Spiritual Formation
Course Syllabus
Josh Branham

Course Description: This course will examine the how believers can develop an intimate life with God through Christ and the Spirit.

Course objectives:

- Gain an overview of the practices of spiritual formation
- Develop a "rule of life"
- Love God more deeply with your heart, mind, and strength
- Develop a theology of the body
- Be inspired to be active in the local church
- Learn the rhythms of solitude and rest
- Develop a vocational view of work
- Learn the value of controlling your appetites

Lecture Series:

- Lesson One: What is Spiritual Formation? A rule of life
  Read Rhythms, Foreword, Introduction, and chapters one and two
- Lesson Two: Loving God with all your heart and mind
  Read Rhythms, chapters three and four
- Lesson Three: Loving God with your body, belonging to the church
  Read Rhythms, chapters five and six
- Lesson Four: Developing solitude, and finding rest
  Read Rhythms, chapters seven, eight, and nine
- Lesson Five: Work as a vocation, self-denial and fasting
  Read Rhythms, chapters ten and eleven
- Lesson Six: Serving God with our treasures,
  Read Rhythms, chapters twelve and thirteen

Course requirements:

- Watching the course lectures (there are 6 course lectures)
- Attendance in cohort discussions
- Memorize ten verses
- Pass final exam
- Read this book: Daniel McCoy and Andrew Jit, *Rhythms: How to Live as a Disciple of Jesus* (Renew). **NOTE**: This is an interactive workbook designed to be used over several months. Since we're reading it in six weeks, it is NOT mandatory that you write out answers to the book's questions, though it would be good for you. You only have to read the book for this course, without answering its questions.

Memory Verses

- Psalm 119:10-11
- Luke 10:27
- John 14:6
- Acts 4:12

- Philippians 4:8
- 2 Timothy 2:15
- James 5:13-14
- 1 John 3:17

Digging Deeper--Recommended Readings:

- Josh Branham, *What are you Waiting for? A Young Leader's Guide to Changing the World* (Renew, 2025)
- David Roadcup and Michael Eagle, *Prayer and Fasting* (Renew 2020)
- Roger Olson, *Real Life Theology Conversations* (Renew 2023)
- Tina Wilson, *Step into Scripture* (Renew 2023)
- Doug Gamble, *Beating Burnout before it Begins* (Renew ebook)
- Joel Singleton, *Family Discipleship Blueprint: A Year-by-Year Guide to Family Discipleship* (Renew ebook).
- Kenneth Boa, *Conformed to His Image* (Zondervan Academic, 2020)
- John Eldridge, *Experiencing Jesus Really* (Nelson, 2025)
- Diane Chandler, *Christian Spiritual Formation: An Integrated Approach for Personal and Relational Wholeness* (IVP Academic, 2014).
- Richard Foster, *Celebration of Discipline* (1978)
- John Mark Comer, *Live No Lies: Recognize and Resist the Three Enemies That Sabotage Your Peace* (Waterbrook, 2021)
- Marcus Warner, A Deeper Walk: A Proven Path for Developing a More Vibrant Faith (Moody, 2022)

Digging Deeper--Recommended Videos:

- Marcus Warner, Overcoming Fear and Finding Joy: Marcus Warner on Faith, Freedom, and Spiritual Breakthrough https://www.youtube.com/watch?v=DSDhhvN1PXY
- Dallas Willard - Tabletalk with Dallas Willard, Richard Foster and John Ortberg https://www.youtube.com/watch?v=as4XmGXXqrI
- John Mark Comer, Gentle and Humble, https://www.youtube.com/watch?v=SpUhJoudRCk
- Lisa Terkeurst, Forgiving What You Can't Forget, https://www.youtube.com/watch?v=vVGh0kxR0lQ
- Frances Chan, The Key to True Transformation, https://www.youtube.com/watch?v=YXAmP2WAWSo
- Francis Chan, Rediscovering God's Presence, https://www.youtube.com/watch?v=u6-wvfOFVk8
- David Hinman with Shedonkeh Johnson, The Type of Prayer that Leads to Movements, https://www.youtube.com/watch?v=VXDswrzMg04
- Dallas Willard, Hearing God #1, https://www.youtube.com/watch?v=h9BEcpHM2gs
- Richard Foster, Prayer, Finding the Heart's Full Home, https://www.youtube.com/watch?v=mb0Z2esCey4
- David Young, A Theology of Work and Rewrite Your Job Description, videos on the Renew.org App (free download).