

# IN721 Disciple Formation 3

Addiction & Grace - Fall 2024

.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, 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 during the August Residential, August 11-12. The cost is \$90 for lodging and meals. If you are not attending the August Residential or are participating in the Gospel in Context trip, you can schedule a 24-hour silent retreat at a retreat center in your local area.**



## Formation Series 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)

## Course Learning Objectives

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.

## MA in Ministry Curricular Goals

- Articulate and interpret key Christian theological affirmations for Christian discipleship and ecclesial life.
- Apply key practices for personal, communal, and ministerial flourishing and compose a coherent plan for life and ministry.

## 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. Aundi Kolber. *Try Softer*. ISBN: 978-1496439659

## 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 9.

### Common Practices for All Students:

- Complete all practices for week 3 including Journal #2, due September 23.
- Craft a *Rule of Life for Fall* (300 words), due September 30.
- Complete all practices for week 13 including Journal #5, due December 2.
- Write a *Fall Semester Review* (500 words) due December 14.
- 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 14.
- 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 worshipper; campus students - regular participation in UDTs 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.

**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.

IN721 Disciple Formation 3: Addiction & Grace – Fall 2024 (occasional additional readings will be assigned with notice)

Week	Dates	Scripture	Reading	Due
1	Sep 3- Sep 19	Eph 1	Keith Meyer, “Whole-Life Transformation” (Moodle pdf); Kolber, Introduction and chapter 1.	Journal #1 – Reflect on the readings in conversation with your own practice of discipleship - Due Sep 19
2	Sep 10-16		Alter, Prologue & Chapter 1-2	
3	Sep 17-23	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 23
4	Sep 24-30		Alter, Chapter 3-4; Kolber, Chapter 2	Fall Semester Rule of Life – Due Sep 30
5	Oct 1-7	Study Days (No campus classes October 7; campus classes resume October 14)		
6	Oct 8-14	Eph 3	Alter, Chapter 5-6; Kolber, Chapter 3	
7	Oct 15-21		Alter, Chapter 7-8; Kolber, Chapter 4	Journal #3 - Reflect on the readings in conversation with your own practice of discipleship – Due Oct 21
8	Oct 22-Oct 28	Eph 4	Alter, Chapter 9-10; Kolber, Chapter 5	
9	Oct 29 -Nov 4		Alter, Chapter 11-12	Journal #4 - Reflect on the readings in conversation with your own practice of discipleship – Due Nov 4
10	Nov 5-Nov 11	Eph 5	Kolber, chapter 6-7	
11	Nov 12-Nov 25		May, Chapter 6-8;	
12	Thanksgiving Nov 21	Thanksgiving Break (No campus classes November 18; campus classes resume November 25)		
13	Nov 26 – Dec 2	Eph 6	Kolber, chapters 8-9	Journal #5 - Reflect on May chapters 6-8, in conversation with Ephesians, and your own practice of discipleship - Due December 2
14	Dec 3-Dec 9		Kolber, chapter 10	Fall Semester Review – Due Dec 14

Required assignments for all students are highlighted.

**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 may lead to failure of the course. Please let me know if an unforeseen circumstance prevents you from participating on-line.

**ADA Compliance Statement**

Reasonable accommodations are available for students who have a documented disability. Please notify Dr. Forshey during the first week of class of any accommodations needed for the course. Late notification may cause the requested accommodations to be unavailable. Confidentiality of all requests will be maintained. All requested accommodations must be approved through the Academic Success Center, 2<sup>nd</sup> floor Myers Library (563-589-3262 or [ASC@dbq.edu](mailto:ASC@dbq.edu)).

**Title IX and Jeanne Clery Act Policy Information:**

Title IX: The University of Dubuque is committed to providing a learning, working, and living environment that promotes personal integrity, civility, and mutual respect in an environment free of discrimination on the basis of sex; which includes all forms of sexual misconduct. More information may be found at <https://www.dbq.edu/AboutUD/TitleIX/>

Jeanne Clery Act: The Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act requires the distribution of an Annual Security Report and Annual Fire Safety Report to all current faculty, staff, and students and notice of its availability to prospective students, faculty, and staff no later than October 1st of each year. More information may be found at <https://www.dbq.edu/SafetySecurity/JeanneCleryAct/>