



## CM 600 Spiritual Formation for Ministry Spring 2026

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Course Dates: June 1-5, 2026  
Course Delivery Method: In-Person Modular

3 Credit Hours

### COURSE DESCRIPTION

An exploration of the theology of Christian life and spiritual formation through attention to the biblical theme of union with Christ. Students will also examine the formation of Christian character, as well as the rationale for and practice of spiritual disciplines. (When this course is taken on campus, it culminates in a 24-hour retreat.)

### COURSE INTEGRATION

This course seeks to fulfill Briercrest Seminary's Outcome #1 by guiding students in their understanding of spiritual formation and its long tradition including evangelical contributions to its history and practice. It addresses Outcome #2 by introducing corporate spiritual disciplines and exploring the role of the church in spiritual formation. It attends to Outcome #3 by guiding the students in developing a rule of life to aid in their growth as followers of Jesus.

### COURSE TEXTS

Calhoun, Adele Ahlberg. 2015. *Spiritual disciplines handbook*. Rev. ed. Downers Grove, IL: Formatio.

Howard, Evan B. 2018. *A guide to Christian spiritual formation*. Grand Rapids, MI: Baker.

Noble, Alan. 2021. *You are not your own: Belonging to God in an inhuman world*. Downers Grove, IL: InterVarsity.

And ONE book from ONE of the following evangelical spiritual writers:

Barton, Ruth H.  
2018. *Invitation to retreat*. Downers Grove, IL: InterVarsity  
2004. *Invitation to solitude and silence*. Downers Grove, IL: InterVarsity.  
2006. *Sacred rhythms*. Downers Grove, IL: InterVarsity.

Buchanan, Mark.  
2006. *The rest of God*. Nashville, TN: Nelson.  
2010. *Spiritual rhythm*. Grand Rapids, MI: Zondervan.

Chan, Simon.

2006. *Liturgical theology: The church as worshiping community*. Downers Grove, IL: InterVarsity.

1998. *Spiritual theology: A systematic study of the Christian life*. Downers Grove, IL: InterVarsity.

Comer, John Mark.

2019 *The ruthless elimination of hurry*. Colorado Springs, CO: WaterBrook.

2024. *Practicing the way*. Colorado Springs, CO: WaterBrook.

Davis, Lanta.

2024. *Becoming by beholding: The power of the imagination in spiritual formation*. Grand Rapids, MI: Baker.

Foster, Richard.

2010. *Freedom of simplicity; Finding harmony in a complex world*. Rev. ed. New York, NY: Harper One.

2008. *Prayer: Finding the heart's true home*. London, UK: Hodder.

Gushiken, Kevin M.

2024. *A theology of play: Learning to enjoy life as God intended*. Grand Rapids, MI: Kregel.

Hall, Todd and Elizabeth.

2021. *Relational spirituality: A psychological-theological paradigm for transformation*. Downers Grove, IL: InterVarsity.

Helland, Roger.

2017. *The devout life*. Eugene, OR: Wipf and Stock.

2023. *Pursuing God's presence*. Minneapolis, MN: Chosen.

Keller, Timothy.

2016. *Prayer*. New York, NY: Penguin.

2015. *Walking with God through pain and suffering*. New York, NY: Penguin.

McDaniel, Terra.

2023. *Hopeful lament. Tending our grief through spiritual practices*. Downers Grove, IL: InterVarsity.

Mulholland, M. Robert, Jr.

1993. *Invitation to a journey: A road map for spiritual formation*. Downers Grove: InterVarsity.

2016. *The deeper Journey*. Downers Grove, IL: InterVarsity.

Ortberg, John.

2010. *The me I want to be*. Grand Rapids, MI: Zondervan.

2014. *Soul keeping*. Grand Rapids, MI: Zondervan.

Peterson, Eugene.

1987. *Working the angles*. Grand Rapids, MI: Eerdmans.

1993. *The contemplative pastor*. Grand Rapids, MI: Eerdmans.

Scazzero, Gerri.

2014. *The emotionally healthy woman*. Grand Rapids, MI: Zondervan.

Scazzero, Peter.

2014. *Emotionally healthy spirituality*. Grand Rapids, MI: Zondervan.

Shigimatsu, Ken.

2023. *Now I become myself*. Grand Rapids, MI: Zondervan.

2018. *Survival guide for the soul*. Grand Rapids, MI: Zondervan.

Smith, Gordon T.

2017. *Evangelical, sacramental, and Pentecostal*. Downers Grove, IL: InterVarsity Academic.

2021. *Welcome, Holy Spirit: A theological and experiential introduction*. Downers Grove, IL: InterVarsity.

Smith, James K. A.

2022. *How to inhabit time*. Grand Rapids, MI: Brazos.

2016. *You are what you love*. Grand Rapids, MI: Brazos.

Willard, Dallas.

2012. *Hearing God*. Downers Grove, IL: InterVarsity.

2002. *Renovation of the heart*. Colorado Springs, CO: Navpress.

Students are expected to refer to Briercrest Seminary's Format and Style Guides and Guide for Writing Research Papers, available as PDF documents here: <https://www.briercrestseminary.ca/seminary-life/documents>.

These texts are available in store and online at the Briercrest Bookstore:  
<https://www.briercrestseminary.ca/seminary-life/bookstore>.

Students are responsible for course materials and communication on Canvas (<https://briercrest.instructure.com>) and their myBriercrest.ca email account.

## SEMINARY-WIDE OUTCOMES

Students will graduate:

1. Describing and demonstrating evangelical faith and values.
2. Preparing to serve God's kingdom in its diversity. Describe God, God's kingdom, and your calling (vocational sensitivity) within it, including the types of contexts and people you feel best prepared to serve.
3. Participating in the action of our Triune God through formation of the soul (i.e., virtue and spiritual integrity), mind (academic rigour), and strength (vocation).

## COURSE OUTCOMES

Upon completion of this course students will have taken the opportunity to:

1. Gain deeper understanding of the unfolding narrative of their spiritual journeys through personal introspection and group interaction.
2. Understand the importance of the ecclesial context in the grasp and growth involved in the spiritual life.
3. Grow in awareness of the resources for spiritual formation within contemporary

- Evangelicalism.
4. Experience a variety of spiritual exercises and activities for the sake of learning techniques associated with various spiritual disciplines.
  5. Establish a rule of life to be used throughout the seminary experience and to nurture habits that will be taken into a lifetime of ministry.

**COURSE OUTLINE AND CONTENT**

| Time             | Topic                                                          | Resources/Files                                             |
|------------------|----------------------------------------------------------------|-------------------------------------------------------------|
| <b>MONDAY</b>    |                                                                |                                                             |
| 9:00             | General and Personal Introductions/Syllabus Questions          | CM 600 Course Syllabus                                      |
| 10:30            | Refreshment Break                                              |                                                             |
| 10:45            | Course Introduction                                            | CM 600 Spiritual Formation for Ministry Course Introduction |
| 12:00            | Lunch                                                          |                                                             |
| 1:00             | Historical and Theological Perspectives on Spiritual Formation | Streams of Spirituality                                     |
| 2:30             | Refreshment Break                                              |                                                             |
| 2:45             | Historical and Theological Perspectives on Spiritual Formation | Streams of Spirituality                                     |
| 4:00             | Dismiss for the Day                                            |                                                             |
| <b>TUESDAY</b>   |                                                                |                                                             |
| 9:00             | Conversion and Regeneration                                    | Beginning the Journey                                       |
|                  | Evangelical Contributions to Spiritual Formation               | Contributions of Evangelicals to Spiritual Formation        |
| 10:30            | Refreshment Break                                              |                                                             |
| 10:45            | Evangelical Contributions to Spiritual Formation               | Contributions of Evangelicals to Spiritual Formation        |
| 12:00            | Lunch                                                          |                                                             |
| 1:00             | Understanding Spiritual Formation                              | Taking the Journey                                          |
| 2:30             | Refreshment Break                                              |                                                             |
| 2:45             | Understanding Spiritual Formation                              | Taking the Journey                                          |
| 4:00             | Dismiss for the Day                                            |                                                             |
| <b>WEDNESDAY</b> |                                                                |                                                             |
| 9:00             | Approaches to Spiritual Formation                              | Sacred Pathways                                             |
| 10:00            | Refreshment Break                                              |                                                             |
| 10:30            | Approaches to Spiritual Formation                              | Sacred Pathways                                             |

|                  |                                                |                               |
|------------------|------------------------------------------------|-------------------------------|
|                  | Assessment Instruments and Spiritual Formation | Assessment Instruments        |
| 12:00            | Lunch                                          |                               |
| 1:00             | Communal Spiritual Formation                   | Taking the Journey Together   |
| 2:30             | Refreshment Break                              |                               |
| 2:45             | Communal Spiritual Formation                   | Taking the Journey Together   |
|                  | Growing Through Our Suffering                  | Growing Through Our Suffering |
| 4:00             | Dismiss for the Day                            |                               |
| <b>THURSDAY</b>  |                                                |                               |
| 9:00             | Spiritual Disciplines                          | Paths of Disciplined Grace    |
| 10:30            | Refreshment Break                              |                               |
| 10:45            | Spiritual Disciplines                          | Paths of Disciplined Grace    |
| 12:00            | Seminary Lunch                                 |                               |
| 1:00             | Spiritual Disciplines                          | Paths of Disciplined Grace    |
| 2:30             | Refreshment Break                              |                               |
| 2:45             | Spiritual Disciplines                          | Paths of Disciplined Grace    |
| 4:00             | Dismiss for the Day                            |                               |
| <b>FRIDAY</b>    |                                                |                               |
| 9:00             | Spiritual Disciplines                          | Paths of Disciplined Grace    |
| 10:30            | Refreshment Break                              |                               |
| 10:45            | Spiritual Disciplines                          | Paths of Disciplined Grace    |
| 12:00            | Lunch                                          |                               |
| <b>Leave for</b> | <b>Seminary</b>                                | <b>Retreat</b>                |

**Note:** During the Seminary Retreat there will be scheduled times for each student to share their Spiritual Autobiographies in their small groups. If a student's spouse is attending the retreat, it is requested they not attend those sessions to maintain the integrity of the group ethos and to free each participant to speak with candor and vulnerability.

## ASSIGNMENTS

Please submit all written assignments to Canvas.

### *Pre-Course Assignments:*

1. **Book Review. (15%)** The student will read Howard's *A Guide to Christian Spiritual Formation* and write a four-page (**1000 word**) review where they interact with the author's purpose and arguments within the book. The student is to assess the strengths and weaknesses of the book and conclude whether they would recommend this book and to whom. **Two significant learnings regarding spiritual formation are to be highlighted.** This assignment addresses Seminary Outcome #1 and Course Outcomes #1,2,3.  
**Due:** June 1, 2026
2. **Contemporary Evangelical Resources for Spiritual Formation. (15%)** The student will choose one of the books from the options listed above and read it with an eye to its contribution to

guiding spiritual formation in the local church. The four-page **(1000 word)** review will focus on the basic purpose of the book and a summary of its contents. **It will conclude with ways in which this book might be used in personal and corporate settings in the local church/ministry organization.** Students are required to inform the instructor by **May 8, 2026**, as to their choice. Students will present their conclusions briefly in class. This assignment addresses Seminary Outcome #1 and Course Outcomes #1,2,3.

**Due:** June 1, 2026

3. **Cultural/Personal Audit. (15%)** The student will read Noble's *You Are Not Your Own* and analyze the author's arguments regarding autonomous individualism within our contemporary cultural moment as it relates to identity formation. Each student is to reflect upon the impact of such an impulse on his/her understanding of spiritual formation. This assignment is designed to serve as an initial exercise of introspection for the Spiritual Autobiography to be completed during the course **(1000 words)**. This assignment addresses Seminary Outcomes #2,3 and Course Outcomes #2,3.

**Due:** June 1, 2026

#### ***Mid-Course Assignments:***

1. **Spiritual Autobiography. (15%)** Each student will be participating in various exercises throughout the first part of the week. These will include narratives of his/her conversion and subsequent faith journey as well personal reflection on inventories such as Via Character Strengths Assessment: <https://www.viacharacter.org/>, Barrett Values Assessment: <https://www.valuescentre.com/tools-assessments/pva/>, a spiritual gifts inventory, and any of the personality type inventories the student might have taken previously such as DiSC, Enneagram, StrengthsFinder, Birkman, and MBTI (free online versions can be accessed at <https://www.123test.com/disc-personality-test/> and [Free Personality Test | 16Personalities](#)). These will be combined into a cohesive narrative entitled, "My Journey as a Christ-follower to This Point" and should be approximately **1500 words**. This assignment addresses Seminary Outcome #3 and Course Outcomes #1,2.

**Due:** before the retreat begins on Friday, June 5, 2026.

#### ***Post-Course Assignments:***

1. **Spiritual Retreat. (15%)** Each student will participate in the Seminary Retreat which begins on Friday, June 5, 2026, and concludes the following afternoon. Each will keep a detailed journal of their personal and corporate experiences during this time. Two of the spiritual disciplines found in Calhoun's *Spiritual Disciplines Handbook* (with the exceptions of journaling and fasting) will be chosen as special emphases during the times spent in solitude. The journal will reflect upon the experiences of the retreat and then evaluate the overall retreat experience and its contribution to further spiritual formation. Although this journal may be handwritten initially, it will need to be submitted in typed form to conform to word count requirements **(1500 words)**. Since there are other students and faculty at the retreat beyond those in this class, some events and activities planned may not directly contribute to the times of silence and solitude required for this assignment. Each student can therefore self-select which events of the retreat to miss to complete this assignment. The student will be

responsible for the additional costs of the retreat. This assignment addresses Seminary Outcomes #1,2,3 and Course Outcomes #1,2,3,4.

**Due:** August 1, 2026

2. **Rule of Life. (25%)** Each student will consult some of the templates for writing a rule of life mentioned in class and posted on Canvas and will coordinate it with the various inventories taken during the week of class to produce a personal rule (or rhythm) of life. The first and largest portion of this assignment will be analysis of personal strengths and weaknesses, season of life, spiritual gifts, and personality preferences. The second part will be the rule of life itself. The rule will be long enough to be challenging, short enough not to be discouraging and flexible enough to change with the student's circumstances. There should be specifics in terms of the various aspects of the rule and their frequency. Overall length will be 8 pages (**2000 words**). This assignment addresses Seminary Outcome #3 and Course Outcome #5.

**Due:** August 1, 2026

## SEMINARY CALENDAR

Students are expected to be aware of the policies that govern course work at Briercrest Seminary, all of which are published in the current [Seminary Calendar](#).

### ***Attendance Policy***

In order to benefit fully from a seminary education, to be good stewards of time and finances, and to be considerate of their classmates and faculty members, students must be in class at every opportunity.

### ***Modular Courses***

Students are expected to attend 100 per cent of each modular for which they register. If this is impossible due to extenuating circumstances, arrangements must be made with the course professor before the first day of class. If extenuating circumstances prevent a student from attending class, a maximum of one (1) full day of class can be foregone. If additional time is missed, the student will fail the course unless they first request to withdraw from the course or move the course to an audit.

### ***Online Courses***

If extenuating circumstances prevent a student from attending scheduled meeting times, then up to 20% of meeting time can be foregone. Students missing scheduled meeting times should make every effort to inform the course professor prior to any time missed. If additional time is missed, the student will fail the course unless they first request to withdraw from the course or move the course to an audit.

### ***Semester-Based Courses***

All students missing more than two full weeks of a particular course from registration to the last day of classes will receive an automatic fail (0%). A student may appeal a course failure due to excessive absences. Successful appeals will be granted only in rare cases where all absences are clearly beyond the student's control. Appeals must be made through the Academic Appeal Process.

***Modular Course Schedules***

Modular classes begin at 9:00 a.m. on Monday morning and run a minimum of 30 hours through the course of the week. The schedule is determined by the course professor. Students should check the syllabus for specifics. When the syllabus does not state class times, students are responsible to check with the professor prior to making travel plans.

***Assignment Submission***

All assignments must be submitted no later than eight weeks after the last day of class as stated in the syllabus. The correct due dates will be clearly noted in the syllabus and each faculty member will state in their syllabus how assignments should be submitted. Assignments submitted within a week after the due date will be accepted with a 10 per cent penalty. For additional information refer to the late assignment policy or the extension policy in the [academic calendar](#).

***Return of Graded Assignments***

Professors are expected to return graded assignments within six weeks of the due date. If they fail to do so, students may submit an inquiry to the [Seminary](#). If an extension is granted, the professor is no longer obligated to meet this deadline.

***Academic Honesty***

As members of the Briercrest learning community, students have a responsibility to conduct themselves with integrity and honour. Students who cheat on exams, plagiarize, inappropriately collaborate, or use generative AI without instructor authorization violate the trust placed in them by their instructors, fellow students, and the seminary. Any such actions constitute a breach of academic honesty and will result in serious consequences, such as failure of an assignment, failure of a course, or expulsion from the seminary.

Plagiarism, whether intentional or involuntary, is the submission of the work of others, published or unpublished, in whole or in part without acknowledgment or proper documentation. All information, ideas and/or direct quotations taken from other primary or secondary sources must be documented appropriately.

Generative AI is an umbrella term for a type of machine learning and a group of algorithms that can create new content, such as text, code, images, videos, music, or a combination of all these formats. Generative AI produces output in response to a query or prompt using generative models such as Large Language Models (LLMs) that rely on large datasets. Generative AI features are also often embedded within tools such as Grammarly, allowing these tools to generate new content, such as the rewriting, paraphrasing, or summarizing of existing text. The generated responses of these tools are probabilistic, which can result in errors and biases in responses.

The use of generative AI to create audio or visual media, to produce outlines, to generate partial or complete drafts of assignments, to answer questions on quizzes or exams, or to edit the grammar of assignment drafts is considered unauthorized unless it is explicitly permitted by the course instructor in writing. All use of generative AI tools must be properly documented.

Students are responsible for ensuring they are using their sources and completing their assignments with transparency and honesty. For more details, consult the [Seminary Calendar](#) and

the Briercrest Format Guide. In addition to being familiar with these pages, instructors assume that you have completed the Briercrest Academic Integrity course on [Canvas](#) and understand the information contained in it.

### ***Academic Accommodations***

Any student with a disability, injury, or health condition (mental or physical) who may need academic accommodations (permanent or temporary) should contact the ARC Coordinator in person (L234 in the Library), by phone (1-306-801-6159), or by email (arc@briercrest.ca). Documentation from a qualified practitioner will be required (i.e., medical doctor, psychologist, etc.). It is recommended that students meet with their professors to discuss the requirements of their accommodations (i.e., how the student will receive lecture notes, or how the professor wants to receive extension requests).

### **BIBLIOGRAPHY**

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- Andrews, Alan, ed. 2010. *The kingdom life*. Colorado Springs, CO: NavPress.
- Augustine. 1961. *Confessions*. Trans. by R.S. Pine-Coffin. New York: Penguin.
- Baker, Howard. 1998. *Soul keeping: Ancient paths of spiritual direction*. Colorado Springs: NavPress.
- Bakke, Jeannette A. 2000. *Holy invitations: Exploring spiritual direction*. Grand Rapids: Baker.
- Banks, Robert and R. Paul Stevens, eds. 1997. *The complete book of everyday Christianity*. Downers Grove: InterVarsity.
- Barth, Karl. 1985. *Prayer*. 2<sup>nd</sup> ed. Trans. by Sara Terrien. Philadelphia: Westminster.
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- Benner, David G. 2002. *Sacred companions: The gift of spiritual friendship and direction*. Downers Grove: InterVarsity.
- \_\_\_\_\_. 2011. *Soulful spirituality*. Grand Rapids: Brazos.
- Blackaby, Henry T., and Claude V. King. 1994. *Experiencing God*. Nashville: Broadman and Holman.
- Boa, Kenneth. 2001. *Conformed to his image*. Grand Rapids: Zondervan.
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- Collins, Kenneth J., ed. 2000. *Exploring Christian spirituality: An ecumenical reader*. Grand Rapids: Baker.
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- \_\_\_\_\_. 1992. *Prayer: Finding the heart's true home*. San Francisco: Harper Collins.
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