

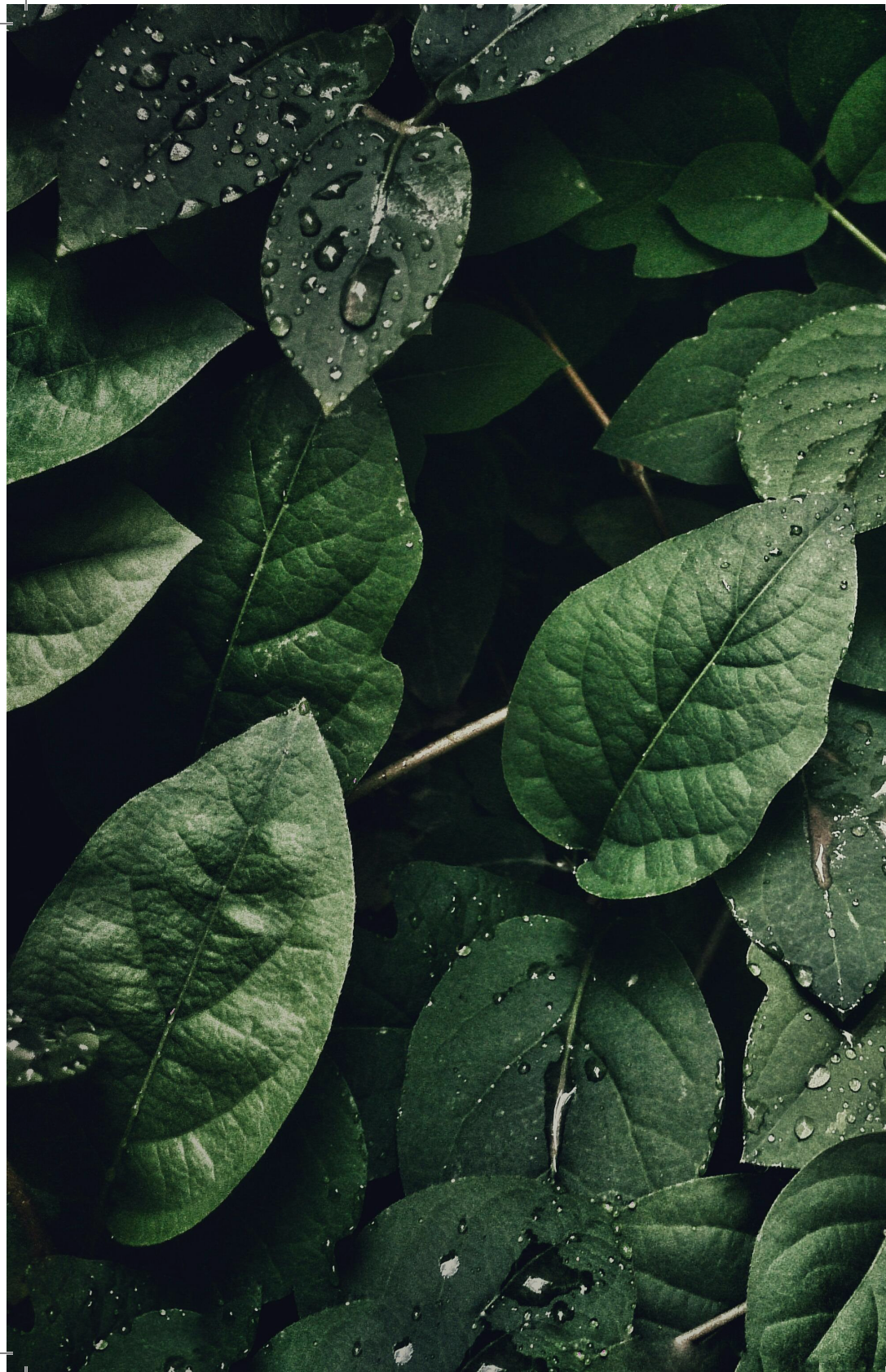


life  groups

Spiritual Formation Morning

*A Morning to Slow Down, Listen,
and Go Deeper with God*

Saturday, September 13



Dear Leader,

Welcome to Spiritual Formation Morning!

Today is about one thing: *slowing down enough to be with God.*

Have you ever thought about the reality that God is never hurried? As leaders, we are often pouring out, holding space for others, and navigating life at full speed. But spiritual formation doesn't happen when we are hurried — it happens when we create space to listen, to rest, and to let God form us from the inside out.

Our prayer is that this morning offers you more than inspiration. We hope it gives you *encounter*.

As you reflect, breathe, walk, and pray — may you sense the nearness of God and be reminded that your soul matters, too.

We are so glad you are here.

With gratitude,

Shepherd Youth & Life Groups Staff





Event Schedule

8:00–8:15	Arrival + Light Refreshments
8:15–8:25	Table Conversation
8:25–8:55	Teaching: Still Small Voice Why Spiritual Formation Matters
8:55–9:05	Table Discussion + Intention Setting
9:05–9:15	Break
9:15–9:45	Teaching: Breath Prayer + Examen
9:45–9:55	Table Discussion
9:55–10:35	Practice: Lectio Divina
10:35–10:45	Break: Quiet Reflection
10:45–11:05	Group Reflection + Table Sharing + Table Prayer
11:05–11:15	Final Encouragement + Sending Prayer
11:15–11:30	Optional: Extended Journaling + Prayer Stations + Fellowship

Speakers



Adrianna Cervantes

Adrianna Cervantes is a passionate advocate for the next generation, with a heart that beats strongly for spiritual formation within the local church. After earning her Master's in Spiritual Formation from Hope International University, she returned to serve as an adjunct professor, working alongside the very mentors who shaped her own journey. At Shepherd Church, Adrianna has the honor of pastoring and overseeing Next Generation Ministries, as well as teaching and leading worship. She believes that spiritual formation is foundational to a life of discipleship with Christ. When she's not doing these things, she's focused on being the best Tía she can be to her two nieces.



Neimad Durham

Neimad Durham has served in full-time ministry for 11 years and has been involved in ministry since 1995. Married to his amazing wife, Rena, for 27 years, they have a 22-year-old son named Caleb. He holds a Master's Degree in Biblical Studies with a focus on Spiritual Formation from Hope International University, where he also serves as an adjunct professor. Since joining Shepherd's staff in April 2023, Neimad has served as a Care Pastor and on the Life Groups Team. Known for his commitment to the spiritual health of others, he practices spiritual disciplines daily as a way of life and encourages others to do the same.

Still Small Voice

| Why Spiritual Formation Matters

Notes:



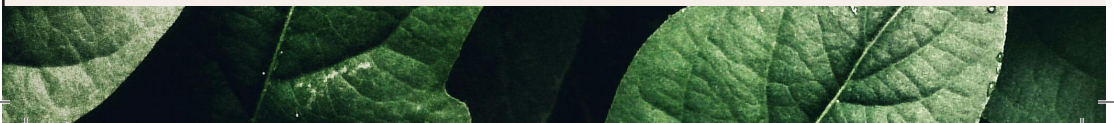
Breath Prayer & Examen

Notes:

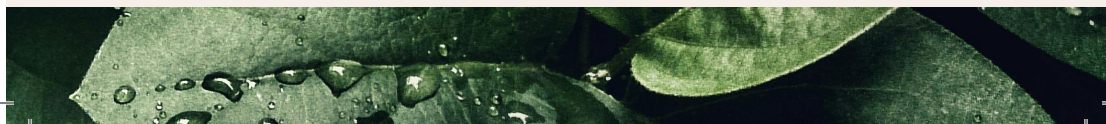


Lectio Divina

Notes:



Extra Space for Notes or Reflections



Continue the Journey

Want to go deeper?

Spiritual formation is not a one-time event — it is a lifelong invitation to walk with Jesus in a way that shapes who you — and who we — are becoming.

We have created a **resource hub** where you can explore more tools and teachings to help you continue growing in intimacy with God.

You'll find:

- Book recommendations on Sabbath, Fasting, and the Spiritual Disciplines
- Practice guides for Lectio Divina, Examen, and more!
- Video teachings and podcast episodes from trusted voices





Have questions or want to talk more?

Reach out to our team –
we would love to walk with you.

Contact us:



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