

The image features a stylized orange flower with four petals on the left side. The petals have a gradient from light orange to a darker orange. A thick, grey, brushstroke-like shape extends from the base of the flower towards the right, creating a textured background for the text. The text "Spiritual Formation" is written in a black, serif font across the center of the image, overlapping the grey brushstroke.

# Spiritual Formation



# Spiritual Formation

- AC/Heat unit & sagging roof
- Expanding capacity for more of God (HS landing on, not expanding in) (Eph 3:14f)
- Christ must be formed in us. We must strengthen our inner being & expand our capacity for more of God's presence & His love.



# Spiritual Formation

- God wants every member of His family to be a disciple, and every disciple to be a disciple maker. He wants everyone to know & be like Jesus, and everyone to help others on that same journey. (Strengthened; Spirit-filled; Sent out)
- How are we transformed? How are we strengthened so as to increase our God-capacity?
- How do we become part of the transforming of others?



# Spiritual Formation Healing the Soul:

- The first key to the healing of the soul is the person must grow in **self-awareness**.
- 1 John 1:5f, “God is light; in him there is no darkness at all. If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.”

## Healing the Soul: Developing self- awareness

Three keys to soul health:

- (1) Self-awareness. You have to live in reality.
  - Walk in the light (1 Jn 1) - The Holy Spirit convicts us and shows us the truth about ourselves. (e.g., envy)
  - We cannot heal that which we will not admit. God cannot cleanse that which we will not confess.



# Spiritual Formation

## Healing the Soul: Developing self- awareness:

Three keys to soul health:

- (1) Self-awareness. You have to live in reality.
  - Benner - God wants us to admit all parts of our self. We tend to deny certain parts of our self (weak, broken, deceitful self). We learn to develop pretend selves. (e.g., sister hides hatred, b/c its accepted)
  - Discover underlying issues; Jesus said, “Out of the overflow of the heart the mouth speaks.” (Splinters - e.g., fear of not being loved/conflict)
  - Listening to others (criticism; conflict)



# Spiritual Formation

## Healing the Soul: Developing self- awareness:

Three keys to soul health:

2. We need God's presence and power in our life.
  - God alone can heal the soul. We need to become attentive to the Spirit in our life, and allow him to heal.
  - We need to experience God's love, and hear Him speak. (our soul is like vapor; God speaks us into 'existence' - solid center)



# Spiritual Formation

## Healing the Soul: Developing self- awareness:

Three keys to soul health:

2. We need God's presence and power

- Benner - "Personhood is not an accomplishment; it is a gift. . . Our true self - the self we are becoming in God - is something we receive from God."
- God can address the areas of brokenness in our lives, and move us to wholeness (lies; family sin patterns; wounds; repentance & receiving forgiveness; bitterness & extending forgiveness; fears; deliverance)





## Spiritual Formation

# Healing the Soul: Developing self- awareness:

Three keys to soul health:

2. We need God's presence and power in our life.
- We must do all we can to put ourselves in God's presence. There are various pathways to God's presence. Let's look at some.



# Spiritual Formation

## Healing the Soul in God's presence:

### Pathways to God's presence:

- Worship & Thanksgiving (Ps 100:4, “Enter his gates with thanksgiving and his courts with praise.”)
- The Word (2 Timothy 3:16, “All Scripture is God breathed & is useful for teaching, rebuking, correcting & training in righteousness, so that all God's people may be thoroughly equipped for every good work.”)
- Communion (real presence)



# Spiritual Formation

## Healing the Soul in God's presence:

### Pathways to God's presence:

- Worship & Thanksgiving (Ps 100:4)
- The Word (2 Timothy 3:16)
- Communion (real presence)
- Community (Mt 18:20, "For where two or three come together in my name, there am I with them.") (1 Cor 12:7, "Now to each one the manifestation of the Spirit is given for the common good.")  
(prophetic gifts)
- Reproducing disciples (Mt 28:16-20)



# Spiritual Formation

-healing the Soul in  
God's presence:

Pathways to God's presence:

- Worship & Thanksgiving (Ps 100:4)
- The Word (2 Timothy 3:16)
- Communion (real presence)
- Community (Mt 18:20) (1 Cor 12:7)
- Reproducing disciples (Mt 28:16-20)
- Silence & stillness (Psalm 46:10, "Be still and know that I am God.")
- These are just some pathways to God's presence. We must access His presence for healing of the soul.



# Spiritual Formation

## Healing the Soul - one last key:

Three keys to soul health:

1. Self-awareness
2. We need God's presence and power
3. We need to cooperate with the healing process. We must choose healing. Jesus asked, "Do you want to get well?" We have to tap into tools like renewing the mind, spiritual disciplines (fasting, confession, meditation, etc), pursuing God's presence, making good choices, guarding our heart, Spirit-led reflection & humbling ourselves in Christian community.





# Spiritual Formation Story Telling:

- The importance of your story. The first question I ask when I sit down with someone who wants to meet me is, “Tell me your story.”
- Why is this important? (accesses three keys)
- You’re story will reveal ...
  - Events that shaped you and wounded you.
  - Lies that bind you (Bill Glass)
  - Sins & Strongholds that haunt you (e.g., family sin patterns)
  - Bitterness



# Spiritual Formation

## Story Telling:

- With the help of the Spirit we can develop the discernment to connect a person's story to their current reality. (e.g., someone comes to see you struggling with anxiety/panic attacks - what is the issue?) (e.g., woman abused by alcoholic father; raped; what will she struggle with?)
- People generally know the things to tell you. They will tell you the most important stuff if they are *honest*, and if they haven't repressed it.





# Spiritual Formation Story Telling:

- Why should we go backwards and deal with this stuff from our past?
- Time does not heal all wounds. If someone sins against you as a child, unless you forgive that person, then the wound and the bitterness will hurt you. (woman abused by her brother - drugs; promiscuity; alcohol abuse; 10 years counseling)



# Spiritual Formation Story Telling:

- Why should we go backwards and deal with this stuff from our past?
- Ephesians 4:26-27, “In your anger do not sin’: Do not let the sun go down while you are still angry, and do not give the devil a foothold.” If you never let the sun go down on your anger, you’d never have to deal with the past.
- Our past effects our present. “Out of the overflow...”



# Spiritual Formation

## Story Telling:

Overview of what to listen for (7 areas):

1. **Lies** - Romans 12:2, “Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” Lies form in all of our hearts - they come from Satan, culture, families and ourselves. No one escapes their influence. (e.g., you are told over and over, “you’ll never amount to anything.” How will that affect you?)
2. **Family Sin Patterns** - The sins of the parents visit their children. (e.g., Abraham - what were some of the sin patterns in Abraham and Sarah that were passed on to their children?)



# Spiritual Formation Story Telling:

Overview of what to listen for:

1. **Lies** - Romans 12:2
2. **Family Sin Patterns** - The sins of the parents visit their children. (e.g., Abraham - what were some of the sin patterns in Abraham and Sarah that were passed on to their children?)
  - Lying - Gen. 20, Abraham & Abimelek; Gen. 26, Isaac & Abimelek; Gen. 27 - Jacob & the blessing
  - Control - Gen. 17, Hagar; Gen.25, birthright



# Spiritual Formation Story Telling:

Overview of what to listen for:

3. **Wounds** - We get wounded in our spirits in life, and God can heal those wounds.

(e.g., abuse; divorce; abandonment, etc.)

- Isaiah 53:4-5, “Surely he took up our *pain* and bore our *suffering*, yet we considered him punished by God, stricken by him and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us *peace* was on him, and by his wounds we are *healed*.”



# Spiritual Formation Story Telling:

Overview of what to listen for:

3. **Wounds** - We get wounded in our spirits in life, and God can heal those wounds.
  - Mark 5:24-34 - the woman who touched Jesus' garment; cf. Mark 6:56, "Wherever he went - into villages, towns or countryside - they placed the sick in the marketplaces. They begged him to let them touch even the edge of his cloak, and all who touched him were healed." Why does Jesus single out this woman? Why does Jesus touch the lepers when he heals them?



Overview of what to listen for:

4. Unconfessed and unbroken sin patterns
  - Time doesn't erase sin. Only the blood of Christ does. (1 John 1:5-10)
  - Sometimes we confess a sin from our past, and we know we are forgiven, but we don't feel forgiven (e.g., abortion; adultery)
  - God wants us to experience forgiveness, and minister it to others through Christ.



# Spiritual Formation Story Telling:

Overview of what to listen for:

4. Unconfessed and unbroken sin patterns
  - Time doesn't erase sin. Only the blood of Christ does.
  - Sometimes we get caught in a sin pattern, and we battle it all alone. We get overwhelmed by the darkness. God wants to set us free from sin. (Romans 7-8)





Overview of what to listen for:

5. Bitterness - We need to forgive people who sin against us. Ephesians 4:32, “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”
  - If someone hurt us in our past, we haven’t forgiven them just because time has passed. (Eph. 4:26-27)
  - When someone has been hurt, have they grieved the hurt and loss? Have they felt the pain of the offense? Have they extended the offender forgiveness? (Note: anger is a secondary emotion)



# Spiritual Formation Story Telling:

Overview of what to listen for:

6. Fears that inhibit - The command given most often in Scripture: Fear Not!
  - Fear has kept God's people from obeying God time and time again. (e.g., it kept them from entering into the promised land - Num 13) (fear triggered Saul to disobey God and offer a sacrifice - 1 Sam 13) (fear kept Ahaz from trusting God, and he turned to Assyria - Is. 7)



# Spiritual Formation

## Story Telling:

Overview of what to listen for:

7. Demonic issues - Sometimes it will become apparent listening to someone's story that they need deliverance. (Deliverance; strongholds; curses) (Rich F)



# Spiritual Formation

## Storytelling:

- Break into groups, and tell your story. Include:
  - Your highs and lows in life
  - Relationships with significant people (especially parents, siblings, etc.)
  - Painful points; hurts; wounds
  - Spiritual encounters
  - Family slogans - spoken or unspoken
  - Tragedy; loss
  - 5-7 adjectives to describe each of your parents