



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

Understanding Christian Spirituality Principles And Practices Training

Human and Social Studies / Religious and Ethical Foundations of Society

Unit Standard 116726 · NQF Level 4 · 10 Credits · 7 Days

COURSE OVERVIEW

This course equips learners with a foundational understanding of Christian spirituality principles and practices, enabling them to integrate these insights into personal and professional contexts. Participants will explore key concepts such as faith, prayer, and community, and apply them to enhance ethical decision-making and interpersonal relationships.

Category	Human and Social Studies
Subfield	Religious and Ethical Foundations of Society
Unit Standard	116726
Accreditation	SAQA Accredited · NQF Level 4 · 10 Credits
Duration	7 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Demonstrate an understanding of the core principles of Christian spirituality, including faith, grace, and redemption.
- Apply key spiritual practices such as prayer, meditation, and scriptural reflection to personal and professional life.
- Analyze the role of community and fellowship in nurturing spiritual growth.
- Evaluate the ethical implications of Christian spirituality in decision-making processes.
- Integrate Christian spiritual principles into daily routines and workplace interactions.

WHO SHOULD ATTEND

- This course is designed for individuals seeking to deepen their understanding of Christian spirituality, including professionals in faith-based organizations, educators, and anyone interested in personal spiritual development within a corporate or community setting.

COURSE OUTLINE

Day 1: Foundations of Christian Spirituality

- Introduction to Christian spirituality
- Key principles: faith, grace, love, and redemption
- The Bible as the foundation for spiritual practice
- Historical overview: Early Church, monasticism, Reformation
- Spirituality vs. religion: clarifying concepts

Day 2: Prayer and Contemplation

- Types of prayer: petition, intercession, thanksgiving, praise
- Contemplative prayer and meditation on Scripture
- The role of silence and solitude in spiritual growth
- Practical exercises: lectio divina, centering prayer
- Developing a personal prayer routine

Day 3: Scripture Engagement and Reflection

- Approaches to Bible study: inductive, topical, devotional
- Lectio divina: reading, meditation, prayer, contemplation
- Journaling for spiritual reflection
- The Psalms as a model for prayer and emotion
- Applying Scripture to life situations

Day 4: Community and Discipleship

- The church as the body of Christ: community life
- Discipleship models: one-on-one, small groups, mentoring
- Spiritual gifts and service in community
- Conflict resolution and forgiveness in relationships
- Building supportive spiritual friendships

Day 5: Spiritual Disciplines and Practices

- Overview of spiritual disciplines: fasting, simplicity, solitude, service, worship
- Fasting: types, purposes, and health considerations
- Simplicity and stewardship of resources
- Service as an expression of faith
- Developing a balanced rule of life

Day 6: Integrating Spirituality with Daily Life

- Spirituality in the workplace: vocation and integrity
- Balancing family, community, and personal devotion
- Overcoming spiritual dryness and distractions
- Ethical decision-making from a Christian perspective
- Sabbath rest and work-life balance

Day 7: Synthesis and Practical Application

- Review of core concepts: spirituality, prayer, Scripture, community, disciplines
- Designing a personalised spiritual growth plan
- Accountability structures for continued growth
- Group sharing and peer feedback

- Course evaluation and next steps

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 **10 NQF credits** at **NQF Level 4**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 28,200.00	R 28,200.00
1	In-House	R 36,700.00	R 36,700.00
1	On-Campus (Pretoria)	R 42,300.00	R 42,300.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	18 Aug 2026	On-Campus	Abu Dhabi, UAE
11 Aug 2026	19 Aug 2026	On-Campus	Durban, South Africa
11 Aug 2026	19 Aug 2026	On-Campus	Mauritius
12 Aug 2026	20 Aug 2026	On-Campus	Cape Town, South Africa
13 Aug 2026	21 Aug 2026	On-Campus	Dubai, UAE
14 Aug 2026	24 Aug 2026	On-Campus	Pretoria, South Africa
17 Aug 2026	25 Aug 2026	On-Campus	Durban, South Africa
18 Aug 2026	26 Aug 2026	On-Campus	Shenzhen, China

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 116726) 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.

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