

REL250, (CRN 198)  
Personal Spirituality and Faith, Section 2  
Fall, 2005.

Instructor Information:

Name: Ray McAllister

Phone: (269) 925 1562 (An excellent contact method appropriate for use from 8 A.M. to 10 P.M., excluding Sabbath, between sundown Friday and sundown Saturday.)

E-mail: raymondm@andrews.edu (Fairly good contact method when an instant reply is not required.)

A student wishing to arrange an in-person appointment may arrange such with the instructor by phone.

General Course Information

Place and time: Griggs 205, Tues, Thurs, 12:30-1:45 P.M.

Credits: 3.

Drop/Add deadline: September 7, 2005.

Withdrawal Deadline: November 29, 2005.

Course Description Based on the Bulletin: This class offers A study of the Biblical perspective of the act of faith and the life of faith. How does a person begin and nurture one's own personal spiritual and devotional life? This course Also studies the meaning of spiritual nurture in various life style and work settings. Personal spiritual growth is fostered through involvement in organized church activities and/or witnessing outreach. Prerequisite: REL100.

Course Vision: All students in this class shall actively love God with whole heart, soul, and strength. (Deut 6:4-9; Mark 12:29, 30)

Objectives: The successful student in this class will be able to

A. demonstrate a deepening relationship with the one, true God in undivided thoughts, attitudes, and actions (Deut 6:4, 5)

B. Value deeply from the heart, God's ways, commandments, and what the Bible says about spiritual growth (Deut 6:6)

C. teach theory and practice of spiritual growth to another human being (Deut 6:7)

D. discuss intelligently and readily issues relating to Biblical, personal spirituality (Deut 6:7)

E. synthesize a basic, Biblical model for practical, personal spirituality (Deut 6:8)

F. evaluate in brief the more prevalent models and methods for spiritual growth (Deut 6:7, 8)

G. employ with gracefulness practical methods for developing spiritually in all dimensions (Deut 6:8)

H. base one's entire life, household, and conduct on Biblical principles of spiritual growth. (Deut 6:9)

#### Text Books

A. The Bible, a translation, not a paraphrase.

B. Foster, Richard. Celebration of Discipline: the Path to Spiritual Growth.

C. White, Ellen G. Sanctified Life.

D. Shewmake, Carrol. Sanctuary Secrets to Personal Prayer.

E. An e-mail compilation of poems written by the instructor on his journey of spiritual growth.

F. (optional) Foster, Richard, and Kathryn Yanni. Celebrating the Disciplines: A Journal Workbook to Accompany Celebration of Discipline.

Course Requirements: Below are the requirements for this class followed by the percent of the total grade the requirement is worth.

A. Attendance and participation: Because of the small-group format of this class, students must actively attend all class sessions to best support their classmates. After missing three class periods without a valid excuse, a student will lose one letter grade for every subsequent unexcused absence. Three unexcused tardies count as one absence. Within the first two minutes of class, an attendance sheet and/or quiz will be distributed. Students who arrive after such is distributed must see the instructor by the end of the period. Said students will, then, receive a tardy for that day rather than an absence. For a tardy or absence to be excused, a student must present to the instructor a written notice from a medical professional, professor ordering a field trip, etc. An incomplete may be given if and only if a verifiable situation such as serious illness arises which is beyond the student's control. A student in such a situation must see to it that the instructor is notified as soon as possible. Finally, to allow the best participation, cell phones, food, or drinks, are not permitted during class. (10% total for participation)

B. Book reviews: The student is expected to write two book reviews, each on one of the two shorter text books for this class. The first, on Sanctified Life, is due on September, 29.

The second, on Sanctuary Secrets to Personal Prayer, is due on October 27. Reviews should be from 1 to 2 pages, double-spaced, in length. Each review should briefly summarize the content and message of the book. Such a review should address no less than one strength and one weakness in the book with reference to issues such as clarity, reasoning, presentation style, and usefulness. A good review provides evidence to back up claims made. Reviews should also be balanced with reference to what material in the book is considered. This means that a book review should not focus simply on one chapter or portion of a book. Finally, the student is expected to discuss how this book can impact one's spiritual life. (10% for each review)

C. Chapter quizzes: The student should expect a quiz to open class every day when a new chapter in Foster is introduced. These quizzes will be usually on Tuesdays, objective in nature, and contain about five questions. See appended assignment schedule. (10% for the total quiz credit)

D. Discipleship journals: Each student is expected to disciple one individual of the student's gender who is not a student of this present course. Discipleship meetings are to take place once a week and need not be longer than twenty minutes. Meetings may be conducted over meals to save time. During a meeting, as a general rule, the discipler is to share materials recently covered in class and apply them to the needs of the disciple. Should a rare emergency arise, such as a situation involving a suicidal disciple, the professor should be notified immediately, by phone or in person, regardless of time of day or day of week. A discipler will also wish to contact a pastor, dean, or other suitable authority if applicable. The last page of this syllabus contains a resource list for handling possible emergency situations.

A weekly discipleship journal allows the discipler to briefly summarize the meeting. An entry in such a journal should discuss in a paragraph what was covered, how the material was received, and strengths and weaknesses in the discipler's performance. (15 points)

E. Experience journal: Each week, usually on Tuesday, the student is expected to turn in journal notes from the previous week. This journal is to describe the student's journey exploring methods of spiritual growth and discipline learned from class and the text books. To receive full points, and optimal spiritual benefit, The following questions should be answered specifically and in order regarding each method tried:

- 1) What did I do?
- 2) Roughly how much time did I spend with it?
- 3) How did it affect me, positively and/or negatively?
- 4) What obstacles did I encounter in this exercise?
- 5) How might I further explore this technique in the future?



Students are expected to spend an hour total for each discipline covered exploring a variety of methods and ideas. These explorations may only be done on Sabbath when the main reason for such exploration is for spiritual growth, not simply to save time in completing class requirements. This judgment rests solely in the student's conscience. Appended to this syllabus is a schedule for when all such assignments are due and what is expected to be covered in each. For September 6, each student is to bring a 1-2 page spiritual autobiography describing what the student feels is important about his/her spiritual journey. (15% for all journaling, 3% for the bio)

F. Final examination: On December 15, from 3-5 pm, there will be a final exam for this class. The exam will cover the material from lectures and class discussions during the course. The emphasis in this exam is on practicality, not reproduction of large quantities of head knowledge. The student that pays attention in class and does the activities should have no problem in the exam. It must be understood that under no circumstance whatsoever may the exam be given at a different time for a student to accommodate his/her schedule. Students should make their airline reservations for Christmas vacation accordingly. (20% for the exam)

G. Group art project: The lab for the unit on worship, November 22, will consist, at least, in part, in each group sharing an art project on a spiritual discipline. (Plan Thanksgiving vacation accordingly.) Projects may be drama, music, collage, poetry, computer graphics, etc. A project should involve about 3-4 hours of each student's time (pre-planning included) and should show experience with the discipline. Projects must be appropriate for a session of worship. Each small group must provide movie-style credits in writing to the instructor by the date of the worship lab to insure that all members are treated fairly. For the full points, each group must notify the instructor regarding his/her choice of discipline and project style by September 27. (10% for the project)

H. Have a blessed time.

#### CLASS RULES OF ORDER

The instructor of this course is totally blind. This means that a raised hand will not be noticed. As a result, the student is encouraged to use the discussion techniques listed below. They have been successfully used for decades by amateur radio operators in their non-visual world.

Instead of hand raising, a student may simply wait for a small break in the talking and jump in with his/her name. The instructor will acknowledge the remark as soon as possible. Students should not fear talking over each other as the speaking of one brief word will not seriously cut into what someone else is saying.



Regarding written work such as journal entries, book reviews, etc. it is best if such assignments are e-mailed to the instructor. The e-mail is at the top of this course outline. MS-Word attachments are acceptable. If one wishes to hand in a floppy disk or TYPED hard copy as well, as a back-up, such will be accepted. If one e-mails a paper to the instructor, and does not receive a reply within twenty-four non-Sabbath hours, it can be assumed that the e-mail was lost in the system. The student should bring a hard copy to the next class session. Hand-written work will not be accepted because the instructor does not have software to recognize scanned hand-writing.

#### GRADING PERCENTAGES (Everyone can get an A)

A	93-100%	B	83-86%	C	65-74%
A-	90-92%	B-	80-82%	C-	60-64%
B+	87-89%	C+	75-79%	D	50-59%

During the first week of class, the instructor will assign each student a totally random code number for confidential grade posting. Periodically, throughout the term, a student progress summary sheet will be left at Gyl Bateman's office in Griggs 214. Students may visit her office to look at the paper. If needed, the secretary will look up for a student his/her confidential code number. Students may also e-mail or call the instructor to receive an oral progress report.

It must also be understood that since the instructor is blind, his wife, Sally Ann, will assist with visual activities like reading quizzes and filling in the grade sheet. She will observe the same rules of confidentiality as the instructor.

Finally, it must be understood that the instructor does not debate grades over e-mail. If a student is unhappy with a grade received on an assignment, he/she should phone the instructor or see him in person. This allows the student to receive the highest quality of attention.

#### DISABILITY ACCOMMODATION

If you qualify for accommodations under the American Disabilities Act, please see the instructor as soon as possible for referral and assistance in arranging such accommodations.

#### ACADEMIC HONESTY

Any form of dishonesty such as cheating or plagiarism is unbecoming of one striving to grow in personal spirituality. Cheating includes but is not limited to 1) using during an examination or quiz documents not approved by the instructor, 2) sharing between students answers to questions during a quiz or examination, and 3) obtaining and distributing copies of quizzes and examinations before they are to be given. Personal electronic devices are to be turned off during quizzes and examinations. Plagiarism includes not only copying sources without giving credit, but also quoting sources verbatim without enclosing such in quotation marks. In-text citation for both direct quotes and paraphrases is adequate for the papers in this

class.

Dishonest behavior will result in a failing grade for said project or assignment. In cases of flagrant or repeated dishonesty, higher authorities in the university such as the registrar or vice president may need to be informed.

#### Prayer Notice

Any student who feels he/she needs prayer regarding any issue is encouraged to contact the instructor by whatever means is preferred. Phone or face-to-face contact is preferred as it allows for optimal interaction.

## Class Assignment and Quiz Schedule

Note that "journals" refers to both experience and discipleship journals. The student may turn in both journals as one document.

- 9/6: Spiritual autobiography, and disciple's initials, due.
- 9/13: Justification journals, and discipleship, meditation quiz.
- 9/20: Meditation journals, prayer quiz.
- 9/27: Prayer journals, art project info, fasting quiz.
- 9/29: Sanctified Life review, fasting lab (bring blindfold)
- 10/4: Fasting journals, study quiz, Rosh Hashanah.
- 10/11: No class, fall recess.
- 10/13: Yom Kippur, confession lab, maybe other ceremonies.
- 10/18: Study journals, simplicity quiz.
- 10/25: Simplicity journals, solitude quiz.
- 10/27: Sanctuary Secrets review, Sanctification lab.
- 10/31: Halloween Prayer Vigil. (optional)
- 11/1: Solitude journals, (2 hr solitude,) submission quiz.
- 11/8: submission journals, service quiz.
- 11/15: Service journals, confession quiz.
- 11/17: Worship quiz, (each student writes 5 t/f questions.)
- 11/22: Confession journals, worship lab (art projects)
- 11/24: Thanksgiving dinner may count for worship journal
- 11/29: Worship journal, guidance quiz.
- 12/6: Guidance journal, celebration quiz.
- 12/15: 3-5 pm, Final exam, celebration journal.

## Emergency Resource List

When discipling, it is possible, though rare, that an emergency situation may arise. Since it is beyond the scope of this class to prepare students to completely handle these emergencies, the following resource list should aid in referrals.

First Call for Help 925 7707. 1 800 310 5454 general and basic needs resource line.

911 General EMERGENCY line.

Addictions Recovery Center of Niles: 269 684 5614. 210 E. Main St. Niles, MI

Birthright: 983 0700. 2700 Niles Ave. St. Joseph, MI.  
Christian crisis pregnancy.

Children's Protective Services: 934 2300. Benton Harbor.

Christian Counselling Services: 269 429 7727. Stevensville.

Family Independence Agency 934 2000, 401 8th St. Benton Harbor.  
food, welfare, reporting abuse, etc.

Michiana Addiction and Prevention Services 926 0121, Benton Harbor. 269 684 7741, Niles.

Michigan Problem Gambling Help Line 800 270 7117.

Pregnancy Counselling Center and Christian Life Resource Center:  
925 2320. 1381 E. Napier Ave. Benton Harbor, MI.

Pureintimacy <http://www.pureintimacy.org> Christian information and help from Focus on the Family regarding sexual addictions, internet porn addictions, homosexuality, etc.

Riverwood Mental Health. 800 336 0341 mental health issues, suicide, crisis intervention, etc.

Samaritan Center 926 6199, Benton Harbor. 683 7604, Niles.  
Christian counselling with fee based on income.

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