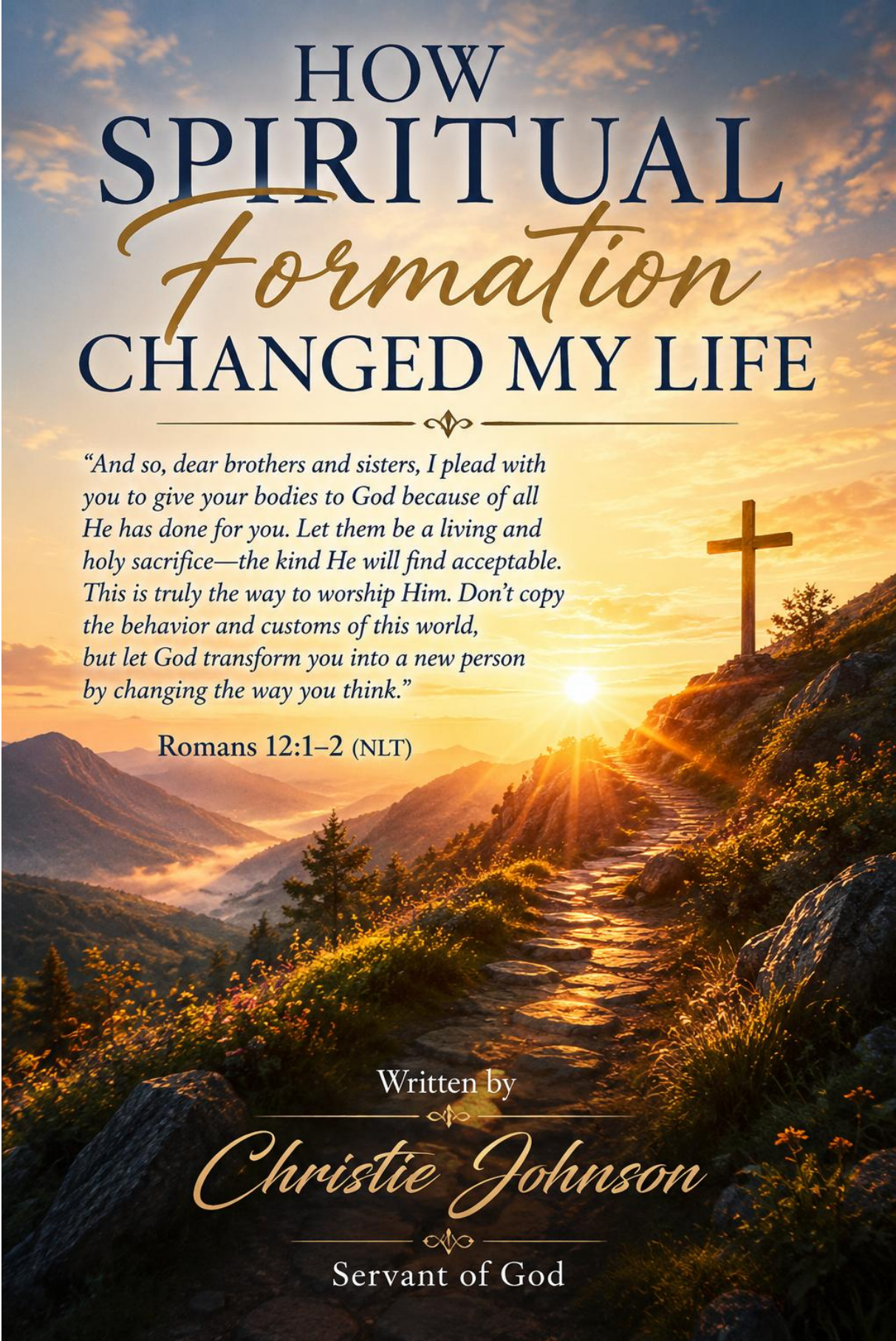




HOW SPIRITUAL *Formation* CHANGED MY LIFE

“And so, dear brothers and sisters, I plead with you to give your bodies to God because of all He has done for you. Let them be a living and holy sacrifice—the kind He will find acceptable. This is truly the way to worship Him. Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.”

Romans 12:1–2 (NLT)

Written by

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Unless otherwise noted, all Scripture quotations are taken from the Holy Bible, New Living Translation (NLT).

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This resource is intended to provide biblical encouragement, spiritual guidance, discipleship, and leadership development rooted in the truth of God's Word.

It is not intended to replace the care of a local church, pastoral counsel, professional counseling, legal advice, medical treatment, or mental health services. If you are facing circumstances that require professional assistance, please seek help from qualified professionals while continuing to trust the Lord for His wisdom, comfort, healing, and strength.

A Personal Note

Thank you for taking the time to study God's Word through this resource.

My prayer is that every page points you to Jesus Christ rather than to me. Any wisdom found in these pages comes from God's Word and from His faithful work in my own life. My desire is simply to faithfully teach His Word, encourage your walk with Him, and help you continue growing into the disciple He has created you to be.

Wherever you are in your spiritual journey, I pray this study strengthens your faith, deepens your understanding of God's truth, and encourages you to live as a faithful follower of Jesus Christ.

“Pointing people to the hope, healing, and transformation found in Jesus Christ.”

Contact

If this resource has encouraged you and you would like additional Bible studies, discipleship resources, leadership materials, or prayer, I would be honored to hear from you.

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Changed My Life

For many years, I believed spiritual growth was primarily about learning more about God, attending church, reading my Bible, and trying to live as a faithful Christian. While those things are important, God eventually showed me that He wanted something much deeper.

He wasn't simply interested in changing my behavior.

He wanted to transform my heart.

As I began studying spiritual formation, I discovered that it is the lifelong process through which the Holy Spirit transforms us into the likeness of Jesus Christ. Spiritual formation is not about becoming a better version of ourselves. It is about surrendering ourselves completely to God and allowing Him to reshape our thoughts, desires, attitudes, relationships, and actions so that Christ is reflected more clearly in our lives.

When I first began to understand this truth, I realized that God had been doing this work in my life long before I knew the term "*spiritual formation*."

Throughout my life, I have experienced seasons of pain, rejection, loss, grief, and brokenness. For many years, I asked God to change my *circumstances*. Instead, He often chose to change me. He used difficult situations to teach me dependence, humility, forgiveness, perseverance, and trust. Looking back, I can now see that even the hardest seasons of my life were part of God's transforming work.

One of the greatest lessons spiritual formation taught me is that transformation begins on the inside. Jesus said,

"A good tree produces good fruit, and a bad tree produces bad fruit,"

Matthew 7:17

God knew that lasting change would never come from simply modifying outward behavior. He wanted to heal the wounds in my heart, renew my mind with His truth, and help me see myself through His eyes instead of through the lens of my past.

As I surrendered more areas of my life to Him, God began replacing fear with trust, bitterness with forgiveness, insecurity with identity in Christ, and self-reliance with dependence upon Him. The process was not quick, and it is continuing today. Spiritual formation is not a destination we arrive at. It is a lifelong journey of becoming more like Jesus.

My studies in Christian Ministry and now in Christian Leadership with an emphasis in Spiritual Formation have helped me understand this process more clearly. They have shown me how God uses Scripture, prayer, community, worship, obedience, suffering,

relationships, and even ordinary daily experiences to shape us into the people He created us to be. Another passage that has become especially meaningful to me is:

Jesus says, "Yes, I am the vine; you are the branches. Those who remain in Me, and I in them will produce much fruit. For apart from Me you can do nothing."

John 15:5

Spiritual formation taught me that true transformation is not something I accomplish through effort alone. It happens as I remain connected to Christ and allow the Holy Spirit to work within me.

This understanding has completely changed how I view ministry. I no longer see ministry as simply teaching people information about God. My desire is to help people experience transformation through a growing relationship with Him. Information is important, but transformation happens when God's truth moves from our heads into our hearts and begins changing how we live.

Everything on this website flows from that conviction. Whether I am writing a Bible study, sharing a testimony, mentoring someone, or creating resources, my goal is not simply to provide knowledge. My prayer is that God uses these resources to help people draw closer to Him and experience the life-changing transformation that only He can bring.

Spiritual formation has taught me that God is far more concerned with who I am becoming than with what I am accomplishing. He is continually shaping me into the image of Christ, and He is doing the same for every believer who is willing to surrender to His work.

I am still learning.

I am still growing.

I am still being transformed.

And I am grateful that God is not finished with me yet.



Closing Scripture

"And I am certain that God, who began the good work within you, will continue His work until it is finally finished on the day when Christ Jesus returns."

Philippians 1:6



A Prayer of Thanksgiving to God

Heavenly Father,

Thank You for never giving up on me and for faithfully transforming my life through every joy, trial, victory, and valley. Thank You for renewing my mind through Your Word, healing my heart, teaching me to trust You, and using every experience to prepare me for the work You have called me to do. I am especially grateful for the privilege of studying Your Word and gaining a deeper understanding of the transforming work You have been accomplishing in my life through Jesus Christ. Continue the good work You have begun in me, and may every word I write, every lesson I teach, and every person I serve bring glory to Your name.

All praise, honor, and glory belong to You alone.

In the precious name of Jesus,

Amen.

A Prayer for You

Heavenly Father,

Thank You for loving us enough not to leave us where we are. Thank You for patiently shaping us into the image of Your Son. Help us to surrender every area of our lives to You and trust the work You are doing within us, even when we cannot fully see it. Renew our minds with Your truth. Heal the places that are broken. Teach us to depend upon You daily and help us become the people You created us to be. May our lives increasingly reflect the character, love, and faithfulness of Jesus Christ.

Continue Your transforming work in us and use our lives for Your glory.

In the precious name of Jesus,

Amen.

Continue the Journey

Spiritual formation is not completed in a single moment. It is a lifelong journey of remaining close to Jesus Christ, surrendering to the work of the Holy Spirit, and allowing God's Word to transform every area of your life. Continue trusting Him, even when growth feels slow, because God is faithfully shaping you into the likeness of His Son.

A Scripture to Carry With You

*"And the Lord—who is the Spirit—makes us more and more like Him as we are changed into His glorious image."
2 Corinthians 3:18*

Prayerfully prepared by

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