

FORMED

— A SERIES COMPANION —

AN EIGHT-WEEK JOURNEY THROUGH THE SPIRITUAL DISCIPLINES.

“...until Christ is formed in you.”

GALATIANS 4:19



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THIS GUIDE BELONGS TO:

✦ HOW THIS FITS OUR MISSION

Our mission as a church is to glorify God and make disciples by together opening our hearts and doors, inviting everyone to truly live. Our church has identified four qualities of a disciple who is truly living. One of those qualities is being a Cross Walker: someone whose way of life is shaped, in every area, around Jesus. This series and booklet are designed to help us grow as Cross Walkers, shaping our lives not just by what Jesus taught, but by how he lived.

✦ HOW TO USE THIS GUIDE

For eight weeks, we are asking a simple question together: Am I intentionally ordering my life to know and be with Jesus? Each week pairs a Sunday sermon with a spiritual practice that puts us in position for Christ to be formed in us (Galatians 4:19). While it is ultimately the work of God to make us like Jesus, he graciously provides ways for us to participate in that work. As Dallas Willard put it, "Grace is not opposed to effort, it is opposed to earning. Earning is an attitude. Effort is an action."

This guide includes a section for notes during the sermon, along with a response section: How is God speaking to you in what you just heard? What practice might you begin? And how will you weave that into the rhythms of your life?

Your reflections each week will feed into the Way of Life template at the back of the guide. Use it on your own, with a friend, or — best of all — in a Life Group or other groups at CBC!

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My Way of Life



SCAN FOR MORE RESOURCES

★ WEEK 01

Formed *for Life*

SCRIPTURES

SERMON NOTES

[illegible]

★ WEEK 01

Formed *for Life*

WEEK 01 RESPONSE

HOW IS THE SPIRIT DIRECTING ME?

WHAT IS MY RULE?

Who • What • Where • How

WHAT IS MY RHYTHM?

When • How often

★ WEEK 02

Formed *by Scripture*

SCRIPTURES

SERMON NOTES

[illegible]



★ WEEK 02

Formed *by Scripture*

WEEK 02 RESPONSE

HOW IS THE SPIRIT DIRECTING ME?

WHAT IS MY RULE?

Who • What • Where • How

WHAT IS MY RHYTHM?

When • How often

★ WEEK 03

Formed *by Fasting*

SCRIPTURES

SERMON NOTES

FORMED

★ WEEK 03

Formed *by Fasting*

WEEK 03 RESPONSE

HOW IS THE SPIRIT DIRECTING ME?

WHAT IS MY RULE?

Who • What • Where • How

WHAT IS MY RHYTHM?

When • How often

WEEK 04

Formed *by* Silence

SCRIPTURES

SERMON NOTES

FORMED



★ WEEK 04

Formed *by Silence*

WEEK 04 RESPONSE

HOW IS THE SPIRIT DIRECTING ME?

WHAT IS MY RULE?

Who • What • Where • How

WHAT IS MY RHYTHM?

When • How often

★ WEEK 05

Formed *by Prayer*

SCRIPTURES

SERMON NOTES

FORMED



★ WEEK 05

Formed *by Prayer*

WEEK 05 RESPONSE

HOW IS THE SPIRIT DIRECTING ME?

WHAT IS MY RULE?

Who • What • Where • How

WHAT IS MY RHYTHM?

When • How often

★ WEEK 06

Formed *by Sabbath*

SCRIPTURES

SERMON NOTES

FORMED



★ WEEK 06

Formed *by Sabbath*

WEEK 06 RESPONSE

HOW IS THE SPIRIT DIRECTING ME?

WHAT IS MY RULE?

Who • What • Where • How

WHAT IS MY RHYTHM?

When • How often

★ WEEK 07

Formed *by Service*

SCRIPTURES

SERMON NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

★ WEEK 07

Formed *by Service*

WEEK 07 RESPONSE

HOW IS THE SPIRIT DIRECTING ME?

WHAT IS MY RULE?

Who • What • Where • How

WHAT IS MY RHYTHM?

When • How often

★ WEEK 08

Formed *by the Church*

SCRIPTURES

SERMON NOTES

FORMED



★ WEEK 08

Formed *by the Church*

WEEK 08 RESPONSE

HOW IS THE SPIRIT DIRECTING ME?

WHAT IS MY RULE?

Who • What • Where • How

WHAT IS MY RHYTHM?

When • How often

My *Way* of Life

“until Christ is formed in you” · Galatians 4:19

These practices are *means of grace, not means of merit*—not how I earn God’s favor, but how I respond to favor already given. The Spirit forms; my part is to steward the rhythms. I commit to this Way for a season, with freedom to revise it.

NAME _____ THIS SEASON BEGINS _____ REVIEW (3–6 MONTHS) _____

<i>formed by</i>	Scripture	Fasting	Silence	Prayer	Sabbath	Service	Church
DAILY							
WEEKLY							
MONTHLY							
SEASONALLY							

MY ANCHOR PRACTICE

If I can keep only one practice this season, it will be:

REVIEW & ACCOUNTABILITY

I will review this Way of Life with whom::

"We pursue holiness from grace, not for grace." - Brian Hedges, Christ Formed In You