

LH652 *SoulShaping*[®]

Course Developer: Rev. Dr. Douglas Rumford

Contacts

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Please email the professor to request a phone or Zoom video appointment.

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Course Description

It's just plain wrong to not experience the life-changing power of faith. Jesus did not die so we would stay the same. But life is hard on the soul. Ministry is hard on the soul. Leadership is hard on the soul. Unless we are equipped with understanding and practical tools for spiritual vitality, committed with disciplined devotion, and supported by the faith community, we will neglect our souls at the expense of our personal and spiritual well-being. Soul care and spiritual vitality are not automatic. They require intentional effort. God makes, we shape. This course, based on Doug Rumford's book, *SoulShaping* (Second Edition): From Soul Neglect to Spiritual Vitality and the *SoulShaping*[®] Cycle of Spiritual Vitality, equips and trains participants to develop a life-giving, life-changing pattern of spiritual practices to thrive in life and service.

Course Objectives

The Flourish Institute of Theology seeks to provide a broad, multi-faceted education that connects ideas, emotions, and practices in the lives of our students. We seek to enlarge understanding by considering how truths shape values and affect practices. We seek to build deep thinkers who not only know a subject well, but who are also able to show its value, creatively apply its truths, evaluate and improve practices, and guide people into healthy responses. Upon successful completion of this course, you, as students:

- **Affective:**
 - Have a growing self-knowledge of your spiritual condition, personal vulnerabilities, and liabilities, as well as your passions and dreams in Christ.
 - Have the desire and determination to choose and practice the most appropriate spiritual exercises that bring vitality, joy, and power to your daily life and ministry.
 - Have an increased excitement for living in the power of the Holy Spirit as the Lord transforms you "from one degree of glory to another" (2 Corinthians 3:18).
 - Have an increased hope in the power of the spiritual disciplines to change and shape lives.
- **Behavioral:**
 - Become increasingly proficient in living with spiritual energy and sensitivity, experiencing Christ's abundant life moment by moment.

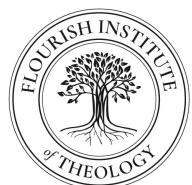


- Develop and practice a consistent plan of soul care that energizes your daily life and ministries.
- Become increasingly effective in teaching, preaching, discipling, and coaching God's people to understand and practice the spiritual disciplines for their own spiritual vitality.
- Be equipped to create a culture of spiritual vitality by training those in your circle of ministry (staff, leaders, congregations, organizations) in the practices of spiritual vitality.
- Have your own life faith increasingly shape in congruence with your core beliefs and values.
- **Cognitive:**
 - Know the spiritual disciplines and practices (pathways) that have sustained God's people for centuries.
 - Know and understand the consequences of soul neglect.
 - Know and understand the process for developing and sustaining spiritual vitality.
 - Know and understand the methods to develop and be devoted to a plan for pursuing a sustainable ministry at a godly place.

Course Schedule

The course is organized into twelve content weeks called "Lessons," one holiday week, and one additional week focused on completing major summative assignments. Weeks begin on a Tuesday and end on a Monday.

Week(s)	Lesson Title
1	Lesson 1: Understand the Process of Spiritual Growth
2	Lesson 2: Practice the Self-Watch of the Journal
3	Lesson 3: Recognize the Symptoms of Soul Neglect
4	Lesson 4: Check the Vital Signs of a Healthy Soul
5	Lesson 5: Develop Your Vision for Spiritual Growth
6	Lesson 6: God's Pace Redeems Our Time (Part 1)
7	Lesson 7: God's Pace Redeems Our Time (Part 2): Sabbath
8	Lesson 8: God's Presence Fills Our Hearts
9	Lesson 9: God's Perspective Renews Our Minds
10	Lesson 10: God's Power Strengthens Our Wills
11	Lesson 11: God's Purpose Directs Our Steps
12	Lesson 12: Just Getting Started



Learning Tasks

I. Lectures

Students are required to watch weekly lecture videos. These videos are available on the course site. Students are required to watch all the lecture videos to pass the course and will submit a course report at the end of the course attesting that they have completed this requirement (and others).

II. Course Meetings with Professor

All students will meet a few times with the Course Professor as an entire class to discuss course content, insights, questions, and concerns. These meetings will normally be spent considering together the material covered up to that point in the course, as well as, the personal work completed by the students in the *SoulShaping Journal* and their personal journaling and spiritual disciplines. The focus will be on process and insights, not on revealing any personal information the students wish to keep confidential. Our goal each week is to work on making the adaptive shift to building our lives around spiritual vitality. Instead of trying to fit spiritual practices into an already full schedule, we will learn to form our lives around the priority of personal spiritual formation.

Dates and times are on the course site. These meetings will be for 90 minutes over Zoom. Information on how to connect to these Course Meetings will be available on the course site. *The course meeting times are in Pacific Time.*

III. Small Group Meetings and Summaries

All students taking the course for credit will be required to participate in a small group of 3-5 individuals. The small groups, or more appropriately Spiritual Formation Groups, will be formed at the beginning of the course. Group members will determine a mutually agreeable time to meet via Zoom. They will meet a minimum of five times (during Weeks 2, 4, 6, 10, and 12) to discuss the process, insights, and applications of the course and reading material content in the students' lives, as well as responding to questions composed by the Course Developer. After the group meeting each week, each student will prepare and submit a one-page written response to the questions that reflects both the group discussion and their own conclusions in response to each question. These will be graded by the Course Professor.

Begin each group session with a brief check-in with one another. Pray for each other before each gathering closes.

The following prompts are meant to facilitate, not limit, discussion. You may not get through them all and may discuss interesting and important topics not listed. The goal is a 90-minute



robust, challenging, creative, and helpful discussion around the work of spiritual formation. Have fun! These prompts can help start and guide your discussions:

1. How is your soul at this time? How are you coming to this group time today? What's going well? Where do you have concerns?
2. What are your thoughts in response to your journaling? What most stands out? What seems significant to you?
3. What do you find most helpful in the lectures and reading for your personal spiritual engagement?
4. Where do you experience resistance to particular disciplines? Where do you think that resistance comes from? What would you like to do with the resistance?

Students will submit a one-page report of the discussion, noting main points covered, concerns or questions raised, and insights gained. Please list the names of members of your group on your paper. *Use the template!*

IV. Assignments

Students will complete assignments associated with the content of the lessons. Instructions and due dates for all assignments can be found within the course site.

V. Journal and Devotional Requirement

Since the goal of this course is developing holy habits for consistent soul care and spiritual vitality, students will spend *no less than 30* minutes a day with the Lord in the devotional reading of scripture, prayer, reflection, and journaling. They will chronicle their devotional times in a journal.

Students will maintain their journal throughout the course, whether utilizing a virtual tool or a physical journal. The reflection should be informed by, and related to, the *SoulShaping* topic and the *SoulShaping Journal* material appropriate for that week, and also Eugene Peterson's *The Pastor*, based on the weekly assignments.

Because students' journals are meant to be safe places to process their spiritual life, the professor will not require the submission of specific journal entries from students. Instead, students will "harvest" their journal-writing weekly and submit a brief (one -page) summary of the scriptures, topics, insights, and themes that emerged that week. The professor will review these weekly summaries for continuity of the entries and diligence in reflective writing – not for content.

At the end of the course, students will complete a verification that they have engaged in the daily devotional time throughout the semester.



VI. Sabbath

Each student is required to spend at least one full day from sundown one day until sundown the next day taking a Sabbath. This day may be taken any time during the first 12 weeks of the semester. The student will differentiate this day from a “day off.” It should be a day devoted to “prayer and play” (Peterson’s phrase), not to chores and errands. The student will submit a “timesheet” for how the day was spent.

The purpose of the Sabbath is to understand the importance of weekly, intentional rest with the Lord. Reflections on the day should be written down for inclusion in the final integration paper due at the end of the course.

At the end of the course, students will complete a verification that they have engaged in the Soul Sabbath.

VII. Papers

In addition to submitting their Spiritual Formation Group summaries and “Harvesting My Journal” worksheets, students will prepare three papers:

- The student’s Soul Plan (Rule of Life) using the template provided.
- An Integration Paper, in which the student integrates the insights and material from the reading, lectures, devotional, journaling, and small group experiences. This paper will be their personal “holy manifesto” for their unwavering commitment to the devotion to the Triune God in all of life and ministry (10-12 pages).

Learning Resources

Students are required to read the following books:

- Barton, Ruth Haley. *Sacred Rhythms: Arranging Our Lives for Spiritual Transformation*. IVP Books, 2006. ISBN-13: 978-0830848751
- Early, Justin Whitmel. *The Common Rule: Habits of Purpose for an Age of Distraction*. IVP Books, 2019. ISBN-13: 978-0830845606
- ECO Theology. *Lord of Time: Living in the Rest and Reign of God*.
- Nouwen, Henri. *Making All Things New: An Invitation to the Spiritual Life*. San Francisco: Harper and Row Publishers, 2001. ISBN-13: 978-0060663261
- Peterson Eugene H. *The Pastor: A Memoir*. HarperOne, 2011. ISBN-13: 978-0061988219
- Rumford, Douglas J. *SoulShaping (Second Edition): From Soul Neglect to Spiritual Vitality*. Second Edition. Orange, CA: Lorica Ministries, 2022. ISBN-13: 978-0578260099
- Rumford, Douglas J. *SoulShaping Journal: Pathways to Spiritual Vitality*. Orange, CA: Lorica Ministries, 2022. ISBN-13: 978-0578261614



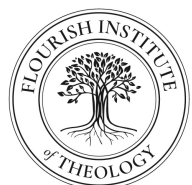
- Scazzero, Peter. *Emotionally Healthy Spirituality*. Zondervan, 2014, 2017. ISBN-13: 978-0310348498

The following books are recommended by the Course Developer, but are not required for purchase:

- Benner, David G. *Sacred Companions*. Downers Grove: IVP Books, 2022. ISBN-13: 978-0830832705
- Benner, David G. *The Gifts of Being Yourself*. Downers Grove: IVP Books, 2015. ISBN-13: 978-0830846122
- Bohler, Carolyn Stahl. *Opening to God*. Nashville: Upper Room Books, 1996. ISBN-13: 978-0835807685
- Comer, John Mark. *The Ruthless Elimination of Hurry*. Waterbrook, 2019. ISBN-13: 978-0525653097
- Turabian, Kate. *A Manual for Writers of Research Papers, Theses, and Dissertations*. 9th Edition (2018). ISBN-13: 978-0226430577

Course Assignments and Weighting

Assignment	Weighting
Soul Plan / Rule of Life	15%
Integration Paper	25%
Sabbath Reflection	15%
Journal – “Harvesting” Summaries of your personal journal plus your comments on weekly readings in Eugene Peterson’s <i>The Pastor</i>	15%
Small Group Meetings and Summaries	15%
SoulShaping Journal	15%
Course Report (pass/fail) includes:	
Reading	Must complete to pass course
Lecture Viewing	Must complete to pass course
Course Meetings	Must attend to pass course
Small Group Meetings	Must attend to pass course



TOTAL	100%
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Assignment Formatting

FIT uses The SBL Handbook of Style, 2nd Edition. This style guide is used by scholars in the field of Biblical Studies and by many publishers in that field. It is itself based on the Chicago Manual of Style (CMOS) and aligns with Kate Turabian's Manual for Writers of Term Papers, Theses and Dissertations (7th ed.).

All of these works are available to reference on FIT's DTL2 library. A quick-start guide for formatting term papers is available at this link: <https://www.sbl-site.org/assets/pdfs/pubs/sblhssupp2015-02.pdf>

You will find that there are standards for everything—formatting a paper, how to reference the Bible, how to cite other authors with long quotations, how to make a bibliography, and more.

If all of this seems confusing, please reach out to FIT's Tutorial Services via studentadvisor@flourishinstitute.online. A FIT tutor will be able to coach you through formatting a paper, proper citations, crafting a bibliography, and more. Tutorial sessions are an additional cost.

Mutual Commitments

What I, as your Course Instructor, expect from you as an emerging leader in service of Christ:

- I expect you to be diligent in preparing for each session.
- I expect you to submit work on time (or if this is not possible, to request an extension adequately ahead of the deadline).
- I expect you to participate fully and constructively in all course activities and discussions.
- I expect you to show respect towards other students, being sensitive to national, cultural, political, gender, and other individual differences, and listening courteously when others speak in class.
- I expect you to provide accurate and constructive feedback on the course content and methodology that will help me as I teach this course and when I teach this material again in the future.

My commitments to you as a Course Instructor are:

- I will make myself available to you regularly by taking part in our Course Web-Meetings
- I will encourage reciprocity and cooperation among you as a class of emerging leaders inside and outside those meetings
- I will make myself available to meet with you individually throughout our course



- I will provide prompt feedback on all your work in ways intended to affirm your learning and encourage and extend your learning
- I will promote active learning, respecting diverse talents and learning styles to the best of my ability

Attendance Policies

Course Meeting Attendance

Each course will meet as an entire class 4-6 times. All students are required to attend all course meetings. Meeting dates are posted on the syllabi when course registration opens for the trimester. Exceptions can be made for personal and family emergencies. If an emergency arises, a student must reach out to the professor to let them know they will be missing the meeting. Students' participation scores will be penalized if they miss a meeting without notifying the professor.

Small Group Meeting Attendance

Each course will have small group meetings. These meeting times are set by the group of students, not the professor or FIT Registrar. A student is expected to attend all small group meetings for their course(s). Exceptions can be made for personal and family emergencies. A summary of the meeting is required at the end of the lesson when the small group meets. Therefore, if a student does not attend (for personal reasons, and not an emergency) their small group attendance score will be penalized.

Academic Integrity

"Neither by wanting to be better than others, nor by empty pride, but in humility think of others as better than yourselves" (Philippians 2:3).

In order to be properly equipped as a public theologian—as all ministry leaders are—students must learn to respect the work of others. Research, writing, publishing, editing, and all other works of art, are the fruit of someone's labor. We seek to "honor everyone" (1 Peter 2:17), and so lift up the contributions that have gone ahead of us and have directly or indirectly informed our own ways of thinking.

This respect is made manifest by making fair use of the works of others. This involves properly citing ideas, indirect quotes, direct quotes, and other works, according to standard forms. FIT uses the Society of Biblical Literature (SBL) format, which is based on Turabian/Chicago Manual of Style (CMOS).

Students are sometimes tempted to plagiarize the work of others, to pass off the ideas or work of others as their own. This kind of intellectual theft is not respectful, it is not conducive to a student's best learning potential, nor does it reveal the goodness of the kingdom of God to a dark world.



Rather than spelling out a legal formulation of exactly what plagiarism entails, consider the principle of respecting the work of others, and the goal of your own intellectual formation. If your professors discover evidence of plagiarism, he or she will call you to account and recommend you to enroll in FIT's Tutorial Program's "Academic Research" section. Because there is a wide variety of access to intellectual material today, plagiarism would include the use of phrasing, outlines and ideas in print or online, in journals or audio, in other student's papers, etc. without completely citing the original authors.

Any future evidence of plagiarism after completion of the Tutorial Program will result in those works receiving a zero grade.

Accommodations, Couse Drops, and Extensions

Accommodations

The Flourish Institute of Theology understands that God has gifted individuals in various ways and that different individuals thrive better in different environments. If you have a diagnosed disability that will impact your ability to engage with our programs effectively, we aim to offer reasonable accommodations to support your discipleship and learning here.

In order to receive accommodations, FIT requires that students provide documentation from a qualified professional that:

- Diagnoses your condition
- Defines how this condition limits your learning in the following environments:
 - Viewing lectures
 - Engaging in Zoom-based live discussions
 - Participating in mentored ministry experiences
 - Attending and participating in in-person gatherings
 - Reading paper-based books and ebooks
 - Writing academic papers
- Provides suggestions for reasonable accommodations

The registrar will work with you and the student advisor to develop a learning plan based on this information and will communicate these accommodations to course professors.

Course Drops

In the realm of discipleship, quality is far more important than quantity. Maintaining a suitable course load is an important component in equipping you for the work of ministry. In order to thrive in every course, it is vital that you are not overworked and so unable to engage in a course completely. We encourage you to talk with your professors and student advisor as soon as possible if you are considering dropping a course.



If you would like to drop the course, you are able to do so. The deadlines and refund amounts are listed in the Student Handbook. Once the 13th Friday of the course passes, and you have not completed the coursework, you will receive an “incomplete” for the course.

When you request to drop a course, you will be asked to fill out a form for our records with the name of the course, the reason you are dropping the course, and confirmation that you have notified your professor.

Extensions

Arrangements for submission of late work during the trimester are made between the student and the professor. Extensions must be requested before the assignment is due, and extensions are only granted for extenuating circumstances. If an extension is not granted, and an assignment is submitted late, grading of that assignment will be affected based on how late the assignment is submitted. Additional paperwork is not needed by the FIT Registrar to grant an extension during the trimester.

All extension requests for after the end date of the trimester need to be submitted to the FIT Registrar. An Extension Petition must be submitted to registrar@flourishinstitute.online no later than the last Friday of the trimester. A student can request an Extension Petition from the FIT Registrar at registrar@flourishinstitute.online. The petition will ask for the agreed upon extension date set by the student and the professor. Extensions are only granted for extenuating circumstances. There will be a fee for extensions of \$40 (per week) that will need to be paid when the student submits their Extension Petition. An extension of one day to seven days is \$40, eight days to fourteen days is \$80, and so on.

Arrangements for submission of late work at a date on or before the end date for the trimester are made between the student and Instructor. However, course work to be submitted after the publicized end date for the trimester or term must be approved by the FIT Registrar. An Extension Petition must be submitted to registrar@flourishinstitute.online no later than the Friday before the last day of the course. Extensions are only available for those with exigent and unforeseen circumstances and are generally not granted for work, ministry, or educational overload. There will be a fee for extensions of \$40 that will need to be paid when the student submits their Extension Petition. To request an Extension Petition, please email the FIT Registrar at registrar@flourishinstitute.online with the name of the course and the deadline you and your instructor agreed upon.

*“Above all else, guard your heart,
For everything you do flows from it.” – Proverbs 4:23 NIV*

“Have nothing to do with godless myths and old wives’ tales; rather train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” – 1 Timothy 4:7-8 NIV

