiritual Disciplines. San Francisco, CA: HarperSanFrancisco, 2000.
- Franklin, Joseph P. Building Leaders the West Point Way: Ten Principles from the Nation's Most Powerful Leadership Lab. Nashville, TN: Thomas Nelson 2007.
- Gangel, Kenneth O., and James C. Wilhoit. The Christian Educator's Handbook on Spiritual Formation. Wheaton, IL: Victor Books, 1994.
- Ganss, George E., ed. Ignatius of Loyola: Spiritual Exercises and Selected Works. NY: Paulist Press, 1991.
- Goll, James W. The Seer. Shippensburg, PA: Destiny Image Publishers, 2012.
- Gordon, James M. Evangelical Spirituality: From the Wesleys to John Stott. London: SPCK, 1991.
- Groff, Kent Ira. Active Spirituality: A Guide for Seekers and Ministers. Bethesda, MD: The Alban Institute, 1993.
- Grubbs, Dwight L. Beginnings: Spiritual Formation for Leaders. CSS Publishing Co. Fairway Press, 1994.
- Hasse, Albert. Coming Home to Your True Self: Leaving the Emptiness of False Attractions. Downers Grove, IL: Intervarsity Press, 2008.
- Idleman, Kyle. Not a Fan: Becoming a Completely Committed Follower of Jesus. Grand Rapids, MI: Zondervan, 2011.

- John, Of the Cross. The Collected Words of St. John of the Cross. Washington, DC: ICS Publishing, 1998.
- Johnson, Susanne. Christian Spiritual Formation in the Church and Classroom. Nashville, TN: Abingdon Press, 1989.
- Jones, Cheslyn, Geoffrey Wainwright, and Edward Yarnold, S.J., eds. The Study of Spirituality. New York: Oxford, 1986.
- Kegan, Robert, and Lisa Laskow Lahey. How the Way We Talk Can Change the Way We Work: Seven Languages for Transformation. San Francisco, CA: Jossey-Bass, 2001.
- Kenneson, Philip. Life on the Vine: Cultivating the Fruit of the Spirit in Christian Community. Downers Grove, IL: InterVarsity, 1999.
- Klug, Ronald. How to Keep a Spiritual Journal. Nashville, TN: Thomas Nelson, 1982.
- Kroger, Otto and Janet Thuesen. Type Talk. Tilden Press Books.
- Lee, Barbara. Tension in the Tank: Embracing Interfaith Mysticism Without Leaving the Church. Eugene, OR: Wipf and Stock Publishers, 2014.
- Leech, Kenneth. Soul Friend: The Practice of Christian Spirituality. San Francisco, CA: Harper & Row Publishers, 1980.
- Lonsdale, David. Eyes to See, Ears to Hear: An Introduction to Ignatian Spirituality. Maryknoll, NY: Orbis Books, 2000.
- Lowitzki, David. New Monasticism: A Sociological Analysis. Thesis (M.A.)—California State University, Fullerton, 2006.
- Mah, Mark. Garden of the Soul: Exploring Metaphorical Landscapes of Spirituality. Eugene, OR: Wipf and Stock Publishers, 2014.
- Manning, Brennan. Abba's Child. Colorado Springs, CO: NavPress, 1994.
- McCallum, Dennis. Organic Disciplemaking: Mentoring Others Into Spiritual Maturity and Leadership. Houston, TX: Touch Publications, 2003.
- McGrath, Alister E. Christian Spirituality: An Introduction. Malden, MA: Blackwell Publishers, 1999.
- McNeal, Reggie. A Work of Heart: Understanding How God Shapes Spiritual Leaders. San Francisco, CA: Jossey-Bass, 2000.
- Merton, Thomas. Spiritual Direction and Meditation. Collegeville, MN: The Liturgical Press, 1986.
- Michael, Chester P. An Introduction to Spiritual Direction: A Psychological Approach for Directors and Directees. New York: Paulist Press, 2004.

- Mulholland, Jr., M. Robert. Shaped by the Word: The Power of Scripture in Spiritual Formation. Nashville, TN: Upper Room, 1985.
- _____. Invitation to a Journey: A Road Map for Spiritual Formation. Downers Grove, IL: InterVarsity Press, 1993.
- Mursell, Gordon, ed. The Story of Christian Spirituality: Two Thousand Years, from East to West. Minneapolis, MN: Fortress Press, 2001.
- Nouwen, Henri J. M. Spiritual Formation: Following the Movements of the Spirit. New York, NY: Harper One, 2010.
- _____. Discernment: Reading the Signs of Daily Life. New York, NY: Harper One, 2013.
- Olsen, Charles M. Transforming Church Boards into Communities of Spiritual Leaders. Bethesda, MD: The Alban Institute, 1995.
- Ortberg John. Soul Keeping: Caring for the Most Important Part of You. Grand Rapids, MI: Zondervan Publishing, 2014.
- Peace, Richard. Contemplative Bible Reading: Experiencing God Through Scripture. Colorado Springs, Co: NavPress, 1996.
- _____. Spiritual Journaling: Recording Your Journey Toward God. Colorado Springs, CO: NavPress, 1996.
- _____. Meditative Prayer. Colorado Springs, CO: NavPress, 1998.
- Rakoczy, Susan, ed. Common Journey, Different Paths: Spiritual Direction in Cross-Cultural Perspective. Maryknoll, NY: Oris Books, 1992.
- Richardson, Ronald. Becoming a Healthier Pastor. Fortress Press, 2005.
- Roof, Wade Clark. A Generation of Seekers: The Spiritual Journeys of the Baby Boom Generation. San Francisco, CA: Harper, 1993.
- _____. Spiritual Marketplace: Baby Boomers and the Remaking of American Religion. Princeton, NJ: Princeton University Press, 1999.
- Rumford, Doublas. Soul Shaping. Carol Stream, IL: Tyndale House Publishers, 1996.
- Rustenbach, Rusty. A Guide for Listening and Inner-Healing Prayer. Colorado Springs, CO: NavPress, 2011.
- Smith, J. Alfred, Sr. Falling in Love with God. Chicago, IL: Urban Ministries, Inc. 1997.
- Smith, James Bryan. A Spiritual Formation Workbook: Small Group Resources for Nurturing Christian Growth. San Francisco, CA: HarperSanFrancisco, 1993.
- Thomas, Creola. Being Transformed: Learning to Understand Biblical Principles One Day at a Time. Eugene, OR: Wipf and Stock Publishers, 2014.

- Thrall, Bill, Dallas Willard, Bruce Demarest, and Bruce McNicol. The Kingdom Life: A Practical theology of Discipleship and Spiritual Formation. Colorado Springs, CO: NavPress, 2010.
- Underhill, Evelyn. The Spiritual Life. Harrisburg, PA: Morehouse, 1995.
- VanVonderen, Jeff and Dale and Juanita Ryan. Soul Repair: Rebuilding Your Spiritual Life. Downers Grove, IL: InterVarsity Press, 2008.
- Vennard, Jane E. Be Still: Designing and Leading Contemplative Retreats. Bethesda, MD: The Alban Institute, 2000.
- Ware, Corrine. Connecting to God: Nurturing Spirituality Through Small Groups. Bethesda, MD: The Alban Institute, 1997.
- Washington, James Melvin. Conversations with God. New York: HarperCollins, 1994.
- Williams, Rowan. Christian Spirituality: A Theological History from the New Testament to Luther and St. John of the Cross. Atlanta, GA: John Knox Press, 1979.
- Willard, Dallas. The Spirit of the Disciplines. San Francisco, CA: Harper & Row Publishers, 1988.
- Wilson-Hartgrove, Jonathan. New Monasticism: What It Has to Say to Today's Church. Grand Rapids, MI: Brazos Press, 2008.
- Winner, Lauren F. Mudhouse Sabbath: An Invitation to a Life of Spiritual Discipline. Brewster, MA: Paraclete Press, 2003.
- Wuthrow, Robert. After Heaven: Spirituality in America Since the 1950s. Berkeley, CA: University of California Press, 1998.