

University of Dubuque Theological Seminary

IN721 Disciple Formation 3: Addiction & Grace

Fall 2021 - .5 credit; letter grade

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Course Description

In Disciple Formation 3, students will define and discuss issues of vocational holiness, behavioral addictions, trauma-informed practices, and the role of grace, in light of their formation as Christian disciples and ministers. Students will demonstrate their application of course content in their own lives and ministry through established methods of theological reflection, such as journaling; inquiry-based learning; and open and guided discussion in small groups facilitated by the instructor, either online or residentially. Students will formulate a rule of life incorporating practices of discipleship and self-care. Disciple Formation 3 is required for Master of Divinity students. Prerequisites include IN521 and IN522. **All students are required to attend an overnight retreat at some point in the Fall semester, scheduled by them, in their local area. This is in lieu of the Formation Retreat that would normally occur during the August Residency.**



Course Learning Objectives

Through active participation in the Disciple Formation series, students will develop the capacity to:

- List, describe, and explain examples of Christian practices used within the Christian traditions for the formation of disciples toward loving others and loving God. (Remember, Understand)
- Describe role of self-care in the life of a disciple and minister. (Understand)
- Demonstrate specific practices, such as journaling, theological reflection, scripture study, prayer, art and music reflection, self-reflection. (Apply)
- Experiment with practices and evaluate their formative impact on their love of God and love of others. (Analyze, Evaluate)
- Formulate a rule of life which incorporates specific discipling practices regularly into their lives. (Create)

In addition, through active participation in IN721, students will develop the capacity to:

- Define vocational holiness within their specific Christian tradition and practice. (Remember)
- List, describe, and explain the physical, psychological, and spiritual aspects of addictive behaviors, and their impact on persons and communities. (Remember, Understand)
- Recognize, personally and ministerially, when to refer to trained professionals for assistance with addictions and self-care. (Understand)
- Evaluate their own activities, practices, and behaviors in light of vocational holiness. (Evaluate)
- Formulate a rule of life which incorporates practices of self-care alongside Christian practices. (Create)

M. Div. Curricular Goals

- Nurture habits and disciplines of study, prayer, and reflection that increase their love of God and neighbor and shape their personal and professional lives.
- Be formed by, live in, and minister out of Scripture and the historical and theological tradition of the Church.
- Educate and equip individuals and congregations to live and minister joyfully and faithfully as part of their own denomination and the ecumenical church.
- Integrate theology and practice in all areas of life and ministry.

M.A.M.D. Curricular Goal

- Adopt spiritual practices that nurture their personal lives as faithful disciples and witnesses.

Required Texts

1. Adam Alter. *Irresistible*, ISBN: 978-0735222847
2. Gerald G. May, *Addiction and Grace: Love and Spirituality in the Healing of Addictions*, ISBN: 0060655372
3. Tish Harrison Warren, *Prayer in the Night: For Those Who Work, or Watch or Weep*, ISBN:9780830846795
4. Patricia Jennings, *The Trauma-Sensitive Classroom: Building Resilience with Compassionate Teaching*, W.W. Norton, 2018 (PDF provided, chapters 7 and 8)

Course Requirements and Grading

The challenge in ministry and life is learning how to prioritize space for God and discipleship practices—these are mostly invisible, unrewarded, and often, seemingly unnecessary. Regularly engaging the course materials and practices can build a habit of making space for God. This course uses a *covenant grading* approach in order to focus on the *consistent* practice of spiritual disciplines over time, rather than making a judgment about the *quality* of practice. It gives you the choice and visible responsibility for completing course discipleship practices. **All students will complete the common practices and commit to a path.** Different seasons require different amounts and sets of practices. God loves you no matter what! Please decide which path you will be pursuing by September 13.

Common Practices for All Students:

- Complete all practices for week 3 including Journal #2, due September 27.
- Craft a *Rule of Life for Fall* (300 words), due October 4.
- Complete all practices for week 13 including Journal #5, due December 6.
- Write a *Fall Semester Review* (500 words) due December 17.
- Participate weekly in your small group, even if you don't do any other practices that week.
- Write a 1-page reflection on your Fall Retreat (scheduled in your local area), if you were not able to attend the August retreat at Shalom, due December 18.
- Designate an intentional time and place for listening and responding to God. *It is encouraged to use the work of this course as the practices for your time with God.*
- Regular engagement on-line for distance and campus students, and attendance in class for campus students.
- Regular participation in a worshiping community as a worshiper; campus students - regular participation in UDS prayer and chapel opportunities.

Additional requirements

Path 1 (90% of the material or A)

- Complete all common requirements for the course.
- Complete at least 7 weeks of practices, as posted on Moodle--Readings, videos, music, forums, activities.
- Write all 5 journals (300 words) which place your life into reflective dialogue with the readings.

Path 2 (80% of the material or B)

- Complete all common requirements for the course.
- Complete 6 weeks of practices, as posted on Moodle--Readings, videos, music, forums, activities.
- Write 2 journals (300 words) which place your life into reflective dialogue with the readings for the week.

Path 3 (70% of the material or C)

- Complete all common requirements for the course.
- Complete 5 weeks of practices, as posted on Moodle--Readings, videos, music, forums, activities.
- Write 1 journal (300 words) which place your life into reflective dialogue with the readings for the week.

Path 4 (60% of the material or D)

- Complete all common requirements for the course.
- Complete at least 4 weeks of practices, as posted on Moodle--Readings, videos, music, forums, activities.

Assignment Policy: Students are building or deepening habits of completion and good communication while in seminary. Please gift your colleagues with your consistent presence, online and/or on-campus. If an assignment needs to be turned in late, please let me know the situation prior to the due date. Unexcused late journals/assignments will not be accepted. My expectation: do the assignment "well enough" for the current circumstances you find yourself in. Lack of engagement online for three consecutive weeks will lead to an automatic administrative withdrawal. Please let me know if an unforeseen circumstance prevents you from participating on-line.

About the Readings: The content of this course may bring up personal struggles best worked through with a recovery group, pastoral counselor, therapist, or spiritual director. Please contact me if you need a referral or help discerning the most faithful next step.

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Week	Dates	Scripture	Reading	Due
1	Sep 7-13	Eph 1	Keith Meyer, "Whole-Life Transformation" (Moodle pdf); Warren, prologue and chapter 1.	Journal #1 – Reflect on the readings in conversation with your own practice of discipleship - Due Sep 13
2	Sep 14-20 (Holy Cross)		Alter, Prologue & Chapter 1-2	
3	Sep 21-27 (St. Matthew)	Eph 2	May, Preface, Chapters 1-2, 5	Journal #2 - Reflect on the Ephesians, May (1,2,5) & Alter (1-2) readings in conversation with your own practice of discipleship – Due Sept 27
4	Sep 28-Oct 4 (St. Francis)		Alter, Chapter 3-4; Warren, Chapter 2	Fall Semester Rule of Life – Due Oct 4
5	Oct 5-11	Study Days (No campus classes October 11; campus classes resume October 18)		
6	Oct 12-18	Eph 3	Alter, Chapter 5-6; Warren, Chapter 3	
7	Oct 19-25		Alter, Chapter 7-8; Warren, Chapter 4	Journal #3 - Reflect on the readings in conversation with your own practice of discipleship – Due Oct 25
8	Oct 26-Nov 1 (All Saints)	Eph 4	Alter, Chapter 9-10; Warren, Chapter 5	
9	Nov 2-Nov 8 (All Souls)		Alter, Chapter 11-12; Warren, Chapter 6	Journal #4 - Reflect on the readings in conversation with your own practice of discipleship – Due Nov 8
10	Nov 9-Nov 15 (Celtic Advent)	Eph 5	Warren, chapter 6-7	
11	Nov 16-22 (Christ the King) (CS Lewis)		May, Chapter 6-7; Warren, chapter 8-9	
12	Nov 22-Nov 28 (Advent 1)	Thanksgiving Break (No campus classes November 22; campus classes resume November 29)		
13	Nov 30-Dec 6 (Advent 2)	Eph 6	May, Chapter 8; Warren, chapter 10-11	Journal #5 - Reflect on May chapters 6-8, in conversation with Ephesians, and your own practice of discipleship - Due December 6
14	Dec 7-Dec 13 (Advent 3)		Patricia Jennings, <i>The Trauma-Informed Classroom</i> chapters 7-8(pdf) Warren, chapter 12-13	Fall Semester Review – Due Dec 18

Required assignments for all students are highlighted.