



### Formed by The Word

The first of the spiritual formation practices is truly foundational - reading, hearing and meditating on the Scriptures. More than just a habit, this shapes our mind and soul to think and act like Jesus.

#### Starting thoughts for your group -

- If you grew up in Church, what were your favorite Bible stories as a child or young person?
- What were your favorite Bible characters, and why?
- Learning stories and memorizing individual verses is a good practice, but if we consider the Scriptures to be the full narrative of God's work in the world, and a description of the reality we live in, does learning about separate stories and characters actually limit our full understanding of the Bible later in life? Discuss this with your group.

#### Watch Video #2, then discuss...

As we begin thinking about developing a Rule of Life, consider practices you can incorporate in these times from Deuteronomy 6:

*When you rise up, when you lie down,  
when you're around the house, when you walk along the way*

**Means of Grace:** Not just disciplines, but habits I develop because I am a disciple "Signs, words, and actions ordained by God as the **ordinary** channels through which He conveys prevenient, justifying, and sanctifying grace" - John Wesley

**Works of Piety** - Personal, Family & Community Holiness

- Scripture, prayer and worship, abstinence, Communion and baptism

**Works of Mercy** - Social Holiness

- Sharing the Gospel, serving the poor, hospitality, promoting holiness

#### Letting Scripture Form Us, Right Now!

Have a group member read a passage out loud, listen and meditate on it for a moment, then share what insights you feel the Spirit stirring in you...

1. **Luke 24:44-49** - Jesus opens the disciples minds to understand the Scriptures - *We can pray for deeper understanding of the Bible*
2. **1 Corinthians 2:6-16** - Godly wisdom brings mature thinking and gives us the mind of Christ - *We can pray for spiritual wisdom and maturity*
3. **John 6:66-69** - Jesus' words give eternal life - *We can pray for more of His life*
4. **Hebrews 4:12** - Scripture teaches us what is from God's Spirit or from my human soul - *We can pray for discernment to know His voice*
5. **Romans 10:13-17** - Regularly hearing God's Word proclaimed produces faith - *We can pray for increased faith*
6. **Colossians 3:15-17** - When the Word of Christ dwells deeply within us, we can know His peace - *We can pray for peace as we meditate daily on His Word*
7. **Revelation 19:11-16** - The most powerful weapon in the Bible is the Word from the mouth of Jesus - *We can pray to experience the power of His Word*

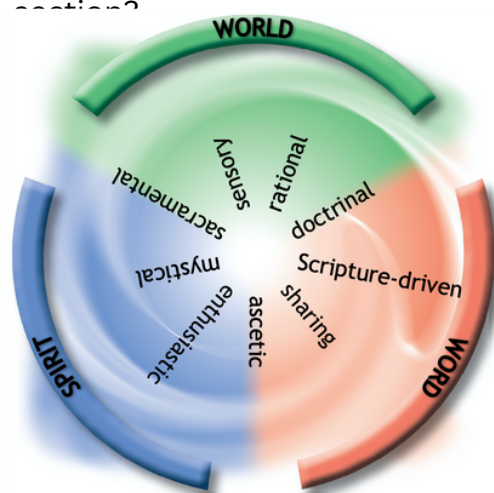
*Over the next seven days, read and meditate on the passages above, letting the Word of God form you!*

## EN-CORE JOURNEY

SCRIPTURE • BELIEFS • PRACTICES

### Engaging with Scripture

If we consider the Scriptures as the Story we live in, a full narrative of God's work in the past, present, and future, explaining the reality of the world around us, we realize they are more than a collection of interesting stories or information about God. They are an open invitation to know God and participate in His work. Last week we introduced the diagram of Spiritual Styles below - how strongly do you feel connected to the red / "Word" section?



### Accountability!

Consider how you can engage with Scripture this week to strengthen your "Word connection" - share with ideas with your group!