

IN721 Disciple Formation 3

Addiction & Grace - Fall 2025

.5 credit; letter grade

Rev. Dr. Susan Forshey - sforshey@dbq.edu

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 10-11. The cost is \$100 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