

**AIM Institute | Spiritual Formation**  
**“Discover Spiritual Renewal from Jesus Within”**  
**A Hybrid Online Course with Nat Saginario**  
**February 2 to April 27, 2023**

**Course Assignments and Meeting Schedule**

Welcome to our course on Spiritual Formation. This publication provides a weekly schedule and preparation to be completed before each session.

**COURSE DESCRIPTION**

Rather than starting with a focus on external spiritual disciplines, this course begins by looking at the life of Christ within. Jesus forms a heart for disciplines and perseverance to walk in them. One is inspired to worship, to pray, to fast, etc., not because of a commitment on a calendar but by the overflow from Christ within.

This course is based on the words of Paul in Romans 8:29. The goal for every disciple is, “To become conformed to the image of His Son.” This course will equip you to rise, “To the measure of the stature which belongs to the fullness of Christ.” (Ephesians 4:13) It will become apparent as the course develops that Paul’s words were meant to be the goal of every Christian disciple. Jesus’ inner work takes us from death to life, from the old man to the new man, from being controlled by sin to being directed by the Spirit of God.

**OBJECTIVES**

This course is designed to develop the student’s ability to...

- experience the difference between being yoked together with Christ (external discipline) to being formed into the image of Christ (internal discipline)
- learn the full scope of disciplines that are part of the discipleship program for Christians
- understand what it means to “...come...unto the measure of the stature of the fullness of Christ”
- recognize how a life formed into the image of Christ can lead to a successful life: spiritually and otherwise (“Life more abundant”)

**INSTRUCTOR:** Nat Saginario

“Teaching and mentoring has been the joy of my life.” Nat’s statement has totally represented the life and ministry of a man whose first priority is being in relationship with Jesus, second priority family, and third priority reaching out to people around the world challenging them to grow in Christ. This he has endeavored to do as pastor, assistant pastor, Bible college instructor, and cross-border missionary spanning 85+ countries. Nat

presently resides near Cleveland, Ohio, and has been associated with various colleges, mission organizations, and churches. His academic preparation includes Bachelor of Arts and Master of Arts degrees, both in Education.

## **COURSE FORMAT**

This directed study format enables you to receive college level instruction while studying at home. Course elements include:

- Weekly video assignments
- Required textbook reading assignments
- Contact time with the instructor and classmates offered through a weekly Zoom debrief classroom
- Study questions for your personal benefit as well as for the preparation of the weekly debrief

This course will be graded as pass or fail. Bear in mind your weekly preparation will have a direct correlation to that which will be gained from the course.

## **COURSE SCHEDULE**

- The first of twelve debriefs will begin on Thursday, February 2, at 7PM EST
- You will receive a Zoom invite by email for each debrief
- Preparation can be done at any time before the debrief
- To maximize the use of your time, we will not cover information from the videos in the debrief unless there are questions
- Completion of the course requires a project: A survey list of 15 questions concerning Spiritual Formation, as well as 15 responses to those questions from friends/family/church congregation (to be explained at the first Zoom session)

## **REQUIREMENTS**

- This is an intensive course; students should plan to participate in all class sessions.
- Complete all course reading and writing assignments, watch videos.
- Complete course project.

## **LECTURE VIDEOS**

- Videos are available at [CLICK HERE](#)
- Use assigned study questions to prepare for weekly Zoom debrief

## TEXTS

- Holy Bible (Translation of your choice)
- “Abide in Christ,” by Andrew Murray (available on Amazon)
  - Publisher: Whitaker House (December 1, 2002)
  - Paperback: 256 pages
  - ISBN-10: 0883688603
  - Pages in the weekly assignments match this edition
  - [DETAILS CLICK HERE](#)

## Participation

- **Essential:** Our weekly Zoom meeting is a discussion based debrief, not a lecture.
- Please be prepared to turn on your camera and test your internet connection in advance.

## Study Schedule

February 2 to April 27, 2023  
(no Zoom debrief March 30)  
Weekly Debrief Thursday 7PM EST

### February 2 | Session 1

- Orientation and Course Introduction
  - Watch video 1
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### February 9 | Session 2

- Watch video 2
- Read chapters 1-3
- Study questions

1. Question: In your own words, explain the difference between Discipleship and Spiritual Formation as explained in the video.

2. Question: In the textbook, chapter 1, Murray states that Jesus never said, “Abide WITH me,” but rather “\_\_\_\_\_.”

3. Question: In chapter 2 of the textbook, Murray states, “The rest is in Christ, and not something He gives apart from Himself.” Comment on that statement.

4. Question: Finish this statement in chapter 3 of the textbook: “...as it was Jesus who drew you when He spake ‘Come,’ so it is Jesus who \_\_\_\_\_.”

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### February 16 | Session 3

- Watch video 3
- Read chapters 4-6
- Study questions

1. Question: List the three parts to the New Covenant

2. Question: What does it mean for “God to have us?”

3. Question: Explain what it means to **you** when Murray states in chapter 6, "The branch is as much in the charge and keeping of the husbandman as the vine."

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#### February 23 | Session 4

- Watch video 4
- Read chapters 7-9
- Study questions

1. Question: In the video, there is a list of about 4 or more expectations when the Christian takes hold of what it means to be "In Christ." List those expectations.

2. Question: Memorize Philippians 2:13

3. Question: Why did Murray say in chapter 8, "...it is no longer an impossibility to walk all the day enrobed in the loving presence which with He covers His people?"

4. Question: Murry states in chapter 9, "There is no other way of our becoming holy, but by \_\_\_\_\_." (finish the statement)

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#### March 2 | Session 5

- Watch video 5
- Read chapters 10-12
- Study questions

1. Question: The video presents John 15:2 and the process the husbandman sometimes uses to help the vine bear more fruit. What is that process?

2. Question: Wounded stem and wounded graft are mentioned in chapter 11 of Murray. What does he say about those two essential parts of the Christian's life?

3. Question: Murray states in chapter 12, "It is \_\_\_\_\_ who has undertaken to stablish me in Christ Jesus."

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## March 9 | Session 6

- Watch video 6
- Read chapters 13-15
- Study questions

1. Question: Explain how perhaps “monotonous manna” might refer to chapter 14 of Murray.
  2. Question: The video explains “rest” for the Israelites was found in the Promised Land. Where is the location of “rest” for the believer today?
  3. Question: What is the challenge given to us in Hebrews 10:19-22?
  4. Question: Murray states in chapter 15, “To attain the life of permanent and perfect abiding is not ordinarily given at once as a possession for the future; it comes \_\_\_\_\_.” (Finish the sentence)
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## March 16 | Session 7

- Watch video 7
- Read chapters 16-18
- Study questions

1. Question: Give the scriptural reference stated in the video where Paul tells his audience that we are all called according to God’s own purpose. \_\_\_\_\_
  2. Question: Explain how you would use the term “stewardship” to represent chapter 16 of the textbook.
  3. Question: In the video, it is explained that God has a “General Purpose” for each Christian’s life as well as a “\_\_\_\_\_ Purpose.”
  4. Question: Finish this quote from Murray in chapter 18. “As Jesus was entirely dependent on the Father for all His words and all His works, so \_\_\_\_\_.” Where in John 15 do you think Murray based his statement?
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## March 23 | Session 8

- Watch video 8
- Read chapters 19-21
- Study questions

1. Question: God's direction in our life happens when He reveals to us the four "W's." What are they?
  2. Question: Consider how God has endowed your specific life with giftings, talents, and abilities. Make a list to review and share with the rest of the zoom class.
  3. Question: Murray states in chapter 19, "Other trees may be planted for ornament, for the shade, for the wood," but what is vine only planted for?
  4. Question: In chapter 20, what does Murray believe is the very joy and glory of heaven begun on earth?
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## March 30 No Zoom Debrief

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## April 6 | Session 9

- Watch video 9
- Read chapters 22-24
- Study questions

1. Question: In chapter 24 of the text, Murray reminds us that if even for a moment the commandments of God appear grievous, what should we remember?
  2. Question: "He rises above the ordinary tone in which so many Christians speak of their weakness." Murray shares a verse to help us when we tend to dwell on our weaknesses. What is that verse?
  3. Question: The video shows how the "yoked life" is the "\_\_\_\_\_ life." How would you explain the truth to a super legalist?
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### **April 13 | Session 10**

- Watch video 10
- Read chapters 25-27
- Study questions

1. Question: Name at least 4 disciplines that are covered in the video.
  2. Question: In chapter 25, Murray gives his take on the three joys that Jesus had when He went to the cross. List them.
  3. Question: According to the video, how are Spiritual Disciplines marketed today?
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### **April 20 | Session 11**

- Watch video 11
- Read chapters 28-30
- Study questions

1. Question: What are the two most important words for Christians to know and practice? (shown in the video)
  2. Question: Finish this statement by Murray in chapter 28, the Christian "...lives a most joyous and blessed life, not because he is no longer feeble, but because \_\_\_\_\_."
  3. Question: Why, according to video, is meditation sometimes not practiced by Christians?
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### **April 27 | Session 12**

- Final discussion and challenge
- Read chapter 31
- Study questions

1. Question: In chapter 31 of Murray, the author tells us that to truly be spiritually looking for Jesus coming, one must do what?



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