

Spiritual Formation Groups

"WHERE TWO OR MORE GATHER IN MY NAME, THERE I AM WITH THEM..."

Spiritual Formation Groups (SFG) are 2-3 people who commit to meeting for an hour weekly to pray, grow closer to God and one another, and commit to reading Scripture.

Overview

- Groups consistently meet for 1 hour a week. Adapt this to what is best for your group (i.e. lunch, coffee, a phone call while on a walk, meet for a walk, etc.)
- Groups are 2-3 of the same gender
- A 4th consistent member means the beginning of 2 groups
- Groups are meant to be mutually beneficial, therefore there are no leaders.
- Three focuses of a SFG:

The Examen – Use this prayer exercise to reflect together to see God’s activity in your lives

Scripture – Commit to consistently reading large portions of God’s Word together throughout the week in context and discuss it together

Prayer – Continually pray for one another specifically throughout the week

SFG’s are simple, yet powerful and effective. They do not require “training” and should not be considered a program. This is a simple tool for God’s people to engage in life together for the sake of maturing spiritual disciples by incorporating God’s presence and God’s Word into deliberate relationships through the Spirit.

How to Start a Group:

Prayerfully consider who you might ask to join you in an SFG. After prayer, contact and send them this pamphlet and ask if they would be willing to commit to meeting weekly in some capacity to grow closer to God and one another.