



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

Tel: +27 12 004 8389 · Mobile: +27 65 077 6310

Email: apply@aaticd.co.za · Website: www.aaticd.co.za

COURSE BROCHURE

Christian Spirituality Rule Of Life Development Training

Human and Social Studies / Religious and Ethical Foundations of Society

Unit Standard 115986 · NQF Level 6 · 24 Credits · 21 Days

COURSE OVERVIEW

This course equips learners to develop a personal Rule of Life—a structured framework for integrating Christian spirituality into daily living. It provides tools for self-reflection, goal-setting, and accountability to foster spiritual growth and balance in personal and professional contexts.

Category	Human and Social Studies
Subfield	Religious and Ethical Foundations of Society
Unit Standard	115986
Accreditation	SAQA Accredited · NQF Level 6 · 24 Credits
Duration	21 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply biblical and theological principles to design a personalized Rule of Life.
- Analyze current life patterns and identify areas for spiritual growth and integration.
- Evaluate various spiritual disciplines and their role in sustaining a Rule of Life.
- Design a balanced Rule of Life that incorporates prayer, work, rest, and relationships.
- Implement strategies for reviewing and adapting the Rule of Life over time.
- Demonstrate accountability and reflection practices to maintain spiritual vitality.

WHO SHOULD ATTEND

- This training is designed for individuals seeking to deepen their Christian spiritual practice, including professionals, clergy, and lay leaders who want to intentionally structure their spiritual disciplines and life commitments.

COURSE OUTLINE

Day 1: Introduction to Christian Spirituality and Rule of Life

- What is Christian spirituality?
- Historical overview of spiritual practices.
- Biblical basis for a Rule of Life.
- The role of intentionality in spiritual growth.
- Personal reflection: current spiritual practices.
- Introduction to the course structure and outcomes.

Day 2: Theological Foundations of a Rule of Life

- Trinitarian theology and community.
- Covenant relationships in Scripture.
- Grace-based spirituality.
- The Incarnation and embodied faith.
- Theological themes: creation, fall, redemption, restoration.
- Integrating theology into personal rule.

Day 3: Spiritual Disciplines: Prayer and Scripture Engagement

- Types of prayer: centering, liturgical, spontaneous.
- Lectio Divina: reading, meditation, prayer, contemplation.
- Scripture memorisation and journaling.
- Creating a daily prayer rhythm.
- Using the Psalms as a prayer book.
- Balancing Word and Spirit.

Day 4: Spiritual Disciplines: Solitude, Silence, and Fasting

- The discipline of solitude: Jesus' example.
- Silence as a listening posture.
- Practical guidelines for silence retreats.
- Fasting: types (food, media) and intentions.
- Health considerations for fasting.
- Integrating these disciplines into a rule.

Day 5: Spiritual Disciplines: Community and Accountability

- The church as the body of Christ.
- Small groups and spiritual friendships.
- Accountability: structure and grace.
- Confession and mutual encouragement.
- Conflict resolution in community.
- Building a supportive network.

Day 6: Spiritual Disciplines: Service and Simplicity

- Servant leadership: Jesus' example.
- Acts of service: local church and community.
- The discipline of simplicity: stewardship.
- Decluttering life: time, possessions, commitments.
- Generosity and tithing.

- Balancing service with rest.

Day 7: Spiritual Disciplines: Worship and Celebration

- Worship in spirit and truth.
- Liturgical rhythms: daily office, Sabbath.
- Music, arts, and creativity in worship.
- Celebrating God's goodness: feasts and festivals.
- The Eucharist as a spiritual discipline.
- Developing a personal worship plan.

Day 8: Personal Assessment and Reflection

- Spiritual assessment questionnaires.
- Journaling prompts for self-reflection.
- The Enneagram and spiritual formation.
- Life seasons: singleness, marriage, parenting, retirement.
- Identifying spiritual rhythms and patterns.
- Writing a personal spiritual history.

Day 9: Designing Your Rule of Life: Core Components

- Components: prayer, Scripture, community, service, rest.
- Fixed practices (e.g., daily prayer) vs. flexible (e.g., weekly fast).
- Writing a personal mission statement.
- Structuring time: morning, midday, evening, weekly.
- Balancing work, family, and spiritual life.
- Drafting the first version of a Rule of Life.

Day 10: Integrating Work and Vocation into Your Rule

- Theology of work: co-creation with God.
- Vocation vs. occupation.
- Prayer at work: breath prayers, office liturgies.
- Ethical decision-making in the workplace.
- Sabbath rest for professionals.
- Integrating work into your Rule of Life.

Day 11: Family and Relationships in Your Rule

- Spirituality in marriage and parenting.
- Family devotions and traditions.
- Hospitality as a spiritual discipline.
- Boundaries: saying no to overcommitment.
- Healing relationships through forgiveness.
- Including extended family and neighbours.

Day 12: Rest, Sabbath, and Play

- Sabbath: creation ordinance and Jesus' example.
- Types of rest: physical, mental, spiritual.
- Practical Sabbath-keeping: stopping, resting, delighting.
- Play and creativity as worship.
- Overcoming guilt about rest.
- Designing a weekly Sabbath rhythm.

Day 13: Navigating Challenges and Seasons of Change

- Common pitfalls: legalism, guilt, inconsistency.
- Adapting rule during illness, grief, or busy seasons.
- Lament as a spiritual practice.
- The dark night of the soul.
- Periodic review: monthly, quarterly, annually.
- Grace-filled adjustments.

Day 14: Rule of Life and Mission: Evangelism and Social Justice

- The Great Commission and personal witness.
- Evangelism through relationships and service.
- Justice, mercy, and humility (Micah 6:8).
- Advocacy and community involvement.
- Environmental stewardship.
- Integrating mission into daily rule.

Day 15: Spiritual Direction and Mentoring

- What is spiritual direction?
- History of spiritual direction.
- The art of holy listening.
- Finding a spiritual director.
- Peer mentoring and group direction.
- Being a spiritual companion to others.

Day 16: Writing and Refining Your Personal Rule of Life

- Structuring the document: preamble, commitments, rhythms.
- Writing SMART spiritual goals.
- Including contingency plans.
- Peer review and constructive feedback.
- Revising based on insights.
- Formatting for daily use.

Day 17: Living Out Your Rule: Implementation Strategies

- Implementation phases: 30-day trial, quarterly review.
- Habit formation and keystone habits.
- Using technology: apps and reminders.
- Enlisting an accountability partner.
- Celebrating small wins.
- Troubleshooting common issues.

Day 18: Rule of Life in Community: Group Sharing and Support

- Group sharing guidelines.
- Listening and learning from diverse rules.
- Creating a group accountability structure.
- Group spiritual practices: shared prayer, fasting.
- Encouraging one another.
- Confidentiality and trust.

Day 19: Review, Evaluation, and Continual Growth

- Self-evaluation tools.
- Signs of growth and stagnation.
- The role of the Holy Spirit in transformation.
- Lifelong learning: books, retreats, courses.
- Adapting rule for changing seasons.
- Commitment to regular review.

Day 20: Celebration and Commissioning

- Testimonies of transformation.
- Commissioning ritual: prayer and blessing.
- Receiving certificates.
- Finalising personal rules.
- Networking for ongoing support.
- Sending forth with mission.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **24 NQF credits** at **NQF Level 6**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 70,400.00	R 70,400.00
1	In-House	R 91,500.00	R 91,500.00
1	On-Campus (Pretoria)	R 105,600.00	R 105,600.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	07 Sep 2026	On-Campus	Durban, South Africa
10 Aug 2026	07 Sep 2026	On-Campus	Mauritius
11 Aug 2026	08 Sep 2026	On-Campus	Cape Town, South Africa
12 Aug 2026	09 Sep 2026	On-Campus	Dubai, UAE
13 Aug 2026	10 Sep 2026	On-Campus	Pretoria, South Africa
14 Aug 2026	11 Sep 2026	On-Campus	Abu Dhabi, UAE
17 Aug 2026	14 Sep 2026	On-Campus	Shenzhen, China
18 Aug 2026	15 Sep 2026	On-Campus	Dubai, UAE

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 115986) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call **+27 12 004 8389** or WhatsApp **+27 65 077 6310** and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza, 1122 Burnett St, Hatfield 0028, Pretoria, Gauteng, South Africa
Tel: +27 12 004 8389 · WhatsApp: +27 65 077 6310 · apply@aaticd.co.za · www.aaticd.co.za