

## Spiritual Formation

Course Code: PT223

Instructor: Dennis Kizziar

week	Lectures	Reading <i>Hope for the Troubled Heart</i>	Written assignments	Discussion questions
1	Lecture 1. Understanding the Heart Biblically Lecture 2. Experiencing the Changed Heart	Chapter 1. A Troubles Heart Chapter 2. Experiencing a Changed Heart p.9 -33	Do a self-examination - an EKG - of your spiritual heart using the thirteen specific heart ailments listen in Mark 7:21-22 and write down your observations and thoughts.	When you have witnessed another Christian's life implode, what was your reaction? How do you explain your reaction?
2	Lecture 3. Freeing the Changed Heart	Chapter 3. Freeing the Guilty Heart Chapter 4. Freeing the Bitter Heart Chapter 5. Freeing the Anxious Heart p. 35- 70		How would you describe in your own words what it means to let go of bitterness and arrive at forgiveness? What are the ways of increasing the level of trust in God while dealing with anxiety?
3	Lecture 4. Strengthening the Changed Heart Lecture 5. Empowering the Changed Heart	Chapter 6. Defending the Free Heart Chapter 7. Nurturing the Free Heart Chapter 8. Renewing the Free Heart Chapter 9. Empowering the Free Heart p.71-114	Do you have a clear understanding of what it means to submit and be controlled by the Holy Spirit? Describe it in your own words.	How do you explain the fact that people can believe and know a great deal about the Bible and yet live in a way very contrary to its teaching? Why do you think most people focus more on nurturing their physical well-being than they do on their spiritual well-being?
4	Exam	Personal book response	Final Paper "How to Maintain a Free and Untroubled Heart in Christian Life?"	