

## What is Christian 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 (2 Corinthians 3:17-18).

*The focus of spiritual formation is the Holy Spirit, who guides the ongoing journey.*

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

**Discipleship** focuses on the maturing of one's faith in the context of the particular beliefs and values of a faith community. Disciples are respected and spiritually mature mentors and leaders in a faith community.

Spiritual disciplines are the tools of spiritual formation. Only the Spirit can bring about spiritual formation.

(Portland Seminary @ George Fox University)

**Spiritual Formation** is a process, but it is also a journey through which we open our hearts to a deeper connection with God. We are not bystanders in our spiritual lives, we are active participants with God, who is ever inviting us into relationship with him.

(Renovare)

5 Facets in **Spiritual Formation**:

- Reflective reading
- Active repentance
- Total stewardship
- Penetrating prayer
- Community Accountability

(Christianity Today)

The Episcopal Church Offices of Young Adult and Campus Ministries and Youth Ministries have created a shorthand formula as a resource in guiding and planning Christian formation.



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