



PC227 Spiritual Formation

Australian College of Theology name: *Patterns of Spiritual Formation*

Learning Outcomes

1. To help you to appreciate various approaches to Christian spirituality;
2. To assist you to understand Christian spirituality in its biblical and theological contexts;
3. To equip you to practise spiritual disciplines leading to maturity in Christ.

Content

Section A Spirituality in Christian Life and Ministry

1. What is spirituality? Christian and non-Christian approaches
2. Biblical patterns of spirituality; Old Testament and New Testament models, including “godliness”, “people of God”, “spirit”, “in Christ”, “indwelling of the Spirit”, “the communion of saints”
3. Expressions of life in Christ as seen in contemporary Christian churches: e.g. contemplative, charismatic-pentecostal, evangelical, social justice oriented
4. Spirituality as applied theology: the imitation of Christ, the beatific vision, godliness and the Christian doctrine of God

Section B Spiritual Disciplines for Maturity in Christ

1. Disciplines of the inner life, including prayer, Bible study, meditation, solitude, contemplation, fasting, keeping a spiritual journal
2. Lifestyle disciplines: simplicity, loyalty, obedience, commitment, service
3. Corporate disciplines: public worship, confession, guidance and discernment, accountability and encouragement, community life, leadership