



Session 1

Christian Disciplines

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 learn what spiritual disciplines are, as well as the common misconceptions Christians have about them. Dr. Aždajić outlines the nine spiritual disciplines we will cover in this course and the desired outcome for pursuing these disciplines.

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. In the beginning of the video Dr. Aždajić tells the story of the pastor who said “you can say no and you can say Lord, but it’s not really possible to say no, Lord.” What does he mean by this?

2. How does Dr. Aždajić define piety?

3. What is spiritual formation? What is one of the definitions that Dr. Aždajić gives?

4. What is the goal of spiritual discipline?

5. What is the motivation of spiritual discipline? How do we become godly?

6. Memorize Galatians 5:22-23

7. Dr. Aždajić listed some spiritual disciplines that can help us develop our spiritual formation. Which ones are you doing well in? Which ones do you think would be beneficial for you to implement?

8. What scripture can you meditate on in the next days to help you become more aware of God's presence?

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Christian Disciplines

Spiritual Life & Formation

