



Spiritual Formation

What is Spiritual Formation?

- Spiritual Formation is the process of implementing Spiritual Disciplines under the guidance of the Holy Spirit to draw closer to the “measure of the full stature of Christ”. Ephesians 4:13.
- To grow in Spiritual Maturity it requires focus and faith. Disciples are not to just wait for growth to occur. We are to implement the tools scripture provides in order to discipline our mind and body.
- Spiritual Formation is the intentional molding of your spiritual identity. As a Disciple you must make a conscious investment in subduing the flesh and increasing your faith.

What are some Spiritual Disciplines

- **Meditation** – quietly seeking to connect with God
- **Prayer** – communicating with God through Yeshua led by the Holy Spirit
- **Fasting** – denying the consumption of food to discipline the flesh
- **Simplicity** – denying the craving for more by learning to be content
- **Fellowship** – investing in the community of Disciples through trust and interdependence
- **Journaling** – maintaining a log (journal) of events and information about your journey
- **Chastity** – denying sexual activity outside of a marriage covenant
- **Stewardship** – the effective management of resources including time and money

Being Transformed

- Your objective as a Disciple is to be more like Yeshua, therefore you must voluntarily be willing to pursue Spiritual Formation in order to grow and be transformed. This occurs by the Holy Spirit and a willingness to utilize Spiritual Disciplines.
- If you need assistance contact us at ChurchTransformed@BlessedHarvest.org