

spiritual formation



your playbook for growing and becoming more like Jesus.

Growth takes being intentional.

As followers of Jesus we are all called to become like Him. Jesus accepts us as we are and loves us too much to allow us to stay the same.

There is so much more to life than what we make it and if we're not intentional, we can settle for a life that is less than what God intends.

Our prayer is that you grow in health and maturity in every area of your life.

Life is better with Jesus and Jesus makes us better at life.

Do you have healthy rhythms and holy habits in your life to cultivate a healthy soul?

Growth doesn't happen on accident, we have to be intentional.

Growth is uncomfortable and growth is not easy...But it sure is worth it. Don't give up. You're doing better than you think you are.

**Blessings,
New Life South Coast**

spiritual formation

- The process of becoming like Jesus
- To be a Christian is to be transformed into the image of Christ.
- Christian = Christ-like = mini Christ

2 Corinthians 3:18

"So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like Him as we are changed into His glorious image."

- Spiritual formation requires personal ownership and corporate commitment.

personal ownership



- I must intentionally create a rhythm of implementing holy habits into my life.
- These holy habits will help shape me in the image of God.
- Holy habits = intentional disciplines that empowers me on my journey of becoming more like Jesus.

John 15:4

"Remain in Me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in Me."

rhythm of life

- Four key areas = *prayer, work, rest, & relationships*
- My soul needs a daily rhythm in order to grow and develop into Christ's image.

A painting depicting Jesus Christ sitting on a rock, pointing upwards with his right hand. He is wearing a red tunic and a blue cloak. He is surrounded by a crowd of people, including men and women, some looking at him with interest and others looking away. The background shows a landscape with hills and a bright sky. The overall tone is serene and contemplative.

Matthew 11:28

"Are you tired? Worn out? Burned out on religion? Come to Me. Get away with Me and you'll recover your life. I'll show you how to take a real rest. Walk with Me and work with Me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with Me and you'll learn to live freely and lightly."

Prayer

- It is critical that I communicate with God daily.
- I want to start my day with Jesus.
- I want to end my day with Jesus.

Luke 4:42

"Early the next morning Jesus went out to an isolated place. The crowds searched everywhere for Him, and when they finally found Him, they begged Him not to leave them."



(download prayer app for apple.)



(download prayer app for android.)

Work

- I approach work as a form of worship unto God.
- I serve on a ministry team as a part of the local body of Christ.
- I reflect the heart of Jesus by giving my time, talent, & treasure.

Colossians 3:23

"Work willingly at whatever you do, as though you were working for the Lord rather than for people."



*(link to a book that
is a great resource.)*

Rest

- I practice sabbath rest weekly to replenish my mind, body, & soul.
- I find pleasure & joy in my loved ones.
- I replenish my being through holy leisure like exercise, watching a movie, doing a hobby.



(learn more about a Biblical definition of Sabbath rest.)



"I AM A HUMAN BEING NOT A HUMAN DOING..."

Ecclesiastes 5:18

"Even so, I have noticed one thing, at least, that is good. It is good for people to eat, drink, and enjoy their work under the sun during the short life God has given them, and to accept their lot in life."

Relationships

- I was created to live in harmony with others.
- I am not an island.
- My family is my first ministry.
- I cultivate deeper connections with my spouse & children
- Date nights are important to me.
- family devotionals are a staple in our house.

Joshua 24:15

"Choose today whom you will serve...as for me and my family, we will serve the Lord."



(link to a book that is a great resource.)

Church

- I am a part of the family of God called the Church.
- I commit to attending Sunday gatherings.
- I am in intentional relationships through Crews, Teams, & Radical Mentoring.
- I serve the City through our outreaches.
- I give financially to support the mission of the Church.




*(link to a book that
is a great resource.)*

The Best Is Yet To Come



*(stay connected &
download our church app)*

 your playbook for growing and becoming more like Jesus.