

PMN 101.NA/NOS Introduction to Spiritual Formation
Spring 2023

COURSE INSTRUCTOR: Dr. Wanda Walborn
CONTACT INFORMATION: Email: Wanda.Walborn@nyack.edu PHONE: 845-536-1327

APPOINTMENT INFORMATION: Office Location: Rm 1828, Washington St., Alliance University
Open Office Hours: Tuesdays, 10:00am-11:30, 4:30- 5:30PM
Wednesdays & Thursdays, 10:00am-6:00pm. Please call or text to
above phone number to set up any appointment in person or by
phone.

Weekly Class Zoom Link:

[https://nyack.zoom.us/j/95551226841?
pwd=WHhOVERCSnVUQTZjMHVicDd2WkpCQT09](https://nyack.zoom.us/j/95551226841?pwd=WHhOVERCSnVUQTZjMHVicDd2WkpCQT09)

Meeting ID: 955 5122 6841

Passcode: 364600

REQUIRED TEXTS:

1. Walborn, Wanda. *Introduction to Spiritual Formation – Student Workbook for e360 videos*. <https://www.lulu.com/shop/wanda-walborn/introduction-to-spiritual-formation/paperback/product-17g2gn5k.html?q=wanda+walborn&page=1&pageSize=4>
This workbook can only be ordered at this website. Order as soon as possible.
2. Walborn, Wanda. *Spiritual Journey: Can I Really Get Close to God?*
ISBN: 978-1-952025-20-4 This book is available on Kindle, or Audible.
Both versions are acceptable. If you prefer to have it in print, I have
copies in my office or you can order it here
[https://shop.aer.io/undefined/p/Spiritual_Journey_Can_I_Really_Get_C
lose_to_God/9781952025204-10251](https://shop.aer.io/undefined/p/Spiritual_Journey_Can_I_Really_Get_Close_to_God/9781952025204-10251)
3. Guyon, Jeanne. *Experiencing God Through Prayer*. Whitaker House,
Abridged, 2004. ISBN-9781611041248
4. Bible. Any version is accepted.

RESOURCES:

Creating a YouTube Account: <https://www.youtube.com/watch?v=wLDjiFSCSVE> You will be
asked to make short videos on your phone for certain assignments which you will upload to the
dropbox. The first video is due on week 4. More information is given in the Lesson on Week 4 in
e360.

CATALOG COURSE DESCRIPTION:

This course, the first in the Bible/Ministry core, is designed to introduce the student to a lifestyle of
spiritual formation at Nyack College. The quadrant of spiritual formation will be taught in this course
emphasizing the areas of BEING, BELONGING, KNOWING and SERVING.

STUDENT LEARNING GOALS: The successful completion of this course will allow the student to:

PMN 101.NA/NOS Introduction to Spiritual Formation
Spring 2023

Student Learning Goals	PMN and Program Goals	Nyack Core Values	Assignments &/or Assessments Used
Take responsibility for his/her own spiritual growth through opportunities available through the Office of Spiritual Formation.	Being portion of SF quadrant covering the topics of Identity, Intimacy, Character and Brokenness PMN Dept Goal #3	Personally Transforming	Rubric for PMN101 Intro to Spiritual Formation Class Final Class attendance & participation In-class small group participation Optional chapel attendance
2. Build relationships as they participate in classroom activities and ministry opportunities offered through the Office of Spiritual Formation.	Belonging portion of SF quadrant covering the topics of community, accountability, fellowship and healing PMN Dept Goal #3 and 4	Socially Relevant and Intentionally Diverse	Class attendance In-class small group discussions Community Service Optional chapel attendance
3. Be exposed to methods of sharing their faith and given an opportunity to develop the discipline of scripture memorization and study of the Scriptures.	Knowing portion of SF quadrant covering the topics of intellect, developing, renewing, authority PMN Dept Goal #1 and 2	Academically Excellent	Rubric for PMN101 Intro to Spiritual Formation Class Final Class attendance & participation Community Service Chapel attendance

PMN 101.NA/NOS Introduction to Spiritual Formation
Spring 2023

4. Engage in cross-cultural learning experiences and participate in serving people.	Serving portion of SF quadrant covering the topics of mission, evangelism, ministry, social justice PMN Dept Goal #5	Globally Engaged	Rubric for PMN101 Intro to Spiritual Formation class Final Class attendance In-class small group Community Service
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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. Ninety hours of homework is required for a 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 for Syllabi	
Introduction to Spiritual Formation	
Assignments	Homework Hours
I. Required Reading	26.57
II. Studying for exams/quizzes	0.00
III. Research for writing	3.00
IV. Writing assignments	8.00
V. Other assignments	24.5
Total Homework Hours	62.07

1. Information Literacy Goal. Students will use six-to-eight slides in a powerpoint presentation (including a reference page) describing his/her Spiritual Formation Plan for the next 3 ½ years using the resources received in this class. Students will incorporate the readings, lectures, book reports, assignments and activities participated in this semester, including each area of Being, Knowing, Belonging and Serving. (IL Standard 3:4f)
2. Technology Goal. Students will learn to identify and discuss the spiritual dynamics represented in film and media. (Video clips shown throughout class as examples.) Also full use of e360 for pre-class work, quizzes and journaling.
3. Critical Thinking Goal. Students will study and evaluate various definitions of spiritual formation in order to formulate their own philosophy and pattern of personal spiritual growth.
4. Oral Communication Goal. Students will present their thoughts and concepts learned on certain topics to the entire class. (Mask presentation, Small Group participation through Pave Mentoring, and Creative Presentation for final examination.)
5. Written Communication Goal. Students will articulate their ideas and learning concepts in the completion of the student workbook, reflection papers, book reports, small group reports and community service paper.

PMN 101.NA/NOS Introduction to Spiritual Formation
Spring 2023

ASSESSMENT RESULTS

The School/Department of Pastoral Ministries 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 reviews and not made public. Results of assessments will be used to show program effectiveness and evaluated for program improvement.

ASSIGNMENT DESCRIPTIONS

ALL DUE DATES AND ASSIGNMENTS ARE LISTED IN EASTERN STANDARD TIME (EST)

1. **e360 Video and Student Workbook.** Due 3/22 20% of grade
Students are required to watch the e360 video each week *before class*. At the end of the semester, students will submit a 1- minute video showing workbook completion. Due on last day of this class, **March 22nd**
2. **Mask: Creative Presentation – Due 2/8** 20% of grade
Create your own mask as complex or simple as you desire. It can be made out of simple paper, card stock, construction paper, or paper mache. The outside of the mask represents how other people see you, and the inside represents how you really feel about yourself. Be sure to include when you started wearing your mask.
3. **Guyon Response Paper.** Due – 2/22 20% of grade
You will be assigned two or three chapters in your Guyon book, *Experiencing God Through Prayer*, each week. After reading each week, set a timer and practice a time of stillness for 8 minutes. What did you hear, see or sense from the Lord? (Write in your personal journal or notebook. These will **not** be submitted each week.) After 5 weeks, when you have completed chapter 14, you will write a 3-page paper on what you heard, saw or sensed from the Lord during these times of stillness. Feel free to take specific entries from your personal journal.
4. **Spiritual Journey: Can I Really Get Close to God? Reading Report.** 3/15 20% of grade
This book will be used each week in class. Follow the course calendar for the weekly chapter and topic of each class. Fill out the **Reading Report on page 8 of this syllabus**. **Reading Report** is due in the dropbox on March 15th.
5. **Creative Video Presentation + Spiritual Growth Plan Final Project - Due 3/22. Total 20% of grade**
Even though this is one assignment, there are two separate dropboxes – one for the video and one for the paper.
Part 1: On the day of the Final Exam, you will show a 3-minute video creative presentation in class of what you learned from this class. Creative means you write your own song, poem, spoken word, TV show, or story of what you learned in this class. You must draw your own painting or sketch, make your own video, or any other exciting creation you can think of to illustrate what you have learned in this class. You will incorporate the readings, mention at least 3 lecture topics, assignments and activities you have participated in this semester. **The rubric for this presentation is found on page 8 of this syllabus. Samples can be found in the resource section of e360. Submit the video link to the dropbox.**
Part 2: Written summary of Spiritual Growth Plan. In addition to the final creative video presentation, you will write a **2 page summary** of your 3 year plan for spiritual growth. Specifically include how you plan to grow emotionally, socially, spiritually and intellectually. Who will hold you accountable in these areas? **Submit the paper to the dropbox on e360.** (IL Standard 3:4f)

e360 Video and Student Workbook. Due 3/22

You have been watching the e360 video each week *before class*. Submit a 1-minute video showing workbook completion. Due on last day of this class, **March 22nd**

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.

Policy on Plagiarism:

Students at Nyack College, as Christians, are expected to display the highest standards of personal and academic integrity in the development of research papers and other academic projects. Perhaps the most critical issue in exhibiting integrity in academic assignments is student compliance with accepted practices for providing his/her professor with resources and references used to develop his/her paper or project. All students are responsible to be familiar with this policy. Ignorance of plagiarism guidelines will not be accepted as a defense or excuse for violating these standards. Plagiarism is defined as an act of "Literary Theft," when the work of another is misrepresented as the original work of the Nyack College student. This may be done intentionally or unintentionally. When excerpts, thoughts, writings, or statements of others are used in papers, essays, or other projects, they must be acknowledged through footnotes, bibliography and other accepted MLA or APA practices and standards. Please see the catalog pp. 37 & 38 for a detailed description of levels and consequences (Walborn, 200

**PMN 101.NA/NOS Introduction to Spiritual Formation
Spring 2023**

ISF Course Calendar

<u>Lesson in e360</u>	<u>Date:</u>	<u>Class Topic:</u>	<u>Text Reading and Assignments Due</u>
1	1/18	Intro to Class and Syllabus. Share your story. What are you hoping God will do for you here at Nyack? Spiritual Instincts. Theology of Hearing God's Voice	Purchase all textbooks and bring to class.
2	1/25	Prerequisite for the Journey: Hunger. Saying Yes to God	Watch e360 video before class and fill in workbook. Read Guyon Ch 1-3 and journal. Walborn, Spiritual Journey (SJ) Ch 1
3	2/1	Definition of Spiritual Formation & Attachment to God Rejection Overview of Spiritual Disciplines	Watch e360 video before class and fill in workbook. Read Guyon 4-6 and journal Walborn, SJ Ch 2
4	2/8	Belonging Shame Need for Community	Watch e360 video before class and fill in workbook. Read Guyon 7-9 and journal. Walborn, SJ Ch 3 Mask Due
5	2/15	Brokenness Anger Forgiveness	Watch e360 video before class and fill in workbook. Read Guyon 10-11 and journal Walborn, SJ Ch 4
6	2/22	Intimacy: God's Desire for Us Lies Honesty Meditation	Watch e360 video before class and fill in workbook. Read Guyon 12-14 Walborn, SJ Ch 5 Guyon Response 3-Page Reflective Paper Due
7	3/1	Identity Fear Journaling	Watch e360 video before class and fill in workbook. Read Guyon 15-17 and journal.

**PMN 101.NA/NOS Introduction to Spiritual Formation
Spring 2023**

			Walborn, SJ Ch 6
8	3/8	Hearing God's Voice Healing Prayer Model	Watch e360 video before class and fill in workbook. Read Guyon 18-20 and journal. Walborn, SJ Ch 7
9	3/15	Character Social Justice	Watch e360 video before class and fill in workbook. Read Guyon 21-22 and journal. Walborn, SJ Ch 8 Reading Report Form of <i>Spiritual Journey</i> Book Due
10	3/22	Final Presentations	1-Minute Video of Completed Student Notebook Due 2. Creative Presentation 3-minute Video Due and 3.Spiritual Growth Plan 2-Page Paper Due

READING REPORT FORM
PMN 101 – Introduction to Spiritual Formation

Student Name: _____

With integrity, I have read this book (circle one): Thoroughly and Entirely—100%
Quickly but Completely—100%
Thoroughly but NOT Entirely—_____%
Quickly and NOT Completely—_____%
Not at all

Signed: _____

1). Where did this book “take you apart?” How did God use it in “spiritual surgery?” (please use quotes & page numbers)?

2). Where did you agree most with the author? Disagree most?

3). What was the key spiritual truth you gleaned from this book? How are you integrating it into your personal spiritual formation process?

PMN 101 - FINAL EXAM RUBRIC FOR: _____

(Student Name)

Final Exam. 3-minute creative presentation of what you learned from this class. Creative means you write your own song, poem, spoken word or story of your journey. You must draw your own painting or sketch, make your own video, or any other exciting creation you can think of to illustrate what you have learned in this class. (Cutting and pasting google images onto a powerpoint or using video clips from youtube is not creative.) You will incorporate the readings, book reports, lectures, assignments and activities you have participated in this semester. **BE CREATIVE**

In addition to the presentation you will write a **2 page summary** of your 3 year plan. Specifically include how you plan to grow emotionally, socially, spiritually and intellectually. Who will hold you accountable in these areas? Put it in the dropbox on e360. (IL Standard 3:4f)

100 points for Creative Presentation. 100 points 3 year plan

Creativity.	Demonstrates creativity with course work integration- 25 points	Demonstrates some creativity with course integration - 20 points	Limited creativity and weak integration - 15 points	Little creativity and no visible integration - 10 points	Failed to answer - 0 points
Incorporated several topics from class material	Demonstrates deep knowledge and course integration - 25 points	Demonstrates some knowledge and some course integration - 20 points	Limited knowledge and weak integration - 15 points	Little knowledge and no visible integration - 10 points	Failed to answer - 0 points
Ability to articulate places of knowledge and growth	Demonstrates deep knowledge and course integration - 25 points	Demonstrates some knowledge and some course integration - 20 points	Limited knowledge and weak integration - 15 points	Little knowledge and no visible integration - 10 points	Failed to answer - 0 points
Engagement.	Demonstrates ability to fully engage classmates in presentation 25 points	Demonstrates ability to engage most classmates in presentation - 20 points	Demonstrates ability to engage some classmates- 15 points	Limited ability to engage classmates - 10 points	Failed to engage classmates - 0 points

5-10 points will be deducted for failing to stay within the given timeframe. (3 minutes ONLY)

Creative Portion Total: _____ 3-Year Plan Total: _____ Total Score for Final: _____

These scripture verses are highlighted throughout the course. You may memorize and recite to the professor at the end of the semester for extra credit. (5 points for each number listed below.)

- 1. Acts 17:26-28a (NIV)** From one man he made every nation of men, that they should inhabit the whole earth; and he determined the times set for them and the exact places where they should live. God did this so that men would seek him and perhaps reach out for him and find him, though he is not far from each one of us. 'For in him we live and move and have our being.'
- 2. Philippians 2:13 (New Living Translation)** For God is working in you, giving you the desire and the power to do what pleases him.
- 3. Micah 7:7 (NIV)** But as for me, I watch in hope for the Lord, I wait for God my Savior; my God will hear me.
- 4. Isaiah 43:1-3a (NIV)** But now, this is what the LORD says—he who created you, O Jacob, he who formed you, O Israel: "Fear not, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. For I am the LORD, your God, the Holy One of Israel, your Savior;
- 5. II Peter 1:3-4 (NIV)** His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. 4Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.
- 6. Hebrews 10:24-25 (NIV)** And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.
- 7. 1 John 1:9 (NIV)** If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.
- 8. Romans 12:1-2 (NIV)** Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual^[a] act of worship. 2Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.
- 9. II Corinthians 10:4-5 (NIV)** 4The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.
- 10. Isaiah 53:5-6 (NIV)** 5But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed. 6 We all, like sheep, have gone astray, each of us has turned to his own way; and the LORD has laid on him the iniquity of us all.

11. Matthew 24:14 (NIV) And this gospel of the kingdom will be preached in the whole world as a testimony to all nations, and then the end will come.

12. James 1:27 (NIV) Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.

13. Proverbs 31:8-9 (NIV) "Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy."

