ECOS 123 Formation and Discipleship    Dr Alva R. Caldwell (Dr. AL)

This course grounds the student in the theology and core practices of personal and congregational formation and discipleship.

Students will be able to:

1. Articulate a theological basis for the Wesleyan emphasis on spiritual disciplines and practice them as means of grace.
2. Explain and implement the General Rules and the practices of small groups in a congregation.
3. Educate and resource a congregation in the disciplines of Christian formation.
4. Organize congregations to help people discern their callings and gifts for ministry.

A. 1 Required Text Books

*THE BOOK OF DISCIPLINE OF THE UNITED METHODIST CHURCH.* Nashville, Abingdon Press. 2012. Read paragraphs ¶101, ¶ 102, ¶103 ¶104


Thompson, Marjorie *SOUL FEAST: AN INVITATION TO THE CHRISTIAN SPIRITUAL LIFE.* Louisville, Westminster, John Knox 2014


A. Supplementary Resources. There is no need to buy any of these titles for class. However, they are recommended for your pastoral collection as you develop your library over the years.


B. Instructions
1. Read the pages, take notes and answer the questions completely in your own words, using complete sentences (unless otherwise noted). Do not quote extensively from the texts you read. Digest the ideas and information, and then put them in your own words. Follow approximate length given for each item of written work.

2. Prepare your written work on 8 1/2 x 11 white paper, one side only, double-spaced, with 1 inch margins all around. Use a font similar to what is used in these instructions. (This is 12 point Times-Roman font). Do not use script, condensed, or all caps print.

3. Begin each numbered item on a page, writing that number at the beginning of your answer.

4. If you quote from a printed text, you must use quotation marks and note the source (including pages) in parentheses at the end of each usage. Quotations should never be more than a sentence or two long. Ideas and information should be stated in your own words, not in the words of the authors you have read. For assigned texts, you may abbreviate the titles by using the first letter of each word in the title. For example, if the source is Harper’s Bible Dictionary, then use (HBD, p. 34-35). If you refer to books that are not listed on the class reading list, then you must give full bibliographic information.

5. Add a title page to each course that includes a) the name of the course, b) your name, and c) the date of the first day of class.

6. We prefer that you submit your paper electronically. Please submit it as one file with continuous pagination. If for some reason you choose to submit the materials in print format, then staple all pages for each course together in a sequential manner, using one staple in the upper left-hand corner. Do not staple together papers for more than one course. COS at Garrett-Evangelical highly favors submitting electronically by sending via: email to coshomework@garrett.edu and alvacaldwell@gmail.com
7. Make a copy of your printed material and bring it with you for your own use.

C. Assignments for ECOS 123
Each course at COS requires 20 contact hours. Fifteen of those contact hours take place on campus in Evanston. Five contact hours are completed in on-line electronic sessions prior to arriving in Evanston. The assignments in this “C” section are designed to satisfy the five contact hours.

C 1 Assignments which are due to be completed and shared with the professor in on-line discussions prior to arriving on campus. (See the GETS/COS/ELECTRONIC PROGRAM for directions in preparing and submitting these assignments.)

C.1.1 Who Do you Say that I am? An exercise based on Matthew 16: Due to professor by June 10.
C. 1.2 Call to Ministry. An exercise in claiming your call to ministry. Due to professor by June 10.
C. 1.3 Prepare a brief Bible Study Lesson on Discipleship which you will teach to the class when you arrive on campus. Plan for 15-25 minutes. This Study is described in the GETS/COS/ELECTRONIC PROGRAM. Do not do much with C.1.3 assignment until we have had our individual conference below. (see description in the Syllabus below, and also on line.)
C. 1.4 Sign up with Dr AL for a 30 minute face to face conversation using Skype, FaceTime, or Google Plus. Sign up sheet will be distributed on or about May 25, and Conferences will occur between June 10 and July 10. At the conference we will discuss, C.1.1, C.1.2., and we will outline a plan for C.1.3.
C.1.5 These assignments are to be sent to alvacaldwell@gmail.com by June 10, 2016.

Please prepare responses to the following assignments from your readings. The purpose of these assignments is to articulate the work of the authors and to enter into dialogue with the authors using your own ministry and life experience. This written assignment should produce a paper of approximately 25-30 double spaced pages. (About 6,500 – 9,000 words). These assignments in section “D” and “E” are part of the fifteen contact hours and are due on June 1, 2016 with copies to alvacaldwell@gmail.com and coshomework@garrett.edu

D 1 Biographical Statement: (about 3 pages in length)
Prepare a 2-4 page biographical statement introducing yourself. Include the following in this statement. Identify yourself as a person, a professional, a local pastor and a disciple of Jesus Christ. Describe the church and community where you serve and outline your primary duties. Where is your passion for ministry? Are you a full time or part time
local pastor?. What gives you energy and vitality in this work? In what areas of responsibility do you feel the most challenge?

E  The Readings.

E 1. Read Paragraphs 1011,102,103,104 of the BOOK OF DISCIPLINE carefully, then please summarize Section 104 “Theological Guidelines: Sources and Criteria” in an essay in which you show how these guidelines could help your own church focus more sharply in bringing a Wesleyan ethos to your church’s study, worship and outreach. (about 3 or 4 pages)

E 2. In Paragraph 103, carefully read Wesley’s General Rules then write a brief proposal showing how you might use these General Rules in your pastoral charge. For example, you might do a sermon series on them; you might open each Administrative Board meeting with reading them; or you might ask small groups to honestly reflect on them. Do not dismiss these ancient rules too quickly. For example, when I asked a group to answer these questions, one by one, a woman received the question, “Have you participated in the buying or selling of slaves?” We all expected her to smile and say, “NO”. Instead she thought deeply and long and then said, “I just went shopping for clothing; I do not know if the clothes I purchased were made in sweat shops by forced labor of young children. I confess, I might have participated without knowing it.” In this proposal of about two or three pages, show how you might put these questions and this process to a useful and effective purpose with your congregation.

E 3. Matthaei, Sondra Higgins. Read all of the book, but focus now on chapter 4 “Growing in Communion With God and All of Creation. Matthaei adds activity boxes from time to time which she titles, “Thinking, Reflecting, Acting”. Please prepare responses to the boxes on page 66, 68,69,73,75. The first box on page 66 instructs you to visit another church. You will most likely need to find a nearby church that has a midweek service, or you may instead visit a synagogue on a Friday evening or Saturday morning. Reflect on these statements in such a way that you incorporate the content of the chapter and your own experience. I suggest this will take about 6-8 pages.

E 4. Wesley, John. THE CHARACTER OF A METHODIST.

In this classic statement, John Wesley begins with four instructions to the reader and then identifies 18 characteristics of what it means to be a Methodist. Please read these 18 paragraphs, and then reduce each of the 18 statements to a summary of one or two sentences. This will produce 18 sentences (numbered 1-18) beginning each sentence with the words, “A Methodist is……………..

For example Statement 1 might read,
1. A Methodist is a person who believes that the word of God is the only and sufficient
rule both of faith and practice., but in non essential matters we allow Methodists to think for themselves.


Please explore this website over several weeks and discover the riches that are just one click away. Write an essay identifying **one or two** of important resources you discovered which is helping you with your ministry of Discipleship. ½ or 1 page.

**E 6** Marjorie Thompson’s book concludes with an invitation to put it all together in a “Rule of Life” I have attached a template (in the on-line Course HUB) for you to prepare a “Rule of Life” The Template will allow you a great deal of freedom to choose your own path. I ask that you include two things. (1) Use Wesley’s General Rules as The Big Rule and (2) Use one of the first eight chapters of Thompson’s book as one of the disciplines for your Rule of Life. For example on the Template one section calls for: **As a personal discipline for prayer and reflection I will ……** (Here you might say, “follow Thompson’s chapter 2, ‘Chewing the Bread of the Word’ and practice the art of Lectio Divina.” Then state briefly why you chose this chapter. The template provides some space for your responses. Keep your statements brief and to the point. In addition to the empty template, I have posted on the Course HUB my own Rule of Life which you may read as an example.

The Template for Rule of Life
Instructions for writing the Rule of Life
Dr. Al’s Rule of Life (to be used only as an example of how you might construct your own.

The written assignments are due on the day set by the COS Office in Evanston: usually this is June 1.

I welcome questions and comments from you as you prepare your materials. Please contact me at the following address: If you do contact me via email, it will help me if you put “ECOS 123 somewhere in the subject line. Thank you. Dr. AL

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Syllabus

# ECOS 123 Formation for Discipleship

July 17-22, 2016

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1. Grading criteria  

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A, A-</td>
<td>(91-100%)</td>
<td>exceeds expectation for COS</td>
</tr>
<tr>
<td>B+, B, B-</td>
<td>(81-90%)</td>
<td>expected quality for COS</td>
</tr>
<tr>
<td>C+, C, C-</td>
<td>(71-80%)</td>
<td>passing work but not of expected quality</td>
</tr>
<tr>
<td>D</td>
<td>(65-70%)</td>
<td>unacceptable quality (no credit)</td>
</tr>
<tr>
<td>F</td>
<td>(below 65%)</td>
<td>failing (no credit)</td>
</tr>
</tbody>
</table>

Grades for this class will be determined by:

- Work submitted at registration = 50% of grade
- Class room participation = 30% of grade
- On Line Participation = 15% of grade
- Daily Written Reflections = 05% of grade

2.1 Class Content Reflection and Prayer Responses: Formation and Discipleship are grounded in prayer. At the close of each day (or anytime during the day) during the five days of COS, write a one page response to the class session highlighting the things that affected you: insights, new learnings, uneasiness, disagreements, anger, loneliness, God moments, new insights about yourself, possibilities for recharging your ministerial batteries, and then conclude this paper with a short prayer response. In the past years, I have received beautiful watercolors, crayon drawings, b/w photos, poetry, prose. Remember that prayers can be in the form of traditional prayers, poetry, pictorial art, essay, journaling, etc. What is it in the experience of this class that you want to lift up to God? Are you being moved toward some new understanding? Are you feeling alienated by someone or something? Is the event connecting you to some previous life experience? What reflections can you offer to these experiences that engage your soul? Remember that the Psalmist lifts up everything to God—his hurt, his anger, his joy, his lack of trust, his holding God to be faithful to God’s promises. Engage these Reflection paper/Prayer Offerings as authentic expressions of your own soul to God. This will call for four reflections/prayer expressions. These reflections are due at class time the following day. you may write them in longhand; email, or provide creative expressions in art.

2.2 Scripture Text Presentation. Each Local Pastor will teach one Bible Study Lesson on Discipleship to the class. Maximum of 15-25 minutes. You may address the study to adults, or
children, or to the class. Please go outside your comfort zone and try something new for you. Use story, poetry, readings, illustrations, to help communicate the meaning of the text as it addresses the question of Discipleship. Each person is to choose one lesson from the list below and choose a Discipleship theme. Example, if you were to choose Matthew 28, the theme might be: Discipleship is living sacramentally; if you choose John 13, the theme might be Discipleship as service. Think about two or three of the texts below, and during our face to face interview in early June, we will decide together which text you will use.

**The Calling of Matthew:** Matthew 9:9-13
**The Great Commission** Matthew 28: 18-20
**Salt, Light and Fulfillment** Matthew 5:13-20
**The Canaanite Woman** Matthew 15: 21-28
**The Call of the Disciples** Mark 1:14-20
**The Rich Young Ruler** Mark 10:17-31
**The Call of the Disciples** Mark 3:13-19
**The Cost of Following Jesus** Luke 9: 57-62
**Baptism and Genealogy** Luke 3:23-37
**Temptations of Jesus** Luke 4:1-13
**Searching for the Lost** Luke 15:8-10
**The Anointing of Jesus** John 12:1-11
**Jesus Washes Disciples Feet** John 13:1-17
**The Vine and the Branches** John 15:1-17
**Equipping the Church** Ephesians 4:1-16
**Paul’s longing for the Church** Romans 1:8-17
**Service as sacrificial love** Romans 12:1-8
**Sons and Daughters of God** Galatians 3:26-4:7
**Gifts of the Spirit** I Corinthians 12:1-11
**God’s love for us** I John 4:7-21

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**Day 1**
Who is Jesus? (The Source of Discipleship)
Introductions, Establishing Sacred Space
Function of Story in teaching, preaching, discipleship training. (The Three Little Pigs, Coyote and the Stars, Hashmu the stone cutter)
UMC Discipline Paragraphs 101,102,103,104
Scripture Exercises Matthew 16,

**Day 2**
What Did Jesus Teach? (The Content of Discipleship)
Stories: The Precious Stone, God is a Master Storyteller,
Matthaei, chapter 1 Relationship, Communion, Meaning.
Thompson, Chapter 7 Companions on the Journey
Three Bible Studies led by Local Pastors

**Day 3**
Holy Places as a source for Discipleship and Formation. Visits to the Garrett Prayer Garden, The Shakespeare Garden, the Chapel of the Unnamed Faithful,
Howes Chapel; The Keen Bible Room. with exercises for prayer and reflection. from Thompson and Matthaei
Thompson, Chapter 2 Lectio Divina and Lessons by Local Pastors.

Day 4
How Does One Follow Him? (The Decision for Personal Discipleship)
story: The Day My Dad Pulled Me Over Murray Hill.
Scripture Exercise in Book of Ruth, Gifts of Ministry.
Thompson, Chapter 9, Putting it All Together. The Rule of Life.
Three Bible Studies led by Local Pastors

Day 5
Forming the Congregation so that they will Follow (The Training for Corporate Discipleship)
Matthaei, Chapter 4, Growing in Communion with God and all Creation.,
Three Bible Studies led by Local Pastors.
Closing Worship Service and Sending Forth with Eucharist and Anointing.
Stories: Yashki and Yoshio return home; Jacob Eliezer Finds a Treasure. A Son Returns home.

I am pleased to participate in the process of Discipleship. Please know you can contact me at any time for clarification, questions, comments.

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