
Course: SS220 D,N-D - Spiritual Foundations for Women
Credit: 3 Semester Hours
Semester: Spring 2026, session 2
Time: 9:30-10:50 Monday & Wednesday **Room:** East Ed 116
Professor: Jamie Franz **Email:** Jamie.franz@calvary.edu

I. Description of the Course

A practical study for the Christian woman who is interested in growing as a person and in her relationship with others and with her God. It will help her identify needs in her own life, point to God's answers from Scripture, and prepare her to relate to others in a meaningful way. It considers specific needs of others in family life, church, and ministry and outlines precise steps toward meeting those needs.

** This course is offered in two formats: in-person and online. Students registered for in-person attend the classes in person, online students attend the classes via the online classroom. For both in-person and online students, assignments and interaction outside of the class period are done in the learning management system.*

II. Objectives

A. General competencies to be achieved.

1. The student will learn how to deepen her spiritual walk in practical ways.PLO3,B1,2
2. The student will discover biblical insights on being a Godly woman.PLO3,4,A1,2
3. The student will gain insight into discipling women and develop tools for serving, encouraging, and valuing other women.PLO3,A2

B. Specific competencies to be achieved.

1. The student will be challenged to develop habits of grace.PLO2,A2
2. The student will see evidence of God's hand in women's lives throughout Scripture.PLO3,4A1
3. The student will perceive how to biblically respond to past events.PLO3,4 A1
4. The student will gain a better understanding of women in history by evaluating some present day misconceptions. PLO1,4 A3
5. The student will interact with material on singleness and marriage.PLO2,4 A3
6. The student will be exposed to a variety of topics pertinent to a Christian woman.PLO1,2 A1

III. Textbooks for the Course

Saffles, Gretchen. 2021. *The Well-Watered Woman*. Carol Stream, IL: Tyndale Momentum. ISBN 978-1496445452 Cost: \$12.00 Kindle version available.

Daily Grace Co. *Growing in Grace | Spiritual Disciplines Study*.

Cost: \$20.00 (but please check often as they run sales nearly every week).

This is a Bible study from The Daily Grace Co. It does not have an ISBN but can be purchased at their website:

https://thedailygraceco.com/products/growing-in-grace-spiritual-disciplines-study?_pos=6&_sid=0c4036ed9&_ss=r

If the link does not work (because their site is updated often), please search the title on their website.

III. Requirements for the course

A. Course Reading

1. Read *The Well-Watered Woman* according to class schedule.
2. Read collateral reading provided in class.

B. Special Projects

1. Life Timeline

- Make a detailed timeline of your life following the instructions given in class)
- Include 25 or more significant events and relationships in your personal life, spiritual formation, and leadership development.
- Think about using one picture or drawing for each point on your timeline - photos, artwork and creativity are strongly encouraged.
- Write out several sentences on each event. Include both positive and negative events.
- Write one, single-spaced page summary of what you learned from doing the timeline.
- This could also be done in scrapbook fashion with a few pictures on each page, colorful paper, stickers and color pens – at the bottom of each page you could write a few sentences describing that page.
- If you do not have a photo to represent a significant event, use a picture from the internet or a magazine to represent that event.
- Be creative –make an actual timeline, poster, Bound book, etc. etc....
- The information you share is confidential between you and the professor.

C. Weekly Assignments

1. Week 1: Listing struggles. You will create a private list of your personal struggles. Then you will write a 500-word response telling me about your process of creating your list. More details in class.
2. Week 2: Identity Mind Map. You will create a mind map with your name in the middle and verses, quotes, and words surrounding it will point to who you are in Christ.
3. Week 3: Flower project: Using your current situation as the middle of the flower, create petals around the center listing each “good” thing about your current situation. You should have a minimum of 10 petals.
4. Week 4: Morning Routine. We talk this week about putting the Word before the world – so that means including some Scripture in your morning routine.
5. Week 5: Create an illustration of your current season.
6. Week 6: List of Truth. You will create a list of 10 lies you believe, the truths that replace them, and the Scriptures that support the truth.
7. Week 7: What does a good leader look like? You will use words and pictures with support to fill in the graphic.

IV. Grading

1. Weekly reflections (8)	50 x 8
2. Weekly Assignments (7)	50 x 7
4. Reading Assignments (14)	05x14
3. Life Timeline	150
4. Final Test	100

Attendance

Students are expected to attend all scheduled meetings of courses for which they are registered.

- Attendance will be included in the Individual Student Project Grade.
- Students are required to attend the class section for which they enroll: online students may attend via livestream or by watching the recorded lecture; in-class students must attend in class. In-class students may not choose to attend online without approval of the instructor.
- To be counted present, each student needs to submit a response to the attendance question by the due date. In-class students will respond before they leave the class. Failure to respond to the question by the due date will result in an absence.
- Students will receive 1 free absence per cycle.
- For each unexcused absence after the first the student’s final grade will be deducted by one letter grade per absence

Bible Requirement

The Bible is a required textbook in every course at Calvary University. To facilitate academic level study, students are required to use for assignments and research an English translation or version of the Bible based on formal equivalence (*meaning that the translation is generally word-for-word from the original languages*), including any of the following: New American

Standard (NASB, English Standard Version (ESV), New King James (NKJV), or King James (KJV). Other translations and versions based on dynamic equivalence (*paraphrases and thought-for-thought translations like NLT and NIV*) may be used as supplemental sources. Please ask the professor if you have questions about a particular translation or version.

Academic Dishonesty

Plagiarism is defined as copying any content without identifying the source. This also includes taking another person's or AI entity's ideas or constructs and presenting them as your own. The use of AI generated content in student work is prohibited (even if cited) as it does not represent original work created by the student and is an unreliable aggregate of ideas from other sources. Plagiarism of any kind will not be tolerated.

Writing Style

All class papers must follow the Turabian style according to *A Manual for Writers of Research Papers, Theses, and Dissertations*, 8th edition and the Calvary Style Guide, 2019 update.

Late Work

Papers, projects, etc. are due at the class period assigned. Late work will be accepted up to 1 week after the assignment is due. HOWEVER, there is a 1 letter grade reduction for each day the work is late. No late work will be accepted after 1 week.

Disabilities Statement

Students with disabilities have the responsibility of informing the ASO Coordinator (aso@calvary.edu) of any disabling condition that may require support.

Academic Center

The Clark Academic Center (learning@calvary.edu), located in the library building, is dedicated to providing free academic assistance for all students. Student tutors aid with all facets of the writing process, tutor in various subject areas, prepare students for exams and facilitate tests. Please take advantage of this service.

V. Tentative Schedule

Week 1 – Syllabus, Discuss 3-4

Week 2 – Identity (1-2): Who you are in Christ and why does it matter?

Week 3 – Blooming (5-6): Bloom where you are in any circumstance.

Week 4 – Planted (7-8): The Word before the World – Making God's word part of life

Week 5 – Abiding (9-10): What does it mean to abide? How do I abide in every season?

Week 6 – Battling (11-12): Why does truth matter? Weeding out sin.

Week 7 – Leading (13-14): How do I lead well?

Week 8 – Mission (15-16): Every moment matters