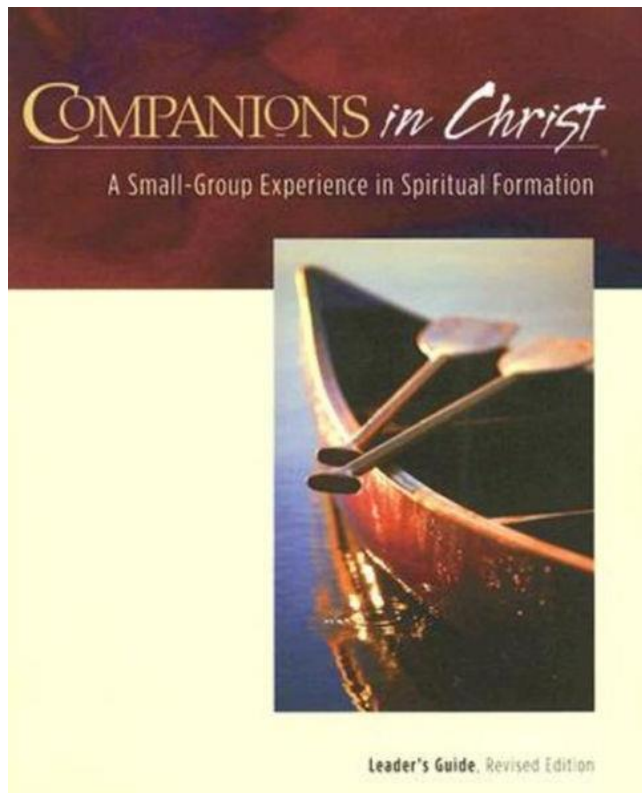


Small Groups: Spiritual Formation; **Companions in Christ**



Companions in Christ offers spiritual practice-building experiences to help you share more fully in the life of Christ and to bring what you learn to all areas of your church life. This 28-week spiritual journey will draw you into daily time with God and is one of the most versatile and comprehensive resources available in the area of spiritual formation.

Over 28-weeks, the *Companions in Christ Participant's Book* moves through five areas:

- Embracing the Journey -- an exploration of spiritual formation as a journey toward wholeness and holiness;
- Feeding on the Word -- several ways of meditating on and praying with scripture;
- Deepening our Prayer -- an experience of various classic forms and styles of prayer;
- Responding to Our Call -- a presentation of gifts and call;
- Exploring Spiritual Guidance -- different ways of giving an receiving spiritual guidance.

Well-known writers for Upper Room Ministries introduce weekly themes. Gerrit Scott Dawson, Adele Gonzalez, E. Glenn Hinson, Rueben Job, Marjorie Thompson, and Wendy Wright combine personal, firsthand accounts with

wisdom from the Christian tradition to provide focus and background for the weekly exercises.

Following each reading are five daily exercises that help participants reflect on the theme more deeply and prepare for the group meeting. These exercises involve some combination of scripture reading, spiritual practice, and reflection questions. Responses are recorded in a journal each day and reviewed during the opening portion of the weekly gathering.

Holly Irvin – This is a great resource for spiritual formation. Be mindful that it is intended for 28- weeks (7 months), and has a leader's guide and participants book. The church owns 5 or so participant books from a previous use.

Resource was used by _____ (Small Group) _____ (month/year)

Comments _____

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Comments _____

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