

“The mission of Tyndale Seminary is to provide Christ-centred graduate theological education for leaders in the church and society whose lives are marked by intellectual maturity, spiritual vigour and moral integrity, and whose witness will faithfully engage culture with the Gospel.”

Semester, Year	FALL, 2025
Course Title	SPIRITUAL FORMATION 靈命塑造
Course Code	SPIR CM09 XP
Date	From September 9, 2025 to <i>December 2, 2025</i> Every Tuesday
Time	From 2:15 PM to 5:05 PM
Delivery Format	IN-PERSON ONLY
Class information	<input checked="" type="checkbox"/> The classes will be IN-PERSON on Tuesdays
Instructor	CHI-HUNG SIU, Ph.d.
Contact Information	Email: csiu@tyndale.ca Tyndale Phone Number: (416) 226-6620 Ext.
Office Hours	<input checked="" type="checkbox"/> By appointment only.
Course Materials	Access course material at classes.tyndale.ca or other services at Tyndale One . Course emails will be sent to your @MyTyndale.ca e-mail account only.

I. COURSE DESCRIPTION

Provides a personal spiritual growth experience through a theological understanding of the essentials of spiritual formation; exploring major traditions of the Christian discipline; and active participation in the life of Christ, even in suffering, so that one is being formed into the image of Christ. The Sermons of the Mount and Mission (Matthew 5 to 10) will be foundational biblical text for the study. The discipline of spiritual formation and the direction it can bring to the body of Christ today will also be considered.

II. LEARNING OUTCOMES

At the end of the course, students will be able to:

Summarize and discuss the biblical basis of spirituality formation and Christian growth.

1. Understand that “being” is more important than “doing”, and that the purpose of spiritual formation is to love God and love people.
2. Understand and follow the protocols of basic spiritual disciplines.
3. Recognize and experience the working of the Holy Spirit in Christian development.
4. Continue the practice of different spiritual disciplines in their daily life and grow toward Christlikeness.

學習成果：完成這個課程後，學員能夠：

1. 概述與討論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. 熟練掌握基本屬靈操練的步驟。
4. 認識並經歷聖靈的引導和工作。
5. 持續操練並將基本的靈命操練融入日常生活裡，以致靈命邁向成熟，滿有基督的身量。

III. COURSE REQUIREMENTS

A. REQUIRED READING

1. 王志學著，《經歷神：退修默想導引》。香港：基道，1993。
Wong, Chi-Hok. *Experiencing God*. Hong Kong: Logos Publishers Ltd., 1993.
2. 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。
Holt, Bradley. *Thirsty For God: A Brief History of Christian Spirituality*. Minneapolis, MN: Augsburg, 2005.
3. 盧雲著，《親愛主，牽我手》。香港：基道，1991。
Nouwen, Henri J. M. *With Open Hands*. Notre Dame, IN: Ava Maria Press, 1972.
4. 彼得史卡吉羅著，劉美津譯，《培養高 EQ 的靈命》。加州 South Pasadena: 美國麥種傳道會，2007。
Scazzero, Peter. *Emotionally Healthy Spirituality. Updated Edition*. Grand Rapids, MI: Zondervan, 2016
5. *畢德生著，徐成德，吳震環譯，《翱翔的基督》。台北：校園，2010。

Peterson, Eugene H. *The Jesus Way: a conversation on the ways that Jesus is the way*. Grand Rapids, MI: Eerdmans, 2007.

6. *畢德生著，郭秀娟譯，《耶穌的道路》。台北：校園，2009。

Peterson, Eugene H. *Christ Plays in Ten Thousand Places: a conversation in spiritual theology*. Grand Rapids, MI: Eerdmans, 2005.

7. 其他短文。

Other short essays.

* 5 或 6，可選擇其中一本作讀書報告。Choose either one for the Book Report.

B. SUPPLEMENTARY / RECOMMENDED READING AND TOOLS

Tyndale recommends [STEPBible](#) – a free and reputable online resource developed by Tyndale House (Cambridge, England) – for word searches of original-language texts, as well as for topical searches, interlinear texts, dictionaries, etc. Refer to the library for other [online resources for Biblical Studies](#).

C. ASSIGNMENTS AND GRADING

- 1. Four personal retreat reflections based on *Experiencing God*; (4x5%=20%) Due on the next class after the retreat.**

Students are required to undergo personal weekly retreats following instructions in the book “Experiencing God” by Chi-Hok Wong. Each week, one designated person will share his/her experience in class. Each student is required to submit 4 reflection essays based on 4 retreats. Each essay is due in the class following the retreat for the write-up. Each essay should be ~1000 words. (Learning outcomes 1, 3 & 5)

《經歷神》退修札記四則：（4x5%=20%）呈交日期：退修寫作後的課堂上繳交
學員必須每週按照《經歷神》的 12 課順序退修，並記錄書寫心得，每週在課堂上由一兩位指定的同學分享個人領受。學員可以選擇呈交其中四份退修札記，內容記錄當天的領受和恩典，必須以第一身書寫，每篇約 1000 字。（學習成果 1, 3, 5）

- 2. Book Report: 20%. Due on October 7**

Students are to write a book report on one of Eugene Peterson's book (#5 or #6 listed above). The book report should identify the theme, followed by an analysis of the content. One should try to interact with the content from different angles of spiritual formation and include his/her personal reflections and applications. (~4000 words) (Learning outcomes 1 & 2)

讀書報告：（20%）呈交日期：10月7日

仔細閱讀畢德生的兩本書後，自選一本，書寫一份約 4000 字的讀書報告，內容包括作者的論題及主要內容的分析，學員需要從不同的角度與書中的內容互動，並討論個人的感想與應用。（學習成果 1，2）

3. Retreat and Reflection Paper: 10%. Due on October 14

Each student is required to attend the one-day retreat on March 24. 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. (Learning outcomes 2, 3 & 4)

退修會的體驗與反思：（10%）呈交日期：10月14日

學員必須參與 3/24 日的退修會，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。（學習成果 2，3，4）

4. Reflections on Spiritual Friendship: 10%. Due on November 4.

Each student will have a spiritual friend, preferably matching up with someone in the class. Each pair will meet at least 5 times to share and pray. 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 words) (Learning outcomes 2, 4, 5)

屬靈夥伴的反思短文：（10%）呈交日期：11月4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 字的反思短文。（學習成果 2, 4, 5）

5. Daily Devotion: 10%. Due on Nov 18.

Each student is to do daily devotion at least five times per week for two months. After each daily devotion, briefly jot down your thoughts and blessings received on that day. You can choose to submit 5 daily devotion notes (300-500 words each) OR

to write a reflection paper (2000 words) on the influence of this practice on your spiritual growth. (Learning outcomes 3 & 4)

每日靈修心得：（10%）呈交日期：11 月 18 日

學員需要持續兩個月每週最少五次靈修，每次靈修後記錄當天領受的話語和祝福。學員可以選擇呈交：（1）五篇靈修心得的記錄（每篇 300-500 字），或者（2）綜合兩個月以來的靈修生活對自己的靈命成長的反思和心得（2000-2500 字）（學習果效 3, 4, 5）

6. Integrated Paper: 30%. Due on December 2

Write a 5000–6000-word integrated paper based on the course material, spiritual exercises and the book “Emotionally Healthy Spirituality.” Discuss areas you found most edifying and discuss how they have influenced your current growth and your spiritual path. (Learning outcomes 1- 5)

整合反思文章：（30%）呈交日期：12 月 2 日

學員必須以《培養高 EQ 的靈命》一書為本，綜合課程內容並所經歷的不同屬靈操練，書寫一篇 5000-6000 字的個人反思文章，內容包括整個課程對你靈命的助益，詳述對你特別有幫助和啟發的部分，如何影響你現今的屬靈追求和未來的方向。（學習成果 1-5）

GENERAL GUIDELINES FOR THE SUBMISSION OF WRITTEN WORK

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.

Penalty for late submissions: For every week late, the grade will be reduced by 5%, according to Tyndale regulations.

呈交作業的一般性準則

所有作業必須使用中文電腦打字（font size 12，雙行距），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該作業。

作業 1-6 需用 MSWORD file 用電郵（Email: chi_hung_siu@yahoo.ca）寄發。

遲交作業將按天道大學規則，每週扣該作業分數的 5%。

D. SUMMARY OF ASSIGNMENTS AND GRADING

1. <i>Experiencing God</i> : 4 Retreat Reflections 《經歷神》的退修札記四則	20%
2. Book Report 讀書報告	20%
3. Retreat and Reflection Paper 退修會的體驗與反思	10%
4. Reflections on Spiritual Friendship 屬靈夥伴的反思短文	10%
5. Daily Devotion 每日靈修心得 5 篇	10%
6. Integrated Paper 整合反思文	30%
Total 總分	100%

IV. COURSE SCHEDULE, CONTENT AND REQUIRED READINGS

日期 Date	內容 Topic	閱讀 Reading	作業 Assignment
9/9	課程簡介 靈命塑造導論 靈修神學簡介 Introduction of Syllabus Introduction to Spiritual Formation Introduction to Spiritual Theology	《靈修神學簡史》1-4 章 Handouts: 1. 王志學《靈命塑造》 1-5 課 2. 王春安文	經歷神 I Experiencing God I
9/16	安靜與安息 聆聽與禱告 Silence and Rest Holy Listening and Prayer	《靈修神學簡史》5-8 章 《親愛主，牽我手》 pp.1-104	經歷神 II Experiencing God II
9/23	默想『主禱文』 個人和小組禱讀 The Lord's prayer Individual and group <i>Lectio Divina</i>	《翱翔的基督》 《耶穌的道路》	經歷神 III Experiencing God III
9/30	想像默想福音書 意識省察的禱告 Gospel contemplation Prayer of examen	《翱翔的基督》 《耶穌的道路》 Handouts: 1. 靈程答客問 2. 意識省察	經歷神 IV Experiencing God IV
10/7	生命回顧 書寫生命歷程 主裡得勝	《EQ》1-3 章 Handouts:	經歷神 V Experiencing God V 繳交作業 2 Assignment 2 due

	Life time-line Writing: My Story Victory in Christ	1. 王志學《靈命塑造》 6-8 課 2. 主裡得勝：5 步	
10/9 (Th)	一日靜修會 1-Day Retreat 生命历程的回顾 分辨神旨、解執禱告 聖餐：放下重擔 Reflections of different stages of life Discernment Prayer of relinquishment Holy Communion: Lay down our burdens	时间：9:30 am – 4:30 pm 地点：Jackson's Point Conference Centre 费用：\$45 人数上限：24 人	經歷神 VI Experiencing God VI
10/14	生命的重整：真我與假我 培養高 EQ 的靈命 I True self vs false self Emotionally Healthy Spirituality I	《EQ》4-10 章 電影觀賞《頭腦特工隊》 (Inside Out)	經歷神 VII Experiencing God VII 繳交作業 3 Assignment 3 due
10/21	READING WEEK: NO CLASS		經歷神 VIII Experiencing God VIII
10/28	培養高 EQ 的靈命 II Emotionally Healthy Spirituality II	Handout: 1. 約翰一書默想指引 2. 傅士德《禱告真諦》 p.33-71	經歷神 IX Experiencing God IX
11/4	退修會的反饋 抱刺的人生 饒恕 Retreat reflections Embracing the thorns of life Forgiveness	Handouts: 1. 張宰金《饒恕是什麼？》 2. 《饒恕原理》1-2 章	經歷神 X Experiencing God X 繳交作業 4 Assignment 4 due
11/11	苦難神學 華人教會的屬靈傳統 今日華人教會的靈修實踐 Theology of Suffering Spiritual Legacy of the Chinese Churches Spiritual Formation in Today's Chinese Churches	Handouts: 華人教會的屬靈傳統 參考： 1. 林榮洪《屬靈神學》 pp.56-112 2. 倪柝聲《正常的基督徒生活》	經歷神 XI Experiencing God XI

11/18	屬靈爭戰 見證分享 聖餐：進入主的豐盛 Spiritual Warfare Sharing of God's Blessings Holy communion: Enter into His abundance	複習： 禱讀、意識省察 分辨、解執禱告 主裡得勝 人生歷程 EQ 饒恕 聖餐等	經歷神 XII Experiencing God XII 繳交作業 5 Assignment 5 due
11/25	No class		
12/2	No class		繳交作業 6 Assignment 6 due

V. SELECTED BIBLIOGRAPHY

1. 周學信著，《向山舉目：基督信仰靈修傳統七講》。台灣：宇宙光出版社，2024
2. 鄧瑞強著，《城市靈修》。香港：香港基督徒學生團契，2024。
3. 張謙著，《在操練與牧養中傳承》。多倫多：恩福協會，2023。
4. 溫偉耀著，《在地若天：靈性的根基和探索》。香港：明風，2022。
5. 巴特著，王建熙、王甄麗玲合譯，《巴特論基督徒門徒的兩堂課：召命、禱告》。香港：天道書樓，2021。
6. 高昭鑾著，《尋訪來時路：福音派歷史及屬靈傳統簡介》。美國：基督使者協會，2020。
7. 蔡貴恆，崔妙嫻合著，《遇見盼望：在高山幽谷中望得更遠的 48 個操練》。香港：基道，2018。
8. 蔡貴恆，崔妙嫻合著，《讓心靈飛翔，增訂二版》。香港：靈根自植國際網絡團契有限公司，2015。
9. 鄭彼得編著，《以膝代步：從聖經學祈禱親近神》。溫哥華：國際種籽出版社，2015。
10. 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。
11. 余達心著，《攀生命高峰：與偉大心靈同行》。台灣，校園，2014。
12. 巴默爾著，張玫珊譯，《行動靈修學》。台灣：校園，2013。
13. 唐佑之著，《靈修神學》。香港：真理基金會，2012。

14. 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。
15. 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。
16. 畢德生著,吳蔓玲譯,《聖經好好吃》。台灣:校園, 2008。
17. 楊腓力著,徐成德、黃梓恩、應仁祥合譯,《禱告》。台灣:校園, 2008。
18. 柯恩德著,朱麗文譯,《饒恕原理》。台灣:校園, 2007。
19. 魏樂德著,文子梁、應仁祥合譯,《靈性操練真諦》。台灣:校園, 2006。
20. 蔡貴恆著,《歸回安息:生活中的靈程手記》。香港:基道, 2006。
21. 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。
22. 李耀全編,《真我/假我》。香港:天道, 2005。
23. 彭順強著,《二千年靈修神學歷史》。香港:天道, 2005。
24. 麥格夫著,趙崇明譯,《基督教靈修學》,香港:基道, 2004。
25. 溫偉耀著,《如何按照神的旨意祈禱》。香港:卓越書樓, 2003。
26. 林榮洪著,《屬靈神學:倪柝聲思想的研究,三版》。香港,宣道, 2003。
27. 傅士德著,袁達志譯,《屬靈傳統禮讚》。香港:天道, 2001。
28. 鮑伯·班福德著,楊曼如譯,《人生下半場》。台北:基文社, 2001。
29. 張修齊著,《靜修之旅》。台灣:校園, 2000。
30. 李耀全著,《屬靈操練與生命關懷》(第二版)。香港:更新資源, 2000。
31. 王志學著,《靈命塑造》。美國加州, Lomita: 海外校園, 1999。
32. 盧雲著,溫偉耀增訂,《心靈愛語》。香港:卓越書樓, 1997。
33. 王志學,《奇異恩典在中年》。香港:基道, 1996。
34. 侯士庭著,陳恩明譯,《靈修神學發展史》。香港:中福, 1995。
35. 傅士德著,周天和譯,《禱告真諦》。香港:基道, 1993。
36. 麥哥登著,吳李金麗譯,《心意更新 – 如何調整內心生活》。香港:福音證主, 1988。
37. 傅士德著,周天和譯,《屬靈操練禮讚 – 靈性增長之道》。香港:香港基督徒學生團契, 1982。

VI. GENERAL REQUIREMENTS FOR ALL COURSES

A. EQUITY OF ACCESS

Students with permanent or temporary disabilities who need academic accommodations must [contact](#) the [Accessibility Services](#) at the [Centre for Academic Excellence](#) to [register](#) and discuss their specific needs. *New students* must self-identify and register with the Accessibility Office at the beginning of the semester or as early as possible to access appropriate services. *Current students* must renew their plans as early as possible to have active accommodations in place.

B. REQUIREMENTS FOR LIVESTREAM INTERACTION (*SYNCHRONOUS ONLINE COURSE ONLY*)

- Livestream attendance for the entire duration of the class at announced times
- Headphones (preferred), built-in microphone, and web-camera
- Well-lit and quiet room
- Stable high-speed internet connection, preferably using an Ethernet cable over Wi-Fi
- Full name displayed on Zoom and Microsoft Teams for attendance purposes*
- A commitment to having the camera on to foster community building*

**exceptions with permission from professor*

C. GUIDELINES FOR INTERACTIONS

Tyndale University prides itself in being a trans-denominational community. We anticipate our students to have varied viewpoints which will enrich the discussions in our learning community. Therefore, we ask our students to be charitable and respectful in their interactions with each other, and to remain focused on the topic of discussion, out of respect to others who have committed to being a part of this learning community. Please refer to “Guidelines for Interactions” on your course resource page at classes.tyndale.ca.

D. GUIDELINES FOR THE SUBMISSION OF WRITTEN WORK

Grading Rubric

Please consult the rubric provided for each assignment on your course resource page at classes.tyndale.ca.

Academic Integrity

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 (including improper use of artificial intelligence programs). Tyndale University takes seriously its responsibility to uphold academic integrity, and to penalize academic dishonesty. Please refer to the [Academic Integrity website](#) for further details.

For proper citation style, consult [Citation Guides](#) for different styles. Students are encouraged to consult [Writing Services](#).

Students should also 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.

Turnitin Text-Matching Software

Tyndale has a subscription to Turnitin, a text-matching software that ensures the originality of academic writing and verifies the proper citation of all sources. The instructor for this course will use Turnitin for assignments submitted through your course resource page at [classes.tyndale.ca](#). Upon submission, you will receive a summary that includes your submitted files along with a similarity report generated by Turnitin. Please be aware that Turnitin can also detect AI-generated content from tools like Grammarly, so students should be mindful of when using such software. It's advisable to confirm with your instructor before using any AI tools into your assignments. Below are some useful resources:

- [Student](#) Guides for Turnitin via [classes.tyndale.ca](#) course resource page
- Interpreting Similarity ([Guide](#), [Video](#), [Spectrum](#))

Research Ethics

All course-based assignments involving human participants requires ethical review and may require approval by the [Tyndale Research Ethics Board \(REB\)](#). Check with the Seminary Dean's Office (aau@tyndale.ca) before proceeding.

Late Papers and Extensions Policy

All papers and course assignments must be submitted by the due dates indicated in the course syllabus. Unless the instructor already has a policy on grading late papers in the course syllabus, grades for papers submitted late without an approved extension will be lowered at the rate of two-thirds of a grade per week or part thereof (e.g., from "A+" to "A-," from "B" to "C+"). Please note that some programs, such as cohort-based or intensive courses, may follow a different policy due to the nature of the program.

Faculty may not grant an extension beyond the last day of exams for the semester. Requests for extensions beyond this date must be addressed in writing to the Registrar by filling out the

[Extension Request Form](#). The application will be considered only in cases such as a death in the family, medical emergency, hospitalization of oneself or immediate family member or prolonged illness requiring treatment by a physician. Factors such as assignments for other courses, holidays, and technology-related difficulties are insufficient grounds for requesting an extension.

A temporary grade of incomplete (“I”) may be granted by the Registrar. Once an extension is granted, it is the student’s responsibility to contact the instructor and make satisfactory arrangements to complete the outstanding work. A grade of “F” will be recorded for students who do not complete the outstanding work by the deadline.

E. COURSE EVALUATION

Tyndale 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 Tyndale 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 link can also be found in the left column on the course page. 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.

F. LIBRARY RESOURCES

[Tyndale Library](#) supports courses with [e-journals, e-books](#), and the [mail delivery of books](#) and circulating materials. See the [Library FAQ page](#).

G. GRADING SYSTEM & SCALE

For each course’s grading rubric, please refer to your course syllabus or [classes.tyndale.ca](#). For general grading guidelines, refer to Seminary [Grading System & Scale](#).