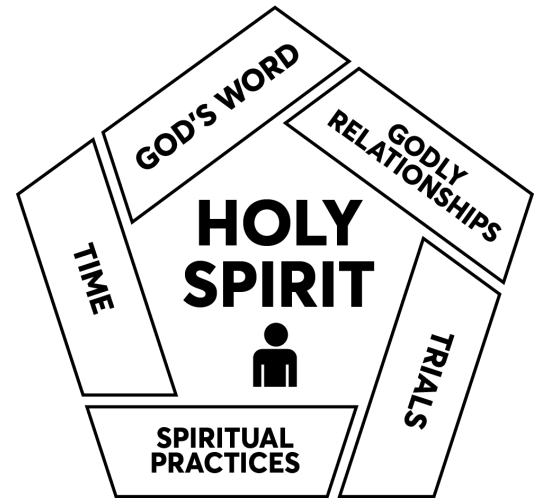


## DISCUSS & ENGAGE THE SCRIPTURES

1. Spiritual formation is the process of being formed into the image of Christ to become a person of love. The Holy Spirit forms us through the ways below. What is the Holy Spirit showing you about your spiritual formation?
  - God's Word – [2 Timothy 3:16-17](#)
  - Godly Relationships – [Ephesians 4:15-16](#)
  - Trials – [James 1:2-4](#), [1 Peter 1:6-7](#), [Romans 8:28-29](#)
  - Spiritual Practices – [Colossians 3:9-10](#)
  - Time – [Galatians 6:9](#)



2. A spiritual practice is doing what I can do now to open myself up to God's grace. What (if any) spiritual practice is the Holy Spirit highlighting for you to consider practicing? (See page 2) Remember, spiritual practices:
  - are not a measure of maturity
  - are an invitation, not an obligation
  - are not one-size-fits-all
  - are done with God, not for God
  - are done in the secret place
3. Read [1 Timothy 4:7-8](#). The spirit of the world has a plan to form us into it's image. But we can intentionally plan to train ourselves to be godly. What would it look like for you to have a training plan for godliness in your life?

## PRAY

Pray together: Jesus, help me be open to Your changing grace.

## LEADERS

- Serve the City registration is open, sign up [here](#) to serve on February 17.
- Visit [valleycreek.plus](#) to rewatch the message and access all resources.
- Grab a journal and access the reading plan at [valleycreek.org/adifferentway](#).
- As you take attendance, please add notes on question #1.



# SPIRITUAL PRACTICES

