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Surviving  
*and*  
Thriving  
*in*  
Seminary

An Academic and  
Spiritual Handbook

**FOOTNOTES & SIDEBARS FOR AUDIOBOOK USERS**

## FOOTNOTES

**Page 9, footnote 1:** For a good explanation of our tendency to adopt “folk theologies” see Stanley J. Grenz and Roger E. Olson, *Who Needs Theology?: An Invitation to the Study of God* (Downers Grove, IL: InterVarsity Press, 1996).

**Page 10, footnote 2:** If you are still in the process of choosing a seminary, we recommend you read appendix I.

**Page 12, footnote 3:** Rory Vaden, *Take the Stairs: 7 Steps to Achieving True Success* (New York: TarcherPerigee, 2012), 33–35.

**Page 17, footnote 4:** Moisés Silva, introduction to *New Testament Greek for Beginners* by J. Gresham Machen and Dan G. McCartney (Prentice Hall, 2003), 10–11.

**Page 18, footnote 5:** Quoted in John Piper, *Brothers, We Are Not Professionals: A Plea to Pastors for Radical Ministry*, Updated and Expanded Edition (Nashville: B&H, 2013), 98.

**Page 20, footnote 6:** Peter J. Silzer and Thomas John Finley, *How Biblical Languages Work: A Student’s Guide to Learning Hebrew and Greek* (Grand Rapids: Kregel, 2004).

**Page 20, footnote 7:** If you are interested in learning either of the alphabets by song, check out Danny’s YouTube channel, where you can find Greek and Hebrew alphabet songs. These videos are linked from his web- site: [www.dannyzacharias.net/singing-grammarians/](http://www.dannyzacharias.net/singing-grammarians/).

**Page 20, footnote 8:** Greek: [logos.com/product/45485](http://logos.com/product/45485); Hebrew: [logos.com/product/5960](http://logos.com/product/5960).

**Page 20, footnote 9:** [aol.org/hebrew\\_audiobible.htm](http://aol.org/hebrew_audiobible.htm)

**Page 22, footnote 10:** Jerome, *Letter 125.12*, in *St. Jerome: Letters and Select Works*, ed. Philip Scha and Henry Wace, trans. W. H. Fremantle, G. Lewis, and W. G. Martley, vol. 6, *A Select Library of the Nicene and Post- Nicene Fathers of the Christian Church, Second Series* (New York: Christian Literature Company, 1893), 248.

**Page 25, footnote 1:** One example is blogger and best-selling author Michael Hyatt; see “Where do you put yourself in your list of priorities?” [michaelhyatt.com/where-do-you-put-yourself-in-your-list-of-priorities.html](http://michaelhyatt.com/where-do-you-put-yourself-in-your-list-of-priorities.html).

**Page 28, footnote 2:** John Piper, *God’s Passion for His Glory* (Wheaton, IL: Crossway, 1998), 29.

**Page 29, footnote 3:** This language of the spiritual disciplines as the means to godliness comes from Donald Whitney, *Spiritual Disciplines for the Christian Life* (Colorado Springs: NavPress, 2014), chapter 1.

**Page 32, footnote 4:** For more on this circle, see Walter C. Kaiser Jr. and Moisés Silva, *Introduction to Biblical Hermeneutics: The Search for Meaning* (Grand Rapids: Zondervan, 2007).

**Page 32, footnote 5:** See Grenz and Olson, *Who Needs Theology?*

**Page 34, footnote 6:** Many new seminarians may read this statement and lose hope: “They want me to read how much?!” We do not charge you with following a reading and study plan lightly. It requires time, which seminarians often have little of. However, as you move from student to pastor, minister, or professor you need to hold this before you as a goal. On the other hand, do not feel guilty if you have trouble consistently following this discipline. Longtime seminary professor Howard Hendricks wisely said, “Guilt is a poor motivator. It’s very powerful, but it’s also poisonous to the learning process. It kills the joy that ought to mark firsthand acquaintance with the Word. Guilt drives more people away from the Scriptures than into them.” (Howard G. Hendricks and William D. Hendricks, *Living by the Book: The Art and Science of Reading the Bible*, rev. and updated [Chicago: Moody Press, 2007], 15).

**Page 35, footnote 7:** See Hendricks and Hendricks, *Living by the Book*, chapter 6.

**Page 37, footnote 8:** See Foster, *Celebration of Discipline*; Whitney, *Spiritual Disciplines for the Christian Life*; Dallas Willard, *The Spirit of the Disciplines: Understanding How God Changes Lives* (San Francisco: HarperOne, 1988); and Adele Ahlberg Calhoun, *Spiritual Disciplines Handbook: Practices That Transform Us* (Downers Grove, IL: InterVarsity Press, 2015).

**Page 38, footnote 9:** Richard Foster, *Celebration of Discipline*, xii–xiii.

**Page 41, footnote 10:** To our knowledge, all of the spiritual formation taxonomies include fasting as a discipline; however, Donald Whitney, *Spiritual Disciplines of the Christian Life*, and Kenneth Boa, *Conformed to His Image: Biblical and Practical Approaches to Spiritual Formation* (Grand Rapids: Zondervan, 2001), are the only two taxonomies that include evangelism as a discipline (or facet, according to Boa).

**Page 41, footnote 11:** “In many ways the stomach is like a spoiled child, and a spoiled child does not need indulgence, but needs discipline. Martin Luther says ‘... the esh was wont to grumble dreadfully.’ You must not give in to this ‘grumbling.’ Ignore the signals, or even tell your ‘spoiled child’ to calm down” (Foster, *Celebration of Discipline*, 57). See also Martin Luther, as quoted by Arthur Wallis, *God’s Chosen Fast* (Fort Washington, PA: Christian Literature Crusade, 1971), 66.

**Page 44, footnote 12:** D. A. Carson, *Basics for Believers: An Exposition of Philippians* (Grand Rapids: Baker, 1996), 57.

**Page 45, footnote 13:** For a challenging analysis of Solomon and his temptations see Philip Ryken, *King Solomon: The Temptations of Money, Sex, and Power* (Wheaton, IL: Crossway, 2011).

**Page 47, footnote 14:** Martin Luther, “A Practical Way to Pray,” in Timothy F. Lull and William R. Russell, eds., *Martin Luther’s Basic Theological Writings* (Minneapolis, MN: Fortress Press, 2005).

**Page 50, footnote 1:** Mikala Anne Legako, “Graduate School and Marriage: Life Was Much Happier When We Were Ignorant Christians” (PhD diss., Rosemead School of Psychology, 1995).

**Page 59, footnote 2:** Other books we have used in our classes that would be readily assimilated without the seminary technicalities are D. A. Carson, *Praying with Paul* (Grand Rapids: Baker, 2014); Sam Storms, *Signs of the Spirit* (Wheaton, IL: Crossway, 2007); Stephen Nichols, *Bonhoeffer on the Christian Life* (Wheaton, IL: Crossway, 2013); Harold Myra and Marshall Shelley, *The Leadership Secrets of Billy Graham* (Grand Rapids: Zondervan, 2005); Stanley J. Grenz, David Guretzki, and Cherith Fee Nordling, *Pocket Dictionary of Theological Terms* (Downers Grove, IL: InterVarsity Press, 1999).

**Page 61, footnote 3:** An excellent book from the perspective of a child learning about ministry from watching a parent is D. A. Carson’s *Memoirs of an Ordinary Pastor* (Wheaton, IL: Crossway, 2008).

**Page 92, footnote 1:** A note on exercise and weight loss: While many people (particularly people who don’t exercise regularly) associate exercise with losing weight, the reality is that losing weight begins in the kitchen, not in the gym. In other words, exercise, even a quite strenuous routine, cannot counteract a high-calorie diet. If you want weight loss, a regular exercise routine will compound the effects of healthy eating, but it won’t usually erase the effects of poor eating.

**Page 94, footnote 2:** See, for example, Sumathi Reddy, “The Perfect Nap: Sleeping Is a Mix of Art and Science,” [wsj.com/articles/SB10001424127887323932604579050990895301888](https://www.wsj.com/articles/SB10001424127887323932604579050990895301888).

**Page 97, footnote 3:** A book I found later on in life, but would have been helpful in identifying these overindulgences, is Marshall Segal, ed., *Killjoys: The Seven Deadly Sins* (Minneapolis: Desiring God, 2015).

**Page 97, footnote 4:** See Foster, *Celebration of Discipline*, 57.

**Page 100, footnote 1:** We recognize that for a select few, advanced education or advanced education at this point in life may not be God’s plan for your ministry. At times he has called leaders to leave early, but we contend that this is the exception and not the rule. Preparation in ministry is *necessary* for the task that lays before us all. For as many as have left early and succeeded, there are likely many more whole before they were ready

spiritually, academically, and practically, with their ministry (and family and testimony) quite often suffering for it.

**Page 101, footnote 2:** See Gregory the Great, *The Book of Pastoral Rule*, Popular Patristics Series 34 (Crestwood, NY: St. Vladimir's Seminary Press, 2007), 30.

**Page 106, footnote 3:** Joshua Harris, *Stop Dating the Church! Fall in Love with the Family of God* (Colorado Springs: Multnomah Books, 2004).

**Page 107, footnote 4:** On this topic we recommend reading Joseph H. Hellerman, *When the Church Was a Family: Recapturing Jesus' Vision for Authentic Christian Community* (Nashville: B&H, 2009).

**Page 108, footnote 5:** C. S. Lewis, *The Screwtape Letters*, annotated edition (San Francisco: HarperCollins, 2013), 93.

**Page 108, footnote 6:** On this, Timothy Gombis has some great insights in "Advice for Seminoids," [tingombis.com/2012/10/11/advice-for-seminoids](http://tingombis.com/2012/10/11/advice-for-seminoids).

**Page 109, footnote 7:** Jonathan Edwards, *The Diary and Journal of David Brainerd* (Carlisle, PA: Banner of Truth Trust, 2007), xli.

**Page 133, footnote 1:** William Whiston, ed., *The Works of Josephus: Complete and Unabridged* (Peabody: Hendrickson, 1987).

**Page 139, footnote 1:** For a brief explanation of this system, see [lsc.cornell.edu/wp-content/uploads/2015/10/Cornell-Note\\_Taking-System.pdf](http://lsc.cornell.edu/wp-content/uploads/2015/10/Cornell-Note_Taking-System.pdf).

**Page 141, footnote 2:** Christine Rosen, "The Myth of Multitasking," [thenewatlantis.com/publications/the-myth-of-multitasking](http://thenewatlantis.com/publications/the-myth-of-multitasking).

**Page 159, footnote 1:** One article that discusses the benefits of taking notes by hand is Gwendolyn Bounds, "How Handwriting Trains the Brain," *Wall Street Journal* (October 5, 2010): [wsj.com/articles/SB10001424052748704631504575531932754922518](http://wsj.com/articles/SB10001424052748704631504575531932754922518).

**Page 161, footnote 2:** These and other varieties of ash card software are listed here: [en.wikipedia.org/wiki/List\\_of\\_flashcard\\_software](http://en.wikipedia.org/wiki/List_of_flashcard_software).

**Page 174, footnote 1:** "A Zero-Based Budget: Where and Why," [daveramsey.com/blog/zero-based-budget-what-why](http://daveramsey.com/blog/zero-based-budget-what-why).

**Page 180, footnote 2:** Since tax laws vary from place to place, we want to make clear that we are not accountants and what we're saying is no substitute for professional tax or legal advice. Before you try to put a fund like this in place, you should consult with an accountant or lawyer who is familiar with the tax laws where you live.

## SIDEBARS

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#### **SHARE YOUR THOUGHTS**

If you come up with a great idea on how to deal with the new world of seminary as you read this book, please share these ideas with us on Twitter and Facebook using #thrivinginseminary

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#### **RESOURCES FOR GENERAL GRAMMAR STUDY**

To reacquaint yourself with English grammar, we recommend a site like [englishgrammar101.com](http://englishgrammar101.com). And if you continue to struggle with the grammar during your course, we also recommend two short companion books that connect Greek and Hebrew grammatical concepts with English grammar:

- Samuel Lamerson, *English Grammar to Ace New Testament Greek* (Grand Rapids: Zondervan, 2004).
- Miles V. Van Pelt, *English Grammar to Ace Biblical Hebrew* (Grand Rapids: Zondervan, 2010).

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#### **BIBLE READING PLANS**

At the time of this writing, Ben is following M'Cheyne's Bible Reading Plan ([bibleplan.org/plans/mcheyne](http://bibleplan.org/plans/mcheyne)), which is a good place to start for those of you who struggle to know what to read. However, it is just one of many that are available, and *any* plan is better than no plan! Here are a few options:

- The Bible Project Reading Plan: [jointhebibleproject.com/reading-plan](http://jointhebibleproject.com/reading-plan)
- The YouVersion Bible app has a variety of plans: [bible.com/reading-plans](http://bible.com/reading-plans)
- *Connect the Testaments: A One-Year Daily Devotional with Bible Reading Plan*, by John D. Barry and Rebecca Van Noord: [lexhampress.com/products/36567](http://lexhampress.com/products/36567)
- Other plans include the Chronological Reading Plan, Daily Light on the Daily Path, Daily Office Lectionary, and Every Day in the Word Reading Plan. All these can be found through a quick internet search.

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#### **LISTS OF SPIRITUAL DISCIPLINES**

There is no definitive list of spiritual disciplines because many different practices can be used as a discipline. Here are the lists found in four popular books on spiritual disciplines:

- Richard Foster, *Celebration of Discipline*, lists inward disciplines (meditation, prayer, fasting, study), outward disciplines (simplicity, solitude, submission, service), and corporate disciplines (confession, worship, guidance, celebration).
- Dallas Willard, *Spirit of the Disciplines*, lists disciplines of abstinence (solitude, silence, fasting, frugality, chastity, secrecy, sacrifice) and disciplines of engagement (study, worship, celebration, service, prayer, fellowship, confession, submission).

- Donald Whitney, *Spiritual Disciplines of the Christian Life*, lists Bible intake, prayer, worship, evangelism, serving, stewardship, fasting, silence and solitude, journaling, and learning.
- Adele Calhoun, *Spiritual Disciplines Handbook*, lists sixty-two disciplines under the broad headings of worship, opening oneself to God, relinquishing the false self, sharing one's life with others, hearing God's Word, incarnating the love of Christ, and prayer.

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**SWOT ANALYSIS**

A SWOT analysis is a reflection tool designed to explore an individual's Strengths, Weaknesses, Opportunities, and Threats. This assignment opens up dialogue between spouses. This is a no-holds-barred conversation on what the spouse sees in the life of the student.

To do this, set aside at least one hour to sit down with your spouse and ask them about your strengths, weaknesses, opportunities, and threats. Commit to listening and not getting defensive. Start with a pen and paper in hand, and write down what you hear and think—but make sure to listen! We all have strengths and we all have weaknesses, so don't get bitter when your spouse is able to identify weaknesses.

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**SEEK OUT ADDITIONAL FEEDBACK**

For your first few papers, we would recommend asking up front for more critical feedback. Put a note on the front of the paper (or on the first page of the electronic version) that says something like:

“Dear Dr. \_\_\_\_\_, I would very much appreciate it if you would offer me some critical feedback on the assignment. Please do not hold anything back, as I want to learn from my mistakes. Thanks in advance for this extra effort.”

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**Example Week Schedule**

	Sat	Sun	Mon	Tue	Wed	Thu	Fri
Morning	optional study	Church	Class 1	Study	Study	Class 4 • reading due	Study
Afternoon	optional study		Study	Class 2 • reading due	Class 3 • item due	Class 5	Study
Evening	P/T Job	optional study	P/T Job	Study	Study		P/T Job

**Study Time**

**READING**

- Class 3 text ch.5 (due Tue)
- Class 4 ch.2 (due Thur)
- Class 3 ch.4 (due next Thur)
- Class 5 ch.3 (due next Mon)

**MINOR**

- Class 3 reflection assign. (due Wed)
- Class 5 quiz (due next week)

**MAJOR**

- Class 2 book review (due next week)
- Class 1 paper (due in 3 weeks)

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### RECOMMENDED BOOKS ON PRODUCTIVITY

- Loehr, Jim, and Tony Schwartz. *The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal*. New York: Free Press, 2004.
- Maxwell, John C. *Make Today Count: The Secret of Your Success Is Determined by Your Daily Agenda*. 1st Center Street ed. New York: Center Street, 2008.
- McKeown, Greg. *Essentialism: The Disciplined Pursuit of Less*. New York: Crown Business, 2014.
- Newport, Cal. *Deep Work: Rules for Focused Success in a Distracted World*. New York: Grand Central Publishing, 2016.
- Rubin, Gretchen. *Better Than Before: Mastering the Habits of Our Everyday Lives*. New York: Crown, 2015.
- Vaden, Rory. *Procrastinate on Purpose: 5 Permissions to Multiply Your Time*. New York: Perigee, 2015.

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### DISTRACTION-REDUCING APPLICATIONS

If you need a little assistance with reducing electronic distractions, some technology can actually help. Check out Freedom ([freedom.to](http://freedom.to)) or Saent ([download.saent.com](http://download.saent.com)), both of which combine social media, email, or internet access blocking with pomodoro-style timing. Other options include SelfControl ([selfcontrolapp.com](http://selfcontrolapp.com)) or Anti-Social ([antisocial.80pct.com](http://antisocial.80pct.com)). Users of the Firefox web browser can also use the add-on LeechBlock to block social media sites for periods of time ([proginosko.com/leechblock](http://proginosko.com/leechblock)).

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### THE POMODORO TECHNIQUE

Scheduling intensely focused work sessions followed by short breaks is often called the Pomodoro Technique after the tomato-shaped kitchen timer used by its creator. To schedule your homework time in this manner, you can set an alarm on your computer to mark the times. If you use a Mac, you can use the program Danny uses called BreakTime ([breaktimeapp.com](http://breaktimeapp.com)), the previously mentioned Saent, or other pomodoro-style alarms.

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### DICTIONARY RECOMMENDATIONS

We recommend the following Bible dictionaries. While we only list the *Dictionary of Jesus and the Gospels* here, all volumes in the InterVarsity Press “black dictionary” series are useful.

- Alexander, T. Desmond, and Brian S. Rosner, eds. *New Dictionary of Biblical Theology*. Downers Grove, IL: IVP Academic, 2000.
- Cross, F. L., and Elizabeth A. Livingstone, eds. *The Oxford Dictionary of the Christian Church*. Oxford; New York: Oxford University Press, 2005.
- Di Berardino, Angelo. *Encyclopedia of Ancient Christianity*. Downers Grove, IL: IVP Academic, 2014.



- Freedman, David Noel, Gary A. Herion, David F. Graf, John David Pleins, and Astrid B. Beck, eds. *The Anchor Yale Bible Dictionary*. New York: Doubleday, 1992.
- Green, Joel B., Jeannine K. Brown, and Nicholas Perrin, eds. *Dictionary of Jesus and the Gospels*, Second Edition. Downers Grove, IL: IVP Academic, 2013.
- Hart, Trevor A., and Richard Bauckham. *The Dictionary of Historical Theology*. Carlisle, Cumbria, U.K.: Paternoster Press, 2000.
- McKim, Donald K., ed. *Dictionary of Major Biblical Interpreters*. Downers Grove, IL; Nottingham, England: InterVarsity Press, 2007.

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#### **ATLAS TUTORIAL**

ATLAS is so important to understand and use that I (Danny) have created a video tutorial on how to use it: “Finding Academic Resources for Theological Studies Utilizing ATLAS.” You can view the tutorial at this link: [atlas.DannyZacharias.net](http://atlas.DannyZacharias.net).

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#### **WHAT IS TURABIAN?**

Kate L. Turabian (1893–1987) was the graduate school dissertation secretary at the University of Chicago from 1930 to 1958. During that time, she wrote a book that laid out the style students should adopt in their written work: *A Manual for Writers of Research Papers, Theses, and Dissertations*. This book became a standard style guide for academic work, and now it is often referred to simply as “Turabian.” The style it describes is called “Turabian style” or “Chicago style.”

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#### **READING FOR INFORMATION EXTRACTION**

If you would like to learn more about my method of reading and note taking, I present it in greater detail in a video course on my website ([dannyzacharias.net/reading-for-information-extraction](http://dannyzacharias.net/reading-for-information-extraction)).

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#### **POPULAR PRESENTATION TOOLS**

- PowerPoint is Microsoft’s presentation software. It is included with the Microsoft Office productivity suite ([products.office.com/en-us/powerpoint](http://products.office.com/en-us/powerpoint)).
- Keynote is Apple’s presentation software. It can be purchased individually ([apple.com/keynote](http://apple.com/keynote)).
- Prezi is a cloud-based presentation software. It uses a subscription model in which you pay for a year at a time ([prezi.com](http://prezi.com)).
- If you are on a tight budget, Google Docs is free and includes Google Slides ([slides.google.com](http://slides.google.com)).

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#### **SCHEDULING TOOLS**

- Google Calendar ([google.com/calendar](http://google.com/calendar))
- iStudiez Pro ([istudentpro.com](http://istudentpro.com))
- myHomework ([myhomeworkapp.com](http://myhomeworkapp.com))

- Passion Planner ([passionplanner.com](http://passionplanner.com))

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**NOTE-TAKING TOOLS**

- Evernote ([evernote.com](http://evernote.com))
- OneNote ([onenote.com](http://onenote.com))
- DEVONthink ([devontechnologies.com/products/devonthink](http://devontechnologies.com/products/devonthink))
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**REFERENCE-MANAGEMENT TOOLS**

- Endnote ([endnote.com](http://endnote.com))
- Bookends ([sonnysoftware.com](http://sonnysoftware.com))
- Zotero ([zotero.org](http://zotero.org))
- Mendeley ([mendeley.com](http://mendeley.com))
- Qiqqa ([qiqqa.com](http://qiqqa.com))
- Sente ([thirdstreetsoftware.com](http://thirdstreetsoftware.com))

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**BIBLE SOFTWARE TOOLS**

- Logos ([logos.com](http://logos.com))
- Accordance ([accordancebible.com](http://accordancebible.com))
- BibleWorks ([bibleworks.com](http://bibleworks.com))
- WORDSearch ([wordsearchbible.com](http://wordsearchbible.com))

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**BUDGETING TOOLS**

- YNAB ([youneedabudget.com](http://youneedabudget.com))
- EveryDollar ([everydollar.com](http://everydollar.com))
- Mint ([mint.com](http://mint.com))