

SPIRITUAL FORMATION

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OBJECTIVES OF SPIRITUAL FORMATION

Spiritual formation is an **Academic** and **Spiritual** discipline that seek to identify from the scripture on how Christians can be conformed to the image of Christ

TRANSFORMATION AND CONFORMITY

{From this objectives} spiritual formation is the study of how believers can actively participate with the holy spirit in the journey to maturity, spiritual growth and a deeply meaningful relationship with the Lord

OVERVIEW AND BIBLICAL DEFINITION OF SPIRITUAL FORMATION

“Spiritual formation is the process of apparent development through engaging in a set of behavior terms **DISCIPLINE**”

We need to get a spiritual partner that we both share mutual talk and confession when need arises.

A Process Of Being Shaped By The Holy Spirit Into The Likeness Of Christ Filled With Love For God And The World

Participation With The Holy Spirit Through Biblical Practices That Leads To Conformity To Christ So God Can Be Better Enjoyed And Glorified On Earth.

■ THE GOAL OF SPIRITUAL FORMATION

■ 1. The Goal Of Spiritual Formation **Are Firstly: “To Become Christ Like Or Christ-likeness” Gal 4:19 Rom 8:28 2Cor 3:18** The Process Of Spiritual Formation Is So That We Can Become More Like Christ. Jesus Christ Is The Ideal Man.

2. Spiritual Formation Is **“To Restore The Image Of God”**: **Gen 1:26-27 2cor 4:4** Man Was Initially Created In The Image Of God. With The Fall, The Image Of God Was Distorted. One Of The Goal Of The New Creation In Christ Is To Restore The Image Of God In Us.

3. Spiritual Formation “Is To Develop A People Of God” **Rom 8:28** The Redemption Plan Of God Is To Create A People Of God.

BUNCH OF PRACTICES IN SPIRITUAL FORMATION

■ **SPIRITUAL FORMATION MUST BE DEMONSTRATED BY SPIRITUAL DISCIPLINE**

- THROUGH MEDITATION (*JOSHUA 1:8*)
- PRAYER (*1 THESS 5:17*)
- FASTING (*MT 17:21*)
- STUDY (*2 TIMOTHY 2:15*)
- SIMPLICITY OF LIFE (*MT 5:16*)
- SOLITUDE (*MT 26:36-46*)
- SUBMISSION (*PHIL 2:5 EPH 5:21*)
- SERVICE (*MT 20:28, JOHN 13:1-17*)
- CONFESSION (*1 JOHN 1:9*)
- WORSHIP (*PS 100:2; JOHN 4:24*)
- GUIDANCE (*PROV 11:14, PROV 15:22*)
- CELEBRATION (*1 COR 11:23-27*)

COMPONENT OF SPIRITUAL FORMATION

- KNOWING AND LOVING GOD (*MARK 12:30*)
- KNOWING AND LOVING OURSELVES (*MARK 12:1*)
- KNOWING AND LOVING OUR NEIGHBOURS (*MARK 12:31*)
- LIVING A LIFE MINDFUL OF THE PRESENCE OF GOD IN OUR DAILY LIFE
- TRINITARIAN IN THE CENTRE

DYNAMICS OF SPIRITUAL FORMATION

1. THE ROLE OF THE HOLY SPIRIT IN SPIRITUAL FORMATION
2. THE ROLE OF THE INDIVIDUAL IN SPIRITUAL FORMATION
3. THE ROLE OF SUFFERING IN SPIRITUAL FORMATION
4. SPIRITUAL FORMATION IN INDIVIDUAL IN COMMUNITY

WHAT THEN IS “CHRISTIAN SPIRITUAL FORMATION”

1. Christian Spiritual Formation Is Saying “Yes” To Jesus
2. Christian Formation Is Saying “No” To Our Ego By Taking Up The Cross
3. Spiritual Formation Is Living To Serve Others (Servanthood)
4. Spiritual Formation Is The Process Of “Being Saved” For The Saved
5. Spiritual Formation Is Living In The Fullness Of Life And In The Shadow Of Death.
6. Spiritual Formation Will Be Consummated In God At His Parousia
7. Spiritual Formation Is Sanctification
8. Spiritual Formation Is Learning To Love And Serve The Poor, Blind, The Hungry, The Weeping And Persecuted
9. Spiritual Formation Is About Personal Wholeness, Justice And Peace
10. Spiritual Formation Is Developing Our Spiritual Gift For The Edification Of The Church By The Empowerment Of The Holy-Spirit
11. SPIRITUAL FORMATION IS FILLING UP OF EMPTY CISTERNS OF OUR SOULS WITH LIVING WATER
12. Christian Spiritual Formation Is Intentional
13. Spiritual Formation Is Removing Idols That Sit On The Thrones Of Our Beings
14. Christian Spiritual Formation Is Primed And Supported By The Spiritual Disciplines

15. Spiritual Formation Is The Will Of God For His People
16. Spiritual Formation Is The Process Of Growing Into The Character Of Christ(Christ-likeness)
17. Spiritual Formation Is Developing **SHALOM** With God
18. Spiritual Formation Partakes Of The Suffering Of Christ
19. Spiritual Formation Reject The World “Ethos” To Lord Over Others But To Encourages To Be Slaves To All **Mark 10:42-45**
20. Spiritual Formation Slows Us Down To Listen To God
21. Spiritual Formation Slow Us Down To Listen To Our Soul
22. Spiritual Formation Draws Its Strength From Memories Of God’s Love And Providence
23. Spiritual Formation Counteract The Negative; But Embraces The Positive Aspect Of Our Cultural Heritage
24. Spiritual Formation Involves Spiritual Friendship And Mutual Encouragement

25. Spiritual Formation Is Moving From Prayers In The Mind To Prayer Of He Heart.
26. Spiritual Formation Is Submitting To The Lordship Of Christ.
27. Spiritual formation is journey and a process.

CONCLUSION:

Spiritual Formation In Individual Is Worked Out In Context Of A Community. It Is A Process Where One Grows Into Christ Likeness, Restoring The Image Of God And Becoming The People Of God. It Involve The Will Of The Individual In Cooperation With The Holy Spirit.

It Develop And Internalize Ones Love And Knowledge Of God, Self And Other People And Is Lived Out In Being Mindful Of The Transcendent And Immanent God In Our Everyday Life.