

## Spiritual Formation – Class II

Mission Statement: *“Inviting off-centered people to practice a God-centered life”*

The key word in our mission statement is \_\_\_\_\_.

The spiritual practices are things we can do to form ourselves into more \_\_\_\_\_ - \_\_\_\_\_ people.

Three good books:

A. *The Celebration of Discipline* by Richard Foster

B. *The Spirit of the Disciplines* by Dallas Willard

C. *Emotionally Healthy Spirituality* by Pete Scazzero

Two Important Practices:

### 1. The Daily Quiet Time

This is a daily appointment with \_\_\_\_\_.

How to do it:

Choose a specific \_\_\_\_\_.

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Turn off your \_\_\_\_\_.

Grab your \_\_\_\_\_ (Bible, pen, notebook).

Engage \_\_\_\_\_. (Sing, talk, listen, read, journal)

## **2. Life Group**

We all need \_\_\_\_\_ in our lives if we are going to flourish and live victoriously in God.

In Life groups we are \_\_\_\_\_ and come to \_\_\_\_\_ others. It is an important spiritual practice if we are going to grow in God.

### **Life Group Format:**

-Groups of 4-8 individuals meeting weekly

A. How has your week been?

B. Scripture memory verse

C. Silent Bible reading for 8-10 minutes

-What did you learn about \_\_\_\_\_?

-What did you learn about \_\_\_\_\_?

-What \_\_\_\_\_? What stood out? What might God be saying?

-What is your "I Will" Statement? What are you going to \_\_\_\_\_ about what you have discovered?

D. Pray for each other and dismiss.