



# **SPIRITUAL FORMATION**

**INTRODUCTION TO THE  
SPIRITUAL DISCIPLINES**

# SPIRITUAL FORMATION

Christian spiritual formation is the process of being conformed to the image of Jesus Christ for the glory of God and for the sake of others (II Corinthians 3:17-18).



# SPIRITUAL FORMATION

Formation is an organic, life-long, and holistic process involving right thinking (orthodoxy), right behaviors (orthopraxy), and right feelings (orthopathy) of individuals and communities.

# SPIRITUAL DISCIPLINES

- Spiritual disciplines are habits, practices, and experiences that are designed to develop, grow, and strengthen certain qualities of spirit — to build the “muscles” of one’s character and expand the breadth of one’s inner life.



# INWARD DISCIPLINES

Meditation

Prayer

Fasting

Study

# OUTWARD DISCIPLINES

Simplicity

Solitude

Submission

Service



# CORPORATE DISCIPLINES

Confession

Worship

Guidance

Celebration