

COURSE SYLLABUS – Discipleship and Sanctification
Blue Ridge Institute of Theological Education
Rivermont Campus
2424 Rivermont Ave.
Lynchburg, VA 24503

Fall 2021

Professor: David Weber, D. Min.

Time: Wednesday 6:00 – 8:00 pm

Dates: August 25 – December 1

Email: David@Rivermont.org

Course Description

This course is designed to examine the doctrine and practices of sanctification and discipleship from an evangelical and reformed perspective. It is the aim of this course to deepen each student's desire for personal Christlikeness and effectiveness in discipleship ministry through discussion and reflection on the Biblical call to holiness and to participation in the ordinary means of grace.

Course Objectives

1. To gain a theological understanding of the doctrine of sanctification and the practice of discipleship.
2. To deepen each student's personal desire for holiness and equip them to pursue it according to the Spirit's power and the Word's appointed means of grace.
3. To give vision and framework by which discipleship relationships might develop and bear fruit.
4. To grow in personal dependence upon the grace of God in Jesus Christ to live for his glory alone.

Required Reading

Colin Marshall and Tony Payne. *The Trellis and the Vine*. Youngstown: Matthias Media, 2009.

J.I. Packer. *Faithfulness and Holiness: The Witness of J.C. Ryle*. Wheaton: Crossway Books, 2002 (Pages 89 – 225).

Benjamin B. Warfield. *The Religious Life of Theological Students*. Phillipsburg: P&R Publishing, 1983.

Paul David Tripp. *Instruments in the Redeemer's Hands: People in Need of Change Helping People in Need of Change*. Phillipsburg: P&R Publishing, 2002.

Donald Whitney. *Spiritual Disciplines for The Christian Life*. Colorado Springs: NavPress, 2014.

*Please bring your personal Bible to each class.

Requirements and Evaluation

- 1. Westminster Shorter Catechism (WSC) Memory (10%):** Each week indicated in the schedule a memory quiz will be given on assigned WSC questions. Students will receive the question(s) for the week and will be expected to write-out the corresponding answer. Please use the attached wording of the WSC for memorization. These quizzes will be graded as pass/fail. **Note that WSC #1 is due for the first class.**
- 2. Reading (30%):** At the end of the semester students will hand in a statement reporting the percentage of the reading they have completed. **Due December 1st**
- 3. Spiritual Discipline Reflection Paper (30%):** At the beginning of the semester students will be asked to begin practicing a spiritual discipline that has not been a regular practice of theirs in the past (Meditation; Fasting; Journaling; Corporate Prayer; etc...). At the end of the semester students will be asked to turn in a five-page paper (double-spaced, Times New Roman 12-font, regular margins, with a cover page) which outlines their experience. This paper should include a Biblical and theological evaluation of the practice, how it was practiced over the semester, struggles to maintain the discipline, encouragement received from the discipline, resources used to enrich the discipline, expectation of future practice of the discipline, and how you might encourage others to engage in the discipline. Papers will be evaluated according to format, grammar, and depth of original/reflective thought. **Due December 1st**
- 4. Final Exam (30%):** At the end of the semester a 120-minute take-home exam will be given which covers each student's Biblical and theological understanding of discipleship and sanctification. This exam will be divided into three sections: Fill-in the blank (20%), Short Essays (40%) and Long Essays (40%). This exam will be open Bible but not open notes. **Due December 8th**

Courses Outline

August 25th

Lecture One: A Call to Holiness – Introduction to Course (WSC 1)

Lecture Two: God's Mission

September 1st

Lecture Three: Covenant (1) (WSC 11, 12)

Lecture Four: Covenant (2)

September 8th

Lecture Five: The Mission of the Church (WSC 20)

Lecture Six: Ministry of Reconciliation

September 15th

Lecture Seven: The Priesthood of All Believers (WSC 25)

Lecture Eight: The Trellis and the Vine

September 22nd

Lecture Nine: Models and Goals

(WSC 30, 31)

Lecture Ten: Realms and Environments

September 29th

Lecture Eleven: Sanctification Defined

(WSC 33, 35)

Lecture Twelve: Sanctification in the *Ordo Salutis*

October 6th

Lecture Thirteen: Sanctification and Union with Christ

(WSC 27, 28)

Lecture Fourteen: Humiliation and Exaltation

October 13

Break

October 20th

Lecture Fifteen: The Work of the Holy Spirit

(WSC 88)

Lecture Sixteen: The Means of Grace

October 27th

Lecture Seventeen: The Word of God

(WSC 39, 40, 41, 90)

Lecture Eighteen: Meditation

November 3rd

Lecture Nineteen: Prayer

(WSC 98)

Lecture Twenty: Fasting

November 10th

Lecture Twenty-One: Worship and Sabbath

(WSC 89, 91)

Lecture Twenty-Two: The Sacraments

November 17th

Lecture Twenty-Three: Fruits of the Spirit (1)

(WSC 36)

Lecture Twenty-Four: Fruits of the Spirit (2)

November 24th

Thanksgiving Break

December 1st

Lecture Twenty-Five: Perseverance (1)

Lecture Twenty-Six: Perseverance (2)

Recommended Reading

Bridges, Jerry. *The Discipline of Grace: God's Role and Our Role in the Pursuit of Holiness*. Colorado Springs: NavPress, 1994.

Demarest, Bruce. *Satisfy Your Soul: Restoring the Heart of Christian Spirituality*. Colorado Springs: NavPress, 1999.

DeYoung, Kevin. *Crazy Busy: A (Mercifully) Short Book about a (Really) Big Problem*. Wheaton: Crossway, 2013.

Ferguson, Sinclair. *Devoted to God: Blueprints for Sanctification*. Edinburgh: Banner of Truth, 2016.

Helm, David. *One to One Bible Reading: A Simple Guide for Every Christian*. Youngstown: Matthias Media, 2011.

Hull, Bill. *The Disciple-Making Pastor: Leading Others on the Journey of Faith*. Rev. ed. Grand Rapids: Baker Books, 2007.

Hughes, R. Kent. *Disciplines of a Godly Man*. Rev. ed. Wheaton: Crossway, 2001.

Lane, Timothy and Paul David Tripp. *How People Change*. Greensboro: New Growth Press, 2006.

Marshall, Colin and Tony Payne. *The Vine Project*. Youngstown: Matthias Media, 2016.

Mathis, David. *Habits of Grace: Enjoying Jesus through the Spiritual Disciplines*. Wheaton: Crossway, 2016.

Murray, John. *Redemption Accomplished and Applied*. Grand Rapids: Eerdmans, 1955.

Packer, J.I., *Knowing God*. Downers Grove: InterVarsity Press, 1973.

Peterson, Eugene. *The Contemplative Pastor: Returning to the Art of Spiritual Direction*. Grand Rapids: Eerdmans, 1989.

Postman, Neil. *Amusing Ourselves to Death*. New York: Penguin Inc., 2006.

Schwanda, Tom. "To Gaze on the Beauty of the Lord: the Evangelical Resistance and Retrieval of Contemplation." *Journal of Spiritual Formation & Soul Care* 7, no. 1 (2014): 62-84.

Smith, Edmond. *A Tree by a Stream: Unlock the Secrets of Active Meditation*. Ross-shire, UK: Christian Focus, 1995.

Smith, James K. A. *You Are What You Love: The Spiritual Power of Habit*. Grand Rapids: Brazos Press, 2016.

Strobel, Kyle. *Formed for the Glory of God: Learning from the Spiritual Practices of Jonathan Edwards*. Downers Grove: IVP Books, 2013.

Toon, Peter. *The Art of Meditating on Scripture: Understanding Your Faith, Renewing Your Mind, Knowing Your God*. Grand Rapids: Zondervan, 1993.

Webber, Robert E. *The Divine Embrace: Recovering the Passionate Spiritual Life*. Grand Rapids: Baker Books, 2006.

Willard, Dallas. *The Spirit of the Disciplines: Understanding How God Changes Lives*. New York: Harper Collins, 1988.

Q. 1. What is the chief end of man?

A. Man's chief end is to glorify God, and to enjoy him forever.

Q. 11. What are God's works of providence?

A. God's works of providence are his most holy, wise and powerful preserving and governing all his creatures, and all their actions.

Q. 12. What special act of Providence did God exercise toward man in the estate wherein he was created?

A. When God created man, he entered into a covenant of life with him, upon condition of perfect obedience; forbidding him to eat of the tree of the knowledge of good and evil, upon the pain of death.

Q. 20. Did God leave all mankind to perish in the estate of sin and misery?

A. God, having, out of his mere good pleasure, from all eternity, elected some to everlasting life, did enter into a covenant of grace, to deliver them out of the estate of sin and misery, and to bring them into an estate of salvation by a Redeemer.

Q. 25. How doth Christ execute the office of a priest?

A. Christ executeth the office of a priest, in his once offering up of himself a sacrifice to satisfy divine justice, and reconcile us to God; and in making continual intercession for us.

Q. 27. Wherein did Christ's humiliation consist?

A. Christ's humiliation consisted in his being born, and that in a low condition, made under the law, undergoing the miseries of this life, the wrath of God, and the cursed death of the cross; in being buried, and continuing under the power of death for a time.

Q. 28. Wherein consisteth Christ's exaltation?

A. Christ's exaltation consisteth in his rising again from the dead on the third day, in ascending up into heaven, in sitting at the right hand of God the Father, and in coming to judge the world at the last day.

Q. 30. How doth the Spirit apply to us the redemption purchased by Christ?

A. The Spirit applieth to us the redemption purchased by Christ, by working faith in us, and thereby uniting us to Christ in our effectual calling.

Q. 31. What is effectual calling?

A. Effectual calling is the work of God's Spirit, whereby, convincing us of our sin and misery, enlightening our minds in the knowledge of Christ, and renewing our wills, he doth persuade and enable us to embrace Jesus Christ, freely offered to us in the gospel.

Q. 33. What is justification?

A. Justification is an act of God's free grace, wherein he pardoneth all our sins, and accepteth us as righteous in his sight, only for the righteousness of Christ imputed to us, and received by faith alone.

Q. 35. What is sanctification?

A. Sanctification is the work of God's free grace, whereby we are renewed in the whole man after the image of God, and are enabled more and more to die unto sin, and live unto righteousness.

Q. 39. What is the duty which God requireth of man?

A. The duty which God requireth of man, is obedience to his revealed will.

Q. 40. What did God at first reveal to man for the rule of his obedience?

A. The rule which God at first revealed to man for his obedience, was the moral law.

Q. 41. Wherein is the moral law summarily comprehended?

A. The moral law is summarily comprehended in the Ten Commandments.

Q. 88. What are the outward and ordinary means whereby Christ communicateth to us the benefits of redemption?

A. The outward and ordinary means whereby Christ communicateth to us the benefits of redemption are, his ordinances, especially the Word, sacraments, and prayer; all which are made effectual to the elect for salvation.

Q. 89. How is the Word made effectual to salvation?

A. The Spirit of God maketh the reading, but especially the preaching, of the Word, an effectual means of convincing and converting sinners, and of building them up in holiness and comfort, through faith, unto salvation.

Q. 90. How is the Word to be read and heard, that it may become effectual to salvation?

A. That the Word may become effectual to salvation, we must attend thereunto with diligence, preparation, and prayer; receive it with faith and love, lay it up in our hearts, and practice it in our lives.

Q. 91. How do the sacraments become effectual means of salvation?

A. The sacraments become effectual means of salvation, not from any virtue in them, or in him that doth administer them; but only by the blessing of Christ, and the working of his Spirit in them that by faith receive them.

Q. 98. What is prayer?

A. Prayer is an offering up of our desires unto God, for things agreeable to his will, in the name of Christ, with confession of our sins, and thankful acknowledgment of his mercies.