

**Alabama Course of Study School  
Fall 2018  
September 14-15 and November 2-3  
Birmingham-Southern College  
Assignments and Course Requirements**

**Course:** COS 123: Formation and Discipleship  
**Instructor:** Rev. Alecia Curtis Glaize  
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**Course Description and Outcomes:**

This course grounds the student in 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 a 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. Enable persons in congregations to discern their callings and gifts for ministry.

**Required Textbooks:**

- Matthaie, Sondra. *Formation in the Faith: The Congregational Ministry of Making Disciples* (Publisher: Abingdon Press 2008)  
ISBN-10: 0687649730, ISBN-13: 978-0687649730
- Thompson, Marjorie J. *Soul Feast: An Invitation to the Christian Spiritual Life, Revised Edition* (Publisher: Westminster John Knox Press 2014)  
ISBN-10: 0664239242 ISBN-13: 978-0664239244
- Job, Rueben. *Three Simple Rules: A Wesleyan Way of Living* (Publisher: Abingdon Press, 2007) ISBN 9780687649662

**PreCourse assignments:**

**All assignments should be typed, double spaced, 12-point type with standard margins. All pages should include a page number and the student last name in the top right corner of each page.**

- A. Based on the Matthaie text: (4 pages)
  1. In chapter 1 Ms. Matthaie describes three women who were involved in the church but left the church fellowship.
    - What were the reasons they left the church?
    - Has your experience been similar to or different from the women described in this chapter. Explain.
  2. Ms. Matthaie says that for people to grow in their faith, they need authentic relationships, faithful community and deeper meaning for their lives.

- Explain what she means by each of these elements.
- Where and how have you experienced these?
- Do you think people experience these in your congregation? If so, how?
- Do you think people might have visited your church and not become involved because they didn't experience these three elements? Explain.
- What changes might you make in your church so that visitors and members experience authentic relationships, faithful community and deeper meaning for their lives?

B. On the Thompson text, (3 pages)

1. Ms. Thompson asserts that there is a spiritual hunger in our culture and that Christian spiritual disciplines can satisfy that hunger. What evidence does she offer to support her claim? Do you agree or disagree with her assessment? Why or why not?
2. Describe each of the spiritual disciplines Ms. Thompson introduces. Which of these disciplines do you routinely practice in your life? Which are new to you?
3. Choose one of the disciplines that you do not normally practice and try it for a few days. What did you gain from this experience? What were the challenges?
4. How might you use the resources in this text to help the members of your congregation grow in their faith? How might you introduce the youth in your congregation to these disciplines?

C. Read the internet article: <http://www.umc.org/what-we-believe/general-rules-of-the-methodist-church> before reading Bishop Job's *Three Simple Rules*. (3 pages)

1. How does Bishop Job interpret Wesley's rules for today?
2. How do you apply these rules in your life? Which rule is most challenging for you? Why?
3. How might you share these three rules for living with your congregation and encourage your members to live by them?

## **Pework Policy**

We all have deadlines that govern our lives. It is crucial that you take seriously your commitment to complete the pre-work assignments by the deadline. Extensions are granted only for extenuating circumstances. Normal pastoral duties do not constitute extenuating circumstances. Late work will be penalized. Any extension must be granted by the instructor of the class. For your protection, please keep copies of your pre-work assignments.

- All PreCourse and MidCourse work must be submitted to the professor by the date indicated on the syllabus or assigned by the professor on the first weekend. Late PreCourse/midcourse work will be accepted for two weeks following the due date (but not beyond) with the following penalties:

1. **PreCourse/MidCourse** work submitted within one week of the due date will receive a **one letter grade deduction**
  2. **PreCourse/MidCourse** work submitted after one week of the due date but within two weeks will receive a **two-letter grade deduction**
  3. **No assignments** will be accepted after two weeks from the due date and a grade of "F" will be given in the course.
  4. **In cases where the student has registered late the same policy applies.**
- **PostCourse** work may be assigned in some courses. Post course work will be due no later than two weeks after the completion of the second weekend of the course. **No** late submissions will be accepted.