

growing closer to God and one another

Principles of Spiritual Formation Groups:

1. Groups are made of 2-3 same gender people committed to meeting or talking weekly. A 4th member can be added for a time. Once the 4th person is a regular in attending, the group should prayerfully multiply into 2 groups. These new groups would prayerfully look for a third person to invite to join.
2. Groups should use the Examen prayer practice to prayerfully and confessionally reflect on God's presence and desire for their lives. The reflection questions are attached to this pamphlet.
3. Each week, the group will agree what book of the Bible (or chapters) they will read before the next meeting. The focus is on reading large portions of Scripture in context to hear what God's Word says as it is written. This is not a Bible Study but a time to listen to God's Word and share how it has challenged, brought peace, or convicted each person throughout the week. They will hold each other accountable and if one member does not complete the reading, all members will read the selection again the next week so that you can discuss it as a group. As you consider selected readings, make it something that is obtainable for everyone in the group. If you have an exceptionally busy week coming up, choose a shorter reading like one of the NT letters. It is important that everyone in the group is able to do the reading during the week. Be free of judgment if someone fails to get the reading done that week. Receive this repetition of scripture as a gift to listen more deeply to what God might be saying.
4. Groups will utilize the prayer focus on the same handout as the Examen questions and share their prayer needs and the prayer needs of others before closing in prayer.
5. At some point groups will decide that it is time to invite somebody else who would be blessed by a Spiritual Formation Group. All group members must agree before extending the invitation. Groups that do not grow after six months are encouraged to discuss whether to seek new groups, take a break, or continue to grow together.