

Spiritual Formation Morning

| September 13, 2025

life  groups




**Scan Here for
Resources**

The background of the slide features a close-up photograph of green leaves, some with water droplets. A large, white, semi-circular shape is overlaid on the left and bottom portions of the image, creating a clean space for the text.

Table Conversation:

What are you hoping to learn or receive from this morning?

**The goal of spiritual formation is abiding in God—
remaining in Jesus' love—not perfecting the
practices.**



Spiritual practices are tools that help us keep company with Jesus by making space for Him.




Disciplines of Abstinence and Engagement

Disciplines of Abstinence - These are practices where we step away from something to notice God.

Solitude + Silence + Fasting + Sabbath + Simplicity

DISCIPLINES OF ABSTINENCE





**Disciplines of Engagement + These are practices
where we actively say yes to God.**

**Prayer + Worship + Service + Study of Scripture +
Community + Celebration**

DISCIPLINES ENGAGEMENT



Why This Matters: Elijah and the Whisper

Elijah's Response

- 1. He Seeks Solitude.**
- 2. He Cries Out to the Lord.**
- 3. He Goes to the Mountain of the Lord.**




Jesus says in Matthew 11:

**“Are you tired? Worn out? Burned out on religion?
Come to me. Get away with me and you’ll recover
your life. Walk with me and work with me—watch
how I do it. Learn the unforced rhythms of grace.
Keep company with me and you’ll learn to live freely
and lightly.”**

Table Discussion + Intention Setting:

What practice do you want to lean into today? What resonates with you so far?

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- **Ancient Christian Practice**
 - **Pray without Ceasing (1 Thess 5:17)**
 - **Helps us to offer ourselves to God daily while renewing our minds, Romans 12:1-2**



“Breath prayers are very different from “vain repetitions,” which Jesus described as lofty, impressive recitations made for others to notice (Matt. 6:7, KJV). Breath prayers are quiet groanings of the heart that become more meaningful as we use them.”

- **Jan Johnson, Turning Your Thoughts into Prayers**

“Discipline of prayer that brings us into the deepest and highest work of the human spirit. Real prayer is life creating and life changing. “Prayer—secret, fervent, believing prayer—lies at the root of all personal godliness,” writes William Carey.¹ To pray is to change. Prayer is the central avenue God uses to transform us. If we are unwilling to change, we will abandon prayer as a noticeable characteristic of our lives.”

- **Richard J Foster, Celebration of Discipline, The Path to Spiritual Growth**


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- **Exercise**
 - I am going to read a passage of Scripture three times. In between each reading, we'll pray a breath prayer based upon that portions of Scripture.
 - Breathing IN and praying the first line silently in our hearts, and breathing out as we mentally pray the second line.
 - **Settle In**
 - **Get comfortable**
 - Take a deep breath in hold
 - Let it out and close your eyes.
 - **Psalm 23:1-6 Read slowly**
 - **Breath Prayer,**
 - **Breathe In "Lord, you are my Shepherd"**
 - **Breath Out "I lack nothing"**
 - **Repeat two more times**

Table Discussion:

What did you notice in that prayer? How can this become a rhythm in your life?

Group Reflection + Table Sharing + Table Prayer:

**What did God stir in you today?
Invite each person to briefly share,
then close your table time by praying
over one another.**

