



加拿大華人神學院  
Canadian Chinese School of Theology



**TYNDALE**  
• SEMINARY •

## Course Syllabus

WINTER 2019

SPIRITUAL FORMATION 靈命塑造

SPIR CM09 X1

JANUARY 17<sup>TH</sup>, 2019 TO APRIL 11<sup>TH</sup>, 2019

THURSDAY, 2:15 PM–5:05 PM

INSTRUCTOR: DR. HUCKLE CHOI 蔡偉雄博士

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### Moodle & MyTyndale.ca:

To access your course material, please go to <http://classes.tyndale.ca>. Course emails will be sent to your @MyTyndale.ca e-mail account. For information how to access and forward emails to your personal account, see <http://www.tyndale.ca/it/live-at-edu>.

### I. COURSE DESCRIPTION 課程簡介

This course provides an integrated approach to the study of Christian spirituality and the development of the Christian life. The course examines the major traditions of spiritual formation, including the spiritual legacy of the Chinese church. In addition to the theological understanding of spiritual formation, practices of personal and corporal spiritual disciplines will be emphasized.

本課程提供學員對基督徒靈命和成長一個整合的研讀，課程內容涵蓋靈命塑造的不同傳統，包括華人教會的屬靈傳承，探討屬靈塑造的神學基礎，同時亦會注重個人與群體的屬靈操練。

## I. LEARNING OUTCOMES

**At the end of the course, students should be able to:**

1. Understand the biblical basis of spirituality formation and Christian growth.
2. Recognize that “being” is more important than “doing”, and that the purpose of spiritual formation is to love God and love people.
3. Become familiarized with the basic protocols of different spiritual disciplines.
4. Continue to practice the different spiritual disciplines in their daily life and grow toward Christ-likeness.
5. Recognize and experience the working of the Holy Spirit in Christian development.

完成這個課程後，學員可以：

1. 瞭解靈命塑造和信徒成長的聖經基礎
2. 認識信徒生活的「所是」重於「所為」，並靈命塑造的目的是愛神愛人
3. 掌握不同屬靈操練的基本步驟
4. 繼續將基本的靈命操練融入日常生活裡，以致靈命能邁向成熟，滿有基督的身量
5. 認識和經歷聖靈的引導和工作

## II. COURSE REQUIREMENTS

### A. REQUIRED READING 必讀課本：

1. 李耀全。《屬靈操練與生命關懷》。香港：更生資源(香港)有限公司，2004。
2. 廖炳堂。《靈修神學》。香港：天道書樓，2010。
3. 傅士德，史雅各編著。袁志達，陶婉儀譯。《屬靈操練之旅》。香港：天道書樓，2004。
4. 傅士德，畢比合著。平山譯。《一生渴慕神》。台北：校園書房出版社，2009
5. 麥格夫著，趙崇明譯。《基督教靈修學》。香港：基道出版社，2004。

## **B. ASSIGNMENTS AND GRADING 作業及評核**

### **1. Class Participation 出席上課 – 參與討論**

Due to the nature of the course, each student is expected to attend all lectures and to participate fully in the practical dimension. If you miss more than 25% of the classes, you are not eligible for a pass in the course.

由於本課的性質，每位同學都必須出席上課，並參與討論和多方實踐。如果你課堂的學習缺席25% (三堂)，你就不能獲得本課及格。

### **2. Book Report: 25%, due on February 21**

Read at least three books from the required text and write a report on each book. The book report should identify the theme, comment the readability and practicality of the book, and an analysis of the content. The book report should include student's reflection and influence on spiritual life after reading. (3500-4000 words)

**讀書報告：(25%) 呈交日期：2月21日**

學員可自由選擇三本本科的閱讀書籍，寫出每本書讀後的心得和評語。作業內容包括書本的內容精要和分析、評論其可讀性，應用性，和資料的份量，讀後的心得和對自己的影響，合共3500-4000字。

### **3. Reflections on Spiritual Friendship: 10%, due on March 14**

Each student should pair up a spiritual friend, preferably matched up with someone in the class. Each pair will meet at least 5 times for sharing and prayer. Jot notes after each meeting. In this short essay, reflect on your experience with your spiritual friend and how that relationship has influenced your spiritual growth. (2000-2500 words)

**屬靈夥伴的反思短文：(10%) 呈交日期：3月14日**

每位同學須在班中選定一位屬靈夥伴，最少約會五次，內容包括親切的屬靈分享和一同禱告，每次記錄下你的個人心得和感受；綜合你的閱讀以及你屬靈友誼對你的影響，呈交一份約2000-2500字的反思短文。

### **4. Practice and Reflection paper on Spiritual Disciplines: 25%, due on March 28**

Student is required to practice different kinds of spiritual disciplines in forty days and write a journal everyday reflecting challenges, difficulties and edifications of his/her spiritual life through each discipline. (Each journal 150-250 words)

**個人屬靈操練的反思：(25%) 呈交日期：3月28日**

用四十天嘗試不同的屬靈操練，記錄每項操練對自己靈命成長的幫助或所遇到的困難和障礙。每天所寫的記錄約150-250字。

### 5. Spiritual Retreat and Reflection Paper: 10%, due on March 28

Each student is required attend the one-day spiritual retreat on March 19. After the retreat, write a 2000-word reflection paper on your experience during the retreat with a focus on your encounter with God and the significance of community.

**屬靈退修日的體驗與反思：（10%）呈交日期：3月28日**

學員必須參與3/19日的屬靈退修日，將當天的默想與體驗，加以反省後，書寫個人與主相遇並群體生活的體會和心得，約2000字。

### 6. Term Paper: 30%, due on April 4

Find out three spiritual disciplines illustrated in the Bible, study and analysis relevant scriptures, verify the biblical teaching and meaning of each discipline. The paper should include practical exercises which can be implemented in daily live. (4500-5000 words)

**專題文章：（30%）呈交日期：四月四日**

從聖經中找出任何三項屬靈的操練，加以分析有關的經文，說明該項屬靈操練合乎聖經的教導，並提供如何在日常靈修生活中運用的具體方法。作業要求4000-5000字。

## C. GENERAL GUIDELINES FOR THE SUBMISSION OF WRITTEN WORK 呈交作業的一般性準則

All assignments must be typed double spaces using font size 12. Hand-written material will not be accepted.

Assignments 1-5 should be completed before class to facilitate classroom sharing, discussion or presentation. They should be handed in during classroom time or submitted as either PDF or MS-WORD file via email.

所有作業必須使用中文電腦打字（font size 12），手寫拒收。

作業1-5必須在指定日期上課前完成，上課時呈交，以便在上課時一同分享和討論。

作業1-6可用 PDF 或MSWORD file 用電郵（Email：hchoi@tyndale.ca）寄發。

For proper citation style, consult the [Chicago-Style Quick Guide](#) (Tyndale e-resource) or the full edition of the [Chicago Manual of Style Online](#), especially [ch. 14](#). For citing scripture texts, refer to sections [10.46 to 10.51](#) and [14.253 to 14.254](#).

## ACADEMIC INTEGRITY 學術誠信

Integrity in academic work is required of all our students. Academic dishonesty is any breach of this integrity, and includes such practices as cheating (the use of unauthorized material on tests and examinations), submitting the same work for different classes without permission of the

instructors; using false information (including false references to secondary sources) in an assignment; improper or unacknowledged collaboration with other students, and plagiarism. Tyndale University College & Seminary takes seriously its responsibility to uphold academic integrity, and to penalize academic dishonesty.

Students should consult the current Academic Calendar for academic policies on Academic Honesty, Gender Inclusive Language in Written Assignments, Late Papers and Extensions, Return of Assignments, and Grading System. The Academic Calendar is posted at <http://tyndale.ca/registrar>.

學生有須詳讀學科日曆，明瞭學術誠信，性別區分之用詞，恰當適用於學術性文章，延期或遲交的作業，學科的評分及作業的交還皆須預知遵守。有關學科日曆在網上可查詢。

### Recording

We respect the privacy rights of all our students and instructors, therefore, all voice and video recording require consent of everyone involved in class.

為保障同學和老師的私隱權，課堂上的錄音和錄像必須得到每一位同意才可進行。

### D. SUMMARY OF ASSIGNMENTS AND GRADING 課程分數總結:

Evaluation is based upon the completion of the following

Book Report 讀書報告	25%
Reflections on Spiritual Friendship 屬靈夥伴的反思短文	10%
Practice and Reflection Paper on Spiritual Disciplines 個人屬靈操練的反思	25%
Spiritual Retreat and Reflection Paper 屬靈退修會的體驗與反思	10%
Term Paper 專題文章	30%
Total 總分	100%

### E. COURSE EVALUATION 課程評估

The Seminary values quality in the courses it offers its students. End-of-course evaluations provide valuable student feedback and are one of the ways that the Seminary works towards maintaining and improving the quality of courses and the student's learning experience. Student involvement in this process is critical to enhance the general quality of teaching and learning.

Before the end of the course, students will receive a MyTyndale email with a link to the online course evaluation. The evaluation period is 2 weeks; after the evaluation period has ended, it cannot be reopened.

Course Evaluation results will not be disclosed to the instructor before final grades in the course have been submitted and processed. Student names will be kept confidential and the instructor will only see the aggregated results of the class.

課堂結速時，學生將進行網上課程評估，評估內容均不寄名，並只會於所有分數均提交後始查閱。

### III. COURSE SCHEDULE, CONTENT AND REQUIRED READINGS 課程進度表

Date 日期	Content 內容
1/17	Knowing, Doing, and Being Spiritual Formation 知行至聖的靈命塑造
1/24	Wholistic Spiritual Formation 身心靈並重的靈修
1/31	Stages of Spiritual Growth 靈命成長進程
2/7	Internal Spiritual Disciplines 內修的靈命操練
2/14	External Spiritual Disciplines 外練的靈命操練
<b>2/21</b>	<b>No Class</b> 休課
2/28	Interactional Spiritual Disciplines 互動的靈命操練
3/7	Praying with Scripture and <i>Lectio Divina</i> 經禱與靈閱
3/14	Discerning God's Will 聆聽與辨明神的旨意
3/21	Spiritual Retreat Day 屬靈退修日(9:00 a.m. – 4:00 P.m.)
3/28	Spiritual Growth and Character Formation(1) 靈命成長與品德培育 (1)
4/4	Spiritual Growth and Character Formation(2) 靈命成長與品德培育 (2)
4/11	Practicing Spiritual Disciplines 實踐屬靈操練

#### IV. SELECTED BIBLIOGRAPHY 附加書目

1. 霍華德著，李永明、鄭淳怡合譯，《21世紀基督教靈修學》。台灣：校園，2014。
2. 巴默爾著，張玫珊譯，《行動靈修學》。台灣：校園，2013。
3. 唐佑之著，《靈修神學》。香港：真理基金會，2012。
4. 譚沛泉著，《孤獨、獨處、友情：塑造自重融合的生命》。香港：道風山基督教叢林；2008。
5. 譚沛泉著，《基督徒日常生活的靈性修持》。香港：道風山基督教叢林；2008。
6. 譚沛泉著，《平凡生活與靈修》（第三版）。香港：道風山基督教叢林；2006。
7. 蔡貴恆著，《歸回安息：生活中的靈程手記》。香港：基道，2006。
8. 李耀全編，《真我/假我》。香港：天道，2005。
9. 彭順強著，《二千年靈修神學歷史》。香港：天道，2005。
10. 張修齊，《靜修之旅》。台灣：校園，2000。
11. 王志學著，《靈命塑造》。美國加州，Lomita：海外校園，1999。
12. 楊腓力著，《禱告》。台灣：校園，2008。
13. 侯士庭著，陳恩明譯，《靈修神學發展史》。香港：中福，1995。
14. 侯特著，楊長慧譯，《基督宗教靈修神學簡史》。香港：道風山基督教叢林；2007。
15. 彼得史卡吉羅著，劉美津譯，《培養高EQ的靈命》。加州：美國麥種傳道會，2007。
16. 畢德生著，徐成德，吳震環譯，《翱翔的基督》。台北：校園，2010。
17. 畢德生著，郭秀娟譯，《耶穌的道路》。台北：校園，2009。
18. 傅士德著，袁達志譯，《屬靈傳統禮讚》。香港：天道，2001。
19. 傅士德著，周天和譯，《禱告真諦》。香港：基道，1993。
20. 傅士德著，周天和譯。《屬靈操練禮讚》。香港：基督徒學生福音團契，1996。