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Formation groups

**Real people helping each other
to keep their life on track**

Formation Groups are small groups of between 2-4 people that meet to help to become more like Jesus in our lives, by focusing on:

- being honest, open and accountable to each other about our relationship with God and others
- engaging in simple practices, or disciplines, that develop our character
- encouraging each other in reading scripture each week
- praying for our friends

Our aim is to love God and love others and to do this we review our lives together and encourage each other in our discipleship.

Keeping the main thing the main thing

Questions that will help you honestly review your life – use as appropriate

Connecting with God - Temptations and sins

- What temptations am I currently facing?
- Have I given in to any addictive behaviour this past week?
- Have I been sexually pure in both thoughts and behaviour?
- Have I been honourable in my financial dealings?
- Have I been tempted by jealousy or envy?
- Have I been generous?

Connecting with others – Relationships

- Am I at peace with everyone I know?
- Is there anyone whom I fear, dislike, disown, criticize, hold resentment toward or disregard? If so, what am I going to do about it?
- Have I damaged another person by words, either behind their back or face to face?
- Have I been honouring, understanding and generous in my relationships this week?
- Have I needed to forgive anyone this week, and if so have I been able to do that?
- Have I invested the right amount of time in the relationships most important to me?

Connecting with God - Disciplines and practices

- What Scripture have I read this week? Did it shape the way I think and live?
- How was my prayer life this week?
- Have I receive a specific answer to my prayers? What was it?
- Am I getting to bed on time and getting up on time?
- In what ways did God make his presence known to me since the last meeting?
- Have I sensed any influence or work of the Holy Spirit since the last meeting?
- What spiritual gifts did the Spirit enable me to exercise? What was the outcome?
- What fruit of the Spirit would I like to see increase in my life and what area of my life do I feel that God most wants to change? What disciplines might be useful in this effort? What specific steps am I taking with this?

Connecting with others - Representing Christ

- Have I been witnessing to Christ in both words and actions?
- Have I talked with anyone about Christ?
- Have I prayed for my friends?
- What opportunities did God give me to serve others since the last meeting? How did I respond?
- Did I encounter injustice to our oppression of others? Was I able to work for justice and shalom?

Spiritual Practices that can help us

A list of some of the most common Spiritual Disciplines Christians engage in

- **Celebration:** Taking delight in ourselves, our life and our world builds confidence in God.
- **Confession:** Sharing our deepest weaknesses and failures with God and trusted friends, through which we experience grace, forgiveness and healing.
- **Fasting:** Abstaining from food (usually), so we learn to be sweet and strong when we don't get what we want.
- **Fellowship:** Engaging with other disciples enlarges our capacity to experience more of God.
- **Giving:** Giving stuff (and money) away releases us from the love of things and money.
- **Meditation:** Prayerful ruminating on God, His word and His world. This may also include memorising scripture.
- **Prayer:** Interactive conversation with God about what we and God are thinking and doing together.
- **Sacrifice:** Deliberately forsaking the security of satisfying our own needs with our resources - in the faith and hope that God will sustain us.
- **Secrecy:** Consciously refraining from having our good deeds and qualities generally known disciplines our longing for recognition.
- **Service:** Loving, thoughtful, active promotion of the good of others and God's causes in our world helps us to go beyond ourselves.
- **Silence:** Closing off our souls from sounds, noise, music and words. This stills the inner clatter of our hearts, and helps us to be increasingly attentive to God.
- **Simplicity:** A single-hearted focus on God results in an outward lifestyle of modesty and openness. This checks our hunger for status, glamour and luxury.
- **Solitude:** Creating an open, empty space in our lives by abstaining from interaction with others puts us in a place to be found by God.
- **Study:** Engaging the mind with the Bible and God's world so the mind conforms to the thing on which it concentrates.
- **Submission:** Allowing God to direct your life and allowing others to input into your life.
- **Worship:** Expressing the greatness and goodness of God and entering into his presence.

Use this page to make notes about the things you are working on

Connecting with God

Temptations I am resisting:

Disciplines I am engaging in:

Scripture I am reading:

Connecting with Others

Connecting with others: Friends I am praying for: