

## INDIANA EXTENSION COURSE OF STUDY SCHOOL

University of Indianapolis  
1200 Hanna Avenue  
Indianapolis, Indiana

COS 123 FORMATION and DISCIPLESHIP

Dr. Andrew Kinsey

The course grounds the student in the theology and core practices of personal and congregational formation and discipleship and utilizes the approved curriculum of the Division of Ordained Ministry of the United Methodist Church.

OBJECTIVES of the course, by the Division of Ordained Ministry, will enable students 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 Christian formation.
4. Organize congregations to help people discern their callings and gifts for ministry.

### TEXTBOOKS

Required:

M. Robert Mulholland, Jr. – *Invitation to a Journey: A Road Map for Spiritual Formation*

Sondra Matthaei – *Formation in the Faith: The Congregational Ministry of Making Disciples*

Marjorie J Thompson – *Soul Feast: An Invitation to the Christian Spiritual Life*

Anne Wimberly & Evelyn Park - *In Search of Wisdom: Faith Formation in the Black Church*

Paul Chilcote – *Recapturing the Wesleys' Vision*

**Grading:** Grades are assigned in the traditional academic format: A, B, C, D F.

**INSTRUCTOR'S INFORMATION** If you have any questions, I can be reached at the following:  
1300 East Adams Drive, Franklin, IN 46131; Phone: 317-736-7962; follow on Facebook.

[andykinsey@franklingrace.org](mailto:andykinsey@franklingrace.org)

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**JANUARY SESSION:**

January 18/19

Each student will maintain a “journal” of the way the class assignments speak to the life of ministry in the church. Students may use a notebook and pen/pencil, notepad or iPad, to write about the journey – whatever works best for you to relate your experiences of interacting with the class materials. Students will determine how frequently they make entries into their journals.

Journals are due on the final day of class.

### COS 123 Formation and Discipleship

- A) For your initial journey entry please describe the emotions/feelings you have as you prepare for this class and how Thompson's *Soul Feast* describes the Christian practices.
- B) Please read Thompson's *Soul Feast* write a three-page paper, focusing on one of the practices that meant the most to you. Be prepared to discuss this text in class:
- C) Write a three-page summary or review of Robert Mulholland's book *Invitation to a Spiritual Journey*, sharing how he understands spiritual formation as the process of being formed in the image of Christ for the sake of others. How does Mulholland's insight assist us in forming persons into the image of God?
- D) We will engage in some of the practices that Thompson writes of, e.g., *Lectio Divina*, writing our own Psalm, Holy Communion, etc., **in class**.
- E) Students will discuss the main points of these books in class; Marjorie Thompson's text will be utilized in ALL the class sessions.

### MARCH SESSION:

Saturday, March 9

Please read and be prepared to discuss the following:

- A) Read Matthaëi's book *Formation in the Faith: The Congregational Ministry of Making Disciples* and write a three-page paper on the following: what key aspect of Matthaëi's book spoke to you about the way a congregation is to engage in making disciples? How are your congregations (or congregation) making disciples?
- B) Read Paul Chilcote's *Reclaiming the Wesleys' Vision* and write a three-page paper, sharing how Chilcote presents the Wesleys' vision of discipleship as a "series of conjunctives": why is this important to a Wesleyan understanding of the Christian life?
- C) Continue with Journal entries on the spiritual practices as outlined in Thompson's work.

Papers on Matthaëi and Chilcote's books due at the beginning of class.  
Discuss Final Projects and provide updates.

### APRIL SESSION:

Saturday, April 13

Please read and be prepared to engage in the following:

- A) Read Anne Wimberly and Evelyn Park's *In Search of Wisdom: Faith Formation in the Black Church* and write a three-page reflection paper on the importance of the insights in that work to the wider church's formation of disciples, especially pertaining to the role of mentors in formation: what insights did you learn that would inform how you go about forming and shaping your church in the Christian faith?

B) Discuss and share more of Thompson's book and share in other practices.

Paper on Wimberly book due at the beginning of class.

Journals due at the beginning of class.

Final Project due.

## COS 123 Formation and Discipleship

### FINAL PROJECT:

Prepare to teach a **two-to-three course session** on a spiritual discipline or disciplines in your congregation (for example, *Lectio Divina*, fasting, Holy Communion, local service project, prayer and silence, etc.). Since each congregation has its own personality, it will be necessary to develop this short-term study or class in a way that utilizes the best insights of your parishioners. As you compose this study, bear in mind how the practices and/or disciplines are the means of grace, communicating God's grace and love.

#### Grading:

Preparation and Participation in Class, including on-line forums	25%
Journaling	15%
Papers	40%
Final Project	20%

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