



**PAN AFRICA CHRISTIAN UNIVERSITY**

**SCHOOL OF THEOLOGY**

**END OF SEMESTER EXAMINATION FOR CERTIFICATE IN ICT AND  
CERTIFICATE IN COUNSELLING PSYCHOLOGY**

**JANUARY - APRIL 2024 TRIMESTER**

**CAMPUS: ROYSAMBU**

**DEPARTMENT: BIBLICAL AND THEOLOGICAL STUDIES**

**COURSE CODE: UCC101**

**COURSE TITLE: SPIRITUAL FORMATION**

**EXAM DATE: MONDAY 8<sup>TH</sup> APRIL 2024**

**DURATION: 3 HOURS**

**TIME: 11:00AM-2:00PM**

### **INSTRUCTIONS**

- Read the instructions and questions carefully before you write the answers.
- Answer question **ONE** and any other **TWO** questions
- *ALL PAC University's examination rules and regulations apply*

### **SECTION A: Answer ALL questions (20 Marks)**

1. The goal of practicing spiritual disciplines is to become like Christ.
  - a) Outline **five** benefits of practicing spiritual disciplines for a Christian.  
(10 marks)

- b) Explain **four** hindrances to practicing spiritual disciplines that a Christian should avoid. (10 marks)

**SECTION B: Answer ANY TWO questions (20 Marks)**

2. Outline **five** benefits of the spiritual discipline of prayer. (10 marks)
3. Using **two** biblical examples, discuss the purpose of the spiritual discipline of fasting. (10 marks)
4. Outline **five** characteristics of true service in relation to spiritual formation for a Christian. (10 marks)
5. With reference to the Spiritual discipline of Bible Study, discuss **five** ways through which we can receive and internalize the word of God as illustrated by "The Navigators Hand Illustration." (10 marks)