



Session 7

Joy and Rest for the Soul

INSTRUCTOR



Dejan Aždajić holds two master's degrees in Christian and Islamic Theology and a PhD in the anthropology of Islam. He has been actively involved in church planting and Muslim-Christian dialogue for many years and currently works as a professor of Practical Theology at the Giessen school of theology, Germany. There he trains and equips young men and women of God for the work of the ministry and the spreading of the Kingdom of God. His most recent book is **The Shaping Shaikh: The Role of the Shaikh in Lived Islam among Sufis in Bosnia and Herzegovina** (Berlin De Gruyter 2020) He is happily married and has a young son.

Goals

In this session, we examine joy and rest in God's design for us. We learn about some of the things that can prevent us from experiencing joy and rest and then ways we can examine our lives and disciplines we can incorporate to increase our joy and rest in God.

Sessions Overview

1. Christian Disciplines
2. The Human Condition
3. Prayer
4. Community and Priesthood of all Believers
5. Decision Making and the Will of God
6. Maturing Your Spiritual Life
7. **Joy and Rest for the Soul**

Fill in the Worksheet

1. Think of a time in your life when you were so concerned about reaching the destination, and you didn't consider how you or those around you were doing. What were the results of this? How did it make you feel?

2. Read Matthew 11: 28-30. Do you feel that you are responding to Jesus invitation to rest? If not, what is standing in your way of embracing it?

3. What does it mean to you that we suffer for the Gospel out of a lifestyle of Joy?

4. Some things that Dr. Aždajić suggests to cultivate rest are, 1) Possessions and finance: cultivate contentment, desire less, resist consumerism, buy things for their usefulness rather than their status, share possessions, avoid overindulging 2) Pace: slow down, say no, restrict all forms of media,3) Relationships: practice hospitality,

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Joy and Rest for the Soul

Spiritual Life & Formation
