

Christian Spirituality (PC227)

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

Unit Description

Do you yearn to grow in your spiritual life, but are not sure what is a biblical and Christian model for spirituality? Be grounded spiritually, exploring what the Bible says about spiritual formation, as well as the modelling of Jesus and Paul. Learn and practise spiritual disciplines to draw closer to God.

Learning Outcomes

On completion of this unit, you will:

A. **Know and understand:**

1. Spirituality in Christian life and ministry
2. Spiritual disciplines for maturity in Christ

B. **Be able to:**

1. Compare Christian and non-Christian approaches to spirituality
2. Outline biblical patterns of spirituality
3. Describe approaches to Christian life in contemporary churches
4. Identify the spiritual disciplines for maturity in Christ

C. **Be in a position to:**

1. Use the spiritual disciplines in personal life and in ministry contexts

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

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

Note: Sections A and B are weighted approximately equally.