



## Faith is For Living!

The third part of The EN/CORE Journey takes us from head to heart to hands in exploring the practices of Spiritual Formation that create an environment for new growth and depth in our relationship with God and with others.

### Discuss with your group -

- Share about times you have felt closest to your family and loved ones - For example, a shared experience (*a vacation or adventure*), or a shared activity or project (*making something together*), or maybe a conversation about life (*around the table or a campfire*)?
- Now consider times you have felt close to God. Have they been centered around new knowledge or understanding of God (*reading the Bible, hearing a sermon*), sharing a worship experience (*singing together, taking Communion*), or doing something with other believers (*a service project or mission experience*)?
- Take note of the ways you most naturally feel close to God and others!

### Watch Video #1, then read and discuss...

#### Right relationship with God and others come from...

- **Orthodoxy** - right belief (mind)
- **Orthopathy** - right heart (motivations)
- **Orthopraxy** - right practices (hands)

Look at the diagram on the right about Spiritual Formation styles - which one fits you best?

- **Read Deuteronomy 6:1-8** - This passage forms the core of Jewish spiritual formation and walking in right relationship with God and with others.
- **6:1-3** - Moses is preparing to pass on God's commandments to the people of Israel before they enter the Promised Land. What are the promises God gives if they follow His commands?
- **6:4-9 - The Shema** - Shema in Hebrew means "to hear and understand", which is the first word in verse 4, which is why this passage is called the Shema.
- When Jesus was asked which commandment was the most important, He quoted these verses (**read Matthew 22:36-40**)
- **As the diagram shows, each of us more naturally is drawn to loving God with our mind, heart, or strength. Based on your Spiritual Formation style, which is most natural for you?**
- This passage encourages us to love and serve God with all parts of our being. Keep this in mind as you develop new patterns and habits, perhaps in ways that are different than what you have done before!
- In Deuteronomy 6:6-9, in what places and activities are we encouraged to pass on our faith in God? As a group, discuss how we can do this in our daily lives in the modern world...

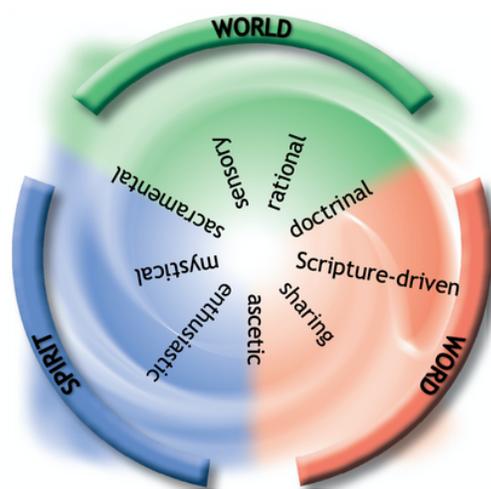
## EN-CORE JOURNEY

SCRIPTURE • BELIEFS • PRACTICES

## What is Your Spiritual Formation Style?

God has created us each uniquely with Spiritual gifts, activities we most enjoy, skills and abilities, personalities, and our experiences. Throughout Scripture and the history of the Church, there have been a variety of practices that believers in Jesus have followed to draw close to God and grow in their faith.

Looking at the graphic below, what style are you drawn to?



## Accountability!

Share with your group the area you are seeking to grow spiritually this week, and what practice you will engage in.