



WAYLAND BAPTIST UNIVERSITY
VIRTUAL CAMPUS
SCHOOL OF CHRISTIAN STUDIES

Wayland Mission Statement: Wayland Baptist University exists to educate students in an academically challenging, learning-focused, and distinctively Christian environment for professional success, and service to God and humankind.

Course Title and Number: MNST 5301 VC01 Spiritual Formation

Term: Summer 2026 Online Course

Name of Instructor: Dr. Brent Schlittenhart

Contact Information-Office Phone Number and WBU Email Address: Office: 808-488-8570; Home: 808-234-6960; Cell 808-551-2263; schlittenhartb@wbu.edu; or schlittenhartb@yahoo.com; Please use the wbu.edu email for primary correspondence.

Office Hours, Building, and Location: The professor is available at 4 PM before class and 30 minutes after class. The professor is also available by appointment at other times. Office Location is 599 Farrington Highway, Kapolei, HI 96707.

Class Meeting Time and Location: Virtual Campus 6/1/2026—7/25/2026

Catalog Description: Introduction to specific habits and practices which encourage a vibrant Christian life and implementation of discipleship programs in the local church.

Prerequisites/Co-requisites: None

Required Texts:

Title	Editor/Author	Publisher	Ed	Year	ISBN
<i>The Celebration of Discipline</i>	Richard Foster	HarperCollins	40 th Anniversary	2018	9780062803887
<i>A Guide to Christian Spiritual Formation</i>	Evan B. Howard	Baker Academic		2019	9780801097805
<i>Bible</i>	Any translation recognized by mainstream Christianity				

The textbooks are Automatic eBooks already in the classroom in blackboard. Should you wish to purchase a print copy remember to opt out. You will need your own Bible.

Other Books and Periodicals: The professor may provide additional articles and websites for you to read throughout the course of the term.

Course Outcome Competencies: Students will:

1. Demonstrate knowledge of the traditional Christian disciplines.
2. Demonstrate an understanding of the value of personal and congregational spiritual formation.
3. Demonstrate knowledge of the various avenues for enhancing spiritual formation.
4. Design or formulate a plan for implementing various spiritual disciplines into a personal or corporate discipleship program.
5. Analyze and evaluate how scripture, the Holy Spirit, the Church, and mission shapes spiritual formation.

Attendance Requirements: Online Attendance Policy

Online Students: Students are expected to participate in all required instructional activities in their courses. Online courses are no different in this regard; however, participation must be defined in a different manner. Student “attendance” in an online course is defined as active participation in the course as described in the course syllabus. Instructors in online courses are responsible for providing students with clear instructions for how they are required to participate in the course. Additionally, instructors are responsible for incorporating specific instructional activities within their course and will, at a minimum, have weekly mechanisms for documenting student participation. These mechanisms may include, but are not limited to, participating in a weekly discussion board, submitting/completing assignments in Blackboard, or communicating with the instructor. Students aware of necessary absences must inform the professor with as much advance notice as possible in order to make appropriate arrangements. Any student absent 25 percent or more of the online course, i.e., non-participatory during 2 or more weeks of an 8 week term, may receive an F for that course. Instructors may also file a Report of Unsatisfactory Progress for students with excessive non-participation. Any student who has not actively participated in an online class prior to the census date for any given term is considered a “no-show” and will be administratively withdrawn from the class without record. To be counted as actively participating, it is not sufficient to log in and view the course. The student must be submitting work as described in the course syllabus. Additional attendance and participation policies for each course, as defined by the instructor in the course syllabus, are considered a part of the university’s attendance policy.

Students are expected and required to meet deadlines. You are personally accountable for anticipating unforeseen delays.

Academic Honesty (Plagiarism): [Link to Statement on Academic Integrity](#)

No use of any generative AI tools permitted.

1. Students are required to create and produce all work themselves or with assigned group members. Any work submitted that has used an AI generative tool like ChatGPT will be in immediate violation of the academic integrity policies for the course and WBU.
2. All assignments must be fully created, designed, and prepared by the student(s).
3. Any work that uses generative AI will be treated as plagiarism.

Disability Statement: In compliance with the Americans with Disabilities Act of 1990 (ADA), it is the policy of Wayland Baptist University that no otherwise qualified person with a disability be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program or activity in the university. The Disability Services Coordinator and Academic Coach serves as the coordinator of students with disabilities and must be contacted concerning accommodation requests (office (806) 291-1057. Documentation of a disability must accompany any request for accommodations.

Course Requirements and Grading Criteria:

1. Each student will read the assigned readings and participate in the classroom experience.
2. Each student will take a midterm and a final exam. Material will come from the assigned readings, class lectures, and notes.
3. Each student will write a Spiritual Discipline Plan journal. Starting in week 2 and going through week 6, students will keep a journal in a word document or pdf file of the spiritual disciplines they have practiced during each day of weeks 2 through 6. The journal needs to make a record of the disciplines practiced and how they perceive those disciplines contributing to their spiritual formation. Student will include at the end of the journal how their practiced disciplines could be incorporated into a local church or small group ministry and the benefits of those incorporated disciplines for those groups. The journal has a 8 to 12-page requirement in addition to the title page.
4. Each student will read the lecture notes on Blackboard and submit postings to the Discussion Board forums on the assigned weeks. The student posting needs to be a minimum of 200 words. Students need to read all other student postings and make a response to at least one other student posting. The response needs to be a minimum of 175 words.
5. Each student will write a 3-6 page critical book review on *A Guide to Christian Spiritual Formation*. The book review needs to have a title page, an analysis and evaluation of the book's contents highlighting the strengths and weaknesses of the book. Quotations from the book in the report can be referenced parenthetically with just the page number. The student can use book reviews from journal articles to assist in the analysis and evaluation of the book as long as they are properly documented and footnoted and then included in a bibliography page.
6. Each student will prepare and submit a Power Point presentation on an assigned chapter out of *A Guide to Christian Spiritual Formation*. The presentation needs to highlight the key points made in the assigned chapter.

Course Evaluation:

University Grading System

A	90-100	I	INCOMPLETE**
B	80-89	Cr	FOR CREDIT
C	70-79	NCr	NO CREDIT
D	60-69	WP	WITHDRAWAL PASSING
F	BELOW 60	WF	WITHDRAWAL FAILING
		W	WITHDRAWAL

** A grade of incomplete is changed if the work required is completed prior to the last day of the next 8-week term, unless the instructor designates an earlier date for completion. If the work is not completed by the appropriate date, the I is converted to a grade of F. An incomplete notation cannot remain on the student's permanent record and must be replaced by the qualitative grade (A-F) by the date specified in the official University calendar of the next regular term. An incomplete turned to a qualitative grade will be indicated by the notation I/grade on the student transcript.

Procedure for computations of final grade

1. Midterm exam:	20%
2. Final exam:	20%
3. Discussion Board Average:	20%
4. Spiritual Discipline Plan Journal:	20%
5. Book Review:	10%
6. Power Point Presentation:	10%

Late assignments will not receive full credit and will usually receive a five point minimum reduction.

Students shall have protection through orderly procedures against prejudices or capricious academic evaluation. A student who believes that he or she has not been held to realistic academic standards, just evaluation procedures, or appropriate grading, may appeal the final grade given in the course by using the student grade appeal process described in the Academic Catalog. Appeals may not be made for advanced placement examinations or course bypass examinations. Appeals are limited to the final course grade, which may be upheld, raised, or lowered at any stage of the appeal process. Any recommendation to lower a course grade must be submitted through the vice president of academic affairs to the Faculty Assembly Grade Appeals Committee for review and approval. The Faculty Assembly Grade Appeals Committee may instruct that the course grade be upheld, raised, or lowered to a more proper evaluation.

Tentative Schedule: Course Outline and Calendar

Week 1 6/1—6/7/2026 Introduction to Spiritual Disciplines

Required First Assignment in Blackboard due 6/13

Required Reading: Foster Foreword and Chapter 1

Blackboard Discussion 1: Student Posting Due 6/5, Student Response Due 6/7

Week 2 6/8—6/14/2026 Inward Disciplines: Meditation and Prayer

Required Reading: Foster Inward Disciplines and Chapters 2 and 3

Blackboard Discussion 2: Student Posting Due 6/12, Student Response Due 6/14

Week 3 6/15—6/21/2026 Inward Disciplines: Fasting and Study

Required Reading: Foster Chapters 4 and 5

Blackboard Discussion 3: Student Posting Due 6/19, Student Response Due 6/21

Week 4 6/22—6/28/2026 Labor Day No Face to Face No Collaborate

Outward Disciplines: Simplicity and Solitude

Required Reading: Foster Outward Disciplines and Chapters 6 and 7

Midterm Exam Due 6/28

Week 5 6/29—7/5/2026 Outward Disciplines: Submission and Service

Required Reading: Foster chapters 8 and 9

Blackboard Discussion 4: Student Posting Due 7/3, Student Response Due 7/5

Week 6 7/6—7/12/2026 Corporate Disciplines: Confession and Worship

Required Reading: Foster Corporate Disciplines and chapters 10 and 11

Blackboard Discussion 5: Student Posting Due 7/10, Student Response Due 7/12

Book Review Due 7/12

Week 7 **7/13—7/19/2026** **Corporate Disciplines: Guidance and Celebration**
Required Reading: Foster chapters 12 and 13
Spiritual Discipline Plan Journal Due 7/19

Week 8 **7/20—7/25/2026** **Final Exam**
Final Exam and Graduate Power Point Presentation Due 7/25

Additional Information:

Method of Instruction: Online through Blackboard and the Virtual Campus; Lecture/Split level.

Internet Access

All Virtual Campus students are required to have access to the Internet, an e-mail account, and access to a computer with Microsoft word processing capability. All information exchanges, homework assignments, exams, and other requirements for this course will be conducted via Wayland Baptist University's Blackboard, e-mail/email attachment(s). Use of anti-virus software for computer is highly recommended. If you have not activated your Wayland email account this is a good time to do so. Important announcements and other information can be emailed to your Wayland account directly from Blackboard.