



5-DAY SPIRITUAL PRACTICE GUIDE

Christian spiritual formation is the lifelong process by which the Holy Spirit serves as our teacher, deepening our relationship with God, transforming us into Christ-likeness from the inside, and generating an overflow of love toward God, self, and others. (Romans 8:27-29, Mark 12:28-31)

INTRODUCTION— Spiritual Formation describes the work of God in us. It can be summed up in these words from Scripture: ***“Now may the God of peace—who brought up from the dead our Lord Jesus, the great Shepherd of the sheep, and ratified an eternal covenant with his blood—may he equip you with all you need for doing his will. May he produce in you, through the power of Jesus Christ, every good thing that is pleasing to him. All glory to him forever and ever! Amen.” Hebrews 13:20-21 (NLT)***

We are entirely dependent upon God to do this work, but we can avail ourselves of every opportunity to come to Him and rejoice in all that He is doing. Practices such as worship, contemplation, rest, unity, and establishing daily routines are all ways we can foster our own Spiritual Formation.

We invite you to read on for important truths about Spiritual Formation along with corresponding spiritual practices and resources designed to help you engage in these practices along with the children in your life and ministry:

DAY 1 Spiritual Formation reflects a Biblical understanding of faith.

- God is the only one who can transform us into people of faith. Spiritual Formation honors the essential Biblical truth that we can express our faith, but we cannot fully explain it or accomplish it for ourselves.
- *“Faith shows the reality of what we hope for; it is the evidence of things we cannot see.” Hebrews 11:1 (NLT)*
- Faith begins with knowing God and recognizing who He is and what He is like. When we remember who God is, we cannot help but worship Him. And when we worship Him, he continues to form us by helping us know Him more deeply.
- Resource on Worship: Remember Who God Is
<https://www.kidzatheart.org/wp-content/uploads/2022/08/Remember-Who-God-Is.pdf>

DAY 2 Spiritual Formation emphasizes the work of the Holy Spirit.

- Jesus told his followers that the Holy Spirit would be their teacher. Spiritual Formation echoes this truth for all future generations.
- *“...when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you.” John 14:26 (NLT)*
- The spiritual practice of contemplation, of reflecting and thinking deeply about God, fosters our ability to hear from God and learn from Him. It invites the Holy Spirit into our lives to teach us through the renewing of our minds.
- Resource on Contemplation: Think and Feel Deeply
<https://www.kidzatheart.org/wp-content/uploads/2022/08/Think-and-Feel-Deeply.pdf>

DAY 3 Spiritual Formation responds to our need for God.

- Jesus tells us that we can do nothing apart from him. Spiritual Formation recognizes this important truth by encouraging us to connect to God directly and completely.
- *“Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me.” John 15:4 (NLT)*
- Rest is designed to remind us of our need for God. It is designed to help us remember God and celebrate the way He provides what we cannot.
- Resource on Sabbath: Rest in God
<https://www.kidzatheart.org/wp-content/uploads/2022/08/Rest-in-God.pdf>

DAY 4 Spiritual Formation is nurtured in the community.

- God works through the intergenerational community of people surrounding us in our homes and in our churches to teach us and form us. Spiritual Formation is what God does in us and through us as his family, teaching and learning together.
- *“Together, we are his house ... and the cornerstone is Christ Jesus himself. We are carefully joined together in him, becoming a holy temple for the Lord.” Ephesians 2:20-21 (NLT)*
- The spiritual practice of unity cannot be accomplished without community. Being together with others allows God to shape us as individuals who serve as part of a body, honing our relationships with each other as well as with Him.
- Resource on Community: The Joy of Being Together
<https://www.kidzatheart.org/wp-content/uploads/2022/08/The-Joy-of-Being-Together.pdf>

DAY 5 Spiritual Formation is a lifelong process.

- God is continually forming us and growing us. Spiritual Formation acknowledges that no one is ever too old or too young to be formed by God.
- *“And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.” Philippians 1:6 (NLT)*
- Our lives consist of many ordinary things we do, day in and day out. We eat, we drive, we brush our teeth. We can make a point of noticing God and including Him in these rhythms and routines so that God can form us each and every day of our lives.
- Resource on Rhythms and Routines: Purposeful Life Practices
<https://www.kidzatheart.org/wp-content/uploads/2022/08/Purposeful-Life-Practices.pdf>