



Practicing the Way

SESSION 03: FORMATION 02

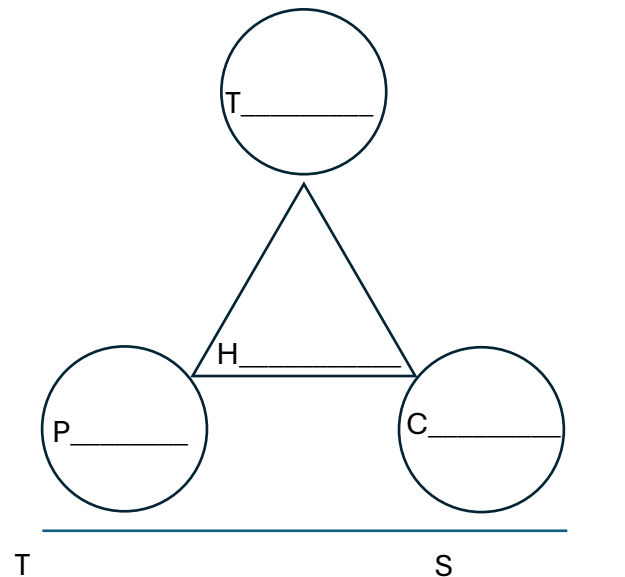
TEACHING NOTES

In the last session, we explored the reality that we're **already being formed** by our habits, relationships, environments, and more. Therefore, all formation in the Way of Jesus is **counter-formation**. As apprentices of Jesus, our goal is to intentionally slow our lives down to find deep joy in walking with Jesus.

NOTES

Intentional Spiritual Formation:

**Adapted from Dr. James Bryan
Smith's 'Triangle of Transformation'
in The Good and Beautiful God.*



SCRIPTURE

The student is not above the teacher, but everyone who is fully trained will be like the teacher.

—Luke 6v40

PRACTICE

Daily reading of Scripture

Information alone doesn't produce transformation. To grow, let's put what we've learned into practice.

Last session, you conducted a Formation Audit. You made a list of all your habits and relationships, and then you attempted to connect the dots between them and your formation or deformation.

Did you identify any habits or relationships or stories that seem to be having a negative effect on you?

This session's practice is to take the next step and replace an old habit with a new practice.

And if it's not already a part of your daily life with God, we invite you to begin the practice of reading Scripture. The best way to do this is likely to **add** it to the daily prayer rhythm you began two sessions ago. Hopefully by now you're learning to carve out a quiet place and time, for you to come to quiet before God. A next step could be to integrate the reading of Scripture into your daily rhythm in a prayerful, peaceful way.

Here are a few reminders from the Prayer Practice:

01 Identify a quiet *place* that is distraction-free.

- This could be a corner in your home or a nearby park. Find somewhere that you can focus and be at peace.
- If at all possible (unless you're using an app to read or follow a reading plan), put your phone away in another room.

02 Identify a quiet *time*.

- For many people, first thing upon waking is the best possible time to do this; but for you, it may be before bed, or while your baby is napping mid-morning, or on a lunch break.
- The general rule is: *Give God your best time of the day.*

03 Come to quiet

- Start with a few deep breaths ... in and out of your nose, and let your mind and body calm down.
- This may take a few minutes. You're not in a hurry.
- And then ...

04 Open your heart to God in prayer

- Again, there's no "right" way to pray. But you don't have to start from scratch.

05 Read Scripture

- Choose a section of Scripture or follow a Bible reading plan suggested in the Keep Growing section below.
- As you read, you might want to notice what resonates with you, what emotionally lifts off the page and into your heart.
- Your goal is to listen for Jesus' voice coming to you.

This whole exercise can be done in five minutes, or it can easily take up to an hour — again, that's up to you. The key is: Start where you *are*, not where you feel you "should" be.



PRACTICE REFLECTION

01 How did your practice of reading Scripture go?

02 Where did you experience resistance in this practice?

03 In what ways did you encounter God in it?

04 Did anything surprise you?

PROCESS TOGETHER

In your group, take this handout along.

This is an important opportunity to discuss and share experiences.


Your leader will have more opportunities for discussion with questions to dig deeper. It's important to remember that not everyone will have the same experience as you, so listen and be a helpful encouragement to the other members.

NOTES



FURTHER RESOURCES

The Practices — An in-depth look at each of the practices including a further 4 sessions presented by John Mark Comer and team on the practice of reading Scripture can be found on the website: www.practicingtheway.org/scripture

YouVersion Bible App -  Some great reading plans to help you, including some from the bible project which is recommended.

The Bible Project - Some great videos and resources that help people engage with Scripture.

The Podcast - Episode 03 of the Practicing the Way podcast: link.practicingtheway.org/course-s2b