

cherry hills

life together

In Formation Life Group Questions – August 14, 2022

Connect

1. As we look ahead to the fall, what changes will the next season bring in your life?

Learn

2. Read Matthew 14:25-31. Jesus asks Peter “Why did you doubt?” If Jesus asked you to discern the things that keep you from fulfilling what he’s invited you to into, what would you say?

Apply

3. In *Invitation to a Journey*, Robert Mulholland defines spiritual formation as “the process of being formed in the image of Christ for the sake of others”. What stands out about this definition?
4. Are there any practices not typically considered spiritual disciplines that are nonetheless important for your growth into Christlikeness? (e.g., exercise, sleep, app limits, reading)
5. Some disciplines feel like swimming upstream; they are hard, require accountability, go against the grain of personality, may not feel fulfilling. Others are downstream; they can come more naturally, are enjoyable, easy to do without much discipline, and have more obvious payoffs. What are some practices that feel upstream to you and what are some that feel downstream?
6. How would you say formation is related to mission? Who is impacted by your level of spiritual formation?
7. Where is God looking to grow you? What part of you is He sculpting at the moment?

Care and Pray

We ask our groups to focus on **3 simple practices: to care, learn and pray together**. Please make time before departing to check in with each other and pray for one another.