

Vancouver Chinese Alliance Church  
Leadership Training Institute

Learning To Live Fully  
(A Guide to Spiritual Formation)

Lay Leader Certificate Program  
Professor: David Collins

Learning To Live Fully  
(A Guide to Spiritual Formation)

1. Course Outline

Jesus asked a man who had been crippled for thirty-eight years if he wanted to be well (John 5:5-7). Being well would require taking a step further than being healed. Wellness would require effort on his part. Being crippled for 38 years would leave an ingrained way of thinking about yourself and others. The old expectations and habits, patterns of response and attitudes of avoidance would still be there even after a physical healing.

When Jesus asks the question, “Do you want to be well?” it is an invitation to live fully in all areas of life. Live the life that God has designed for you. Grow in both your knowledge and relationship with him. Learn how to allow him to make all things new in your life.

2. Learning and Education Outcomes

1) Think

- (i) to be able to examine Scripture and discern what it actually says
- (ii) to reflect on its application for the student’s personal growth and development
- (iii) to decide whether or not the knowledge gained will be applied

2) Do

- i) to experience daily journalling of the insights gained through spending quiet time reflecting and listening to God
- ii) to be able to understand the difference between God’s responsibility in the student’s life and development and the student’s responsibility in listening to God and obeying what he reveals to them
- iii) to consider the insights from others and learn of their journeys of discovering God

3) Be

- (i) to be able to examine any aspect of the student’s life and move towards making choices that enhance personal wellness
- (ii) to be intentional in making choices that are congruent with a life purpose and which are both balanced and sustainable
- (iii) to understand the implications needed to live well in all areas of life

### 3. Course Textbook Required (140 pgs)

Collins, David - Reflections on Wholeness and Holiness (140 pgs), Forever Books, Winnipeg, MB, 2010 (Can be purchased online @ [www.paradigmministries.ca](http://www.paradigmministries.ca) OR from the course instructor with a 25% discount)

**For those taking the course for certificate** an additional book (choose **one**) from the list below will be required.

- Brother Yun, Living Water, Zondervan, 2008
- G.K. Chesterton, Orthodoxy, Moody Pub, 2009
- Henri Nouwen, The Return of the Prodigal Son, Image Books Doubleday, 1992
- Charles Ringma, Dare To Journey With Henri Nouwen, Albatross Books, 1992

### 4. Class Format & Policies

The class will be conducted primarily in a lecture & discussion format. There will be a balance between lectures and an informed class discussion. The success of the class discussions will depend on students reading the required course material and on their active participation in the class setting. A small group format will be used from time to time to allow everyone to become involved in important discussions.

#### 1) Class Participation and Engagement (30%)

- (i) Each learner is expected to arrive in class on time prepared to explore their own worldview convictions, discover new insights and have a willingness to allow new ideas to develop as a result of reading, class interaction and personal discovery. Lateness for class &/or a lack of contribution to class and group discussion will result in a lower percentage credit for this component of the course. (20%)

Twitter, Texting, web browsing and Facebook are not permitted during class time. Classes will begin on time and end on time. Part of the student's mark for class participation will be determined by their adherence to these guidelines.

- (ii) Each learner will spend 30 minutes each day (beginning on October 16th through November 6th) having a personal quiet time with God. It will include reading the Bible, journaling significant insights gained through that reading, recording your thoughts about what God has said to you through the reading of that passage, and a concluding prayer to summarise with God the commitments and desires you would like to express to him. It is recognised that this may already be an existing practice of many in the class, however, this is simply designed to assist the class in moving forward together in common experiences. This assignment will not be turned in. It

will be worth 10% and the student will simply give the instructor a written grade (from 0 to 10) based on what they actually completed. It is hoped, that this exercise may encourage each participant to continue with this practice and grow in their intimacy and knowledge of God.

2) Reading 20%

The reading of the course text must be completed by the beginning of class on Nov. 5th. A (“Yes”/”No”) report will be turned in at the beginning of class.

3) Assignment 50% (electronically sent to the instructor by email) Due on November 25th. 1% grade deduction for each day late.

(i) Reflection Paper (25%)

Write your reflection for each of the Reflection sections at the end of each chapter (total of 29)

(ii) Book Report on Additional Book you have chosen to read (25%)

- 10% will be on a one page summary of the book
- 15% will be on a two page personal application based on what God has taught you as you read the book you selected.

## David Collins



**David Collins** is the son of missionary parents (Harold & June, Vietnam). He with his wife Nancy have pastored three congregations and served as C&MA missionaries in Thailand and the Philippines, working in Vietnamese refugee camps. Upon returning to Canada, David founded the work of Canadian Food for the Hungry International (1994). In May 2007, David and Nancy sensed God's confirming blessing on a growing desire to invest their lives back into the Bride of Christ in Canada. As a result, Paradigm Ministries was birthed in January 2008.

David now works with congregations, church leadership (boards & staff), camps, NGO's and the business community. He grows in his love for contemplative prayer and a growing understanding of resting in the sovereign hands of God. He is passionate about God's kingdom being enjoyed by every community in Canada and also believes that this nation holds a special place in the global arena. God's people are coming together from a sense of personal urgency to engage