

# Personal Formation Plan

Soma

*Growing in our love for God with your entire being. This is personal formation plan that is modeled after the Shema which is traditionally read by the Jewish people each morning to gear their entire selves toward the presence of God and their purpose to love him with all they are. Jesus' reiterates the Shema when asked what the greatest commandment is. He said, "Love the Lord with all your heart, soul, mind and strength."*





# Formation Life Rhythms

Before you dive into this practice, it's important to understand exactly what the Bible means by the words of the Shema. Watch this great resource from [The Bible Project](#).

	<b>Heart</b> (Your Desires)	<b>Soul</b> (Your Humanity)	<b>Strength</b> (Your Capacity)	<b>Mind</b> (Your Intellect)
<b>Daily</b>				
<b>Weekly</b>				
<b>Monthly</b>				
<b>Annual</b>				



## Heart Rhythms

*Intentional practices that help shape, process, and discern your desire, dependence, renewal, emotions with and before God.*

- Silence & Solitude
- Ignatian Prayer
- Breath Prayer
- Praying the Psalms
- Jesus/Lord's Prayer
- Lectio Divina
- Prayer of Examen



## Soul Rhythms

*Intentional practices that help you submit your entire self to God and enjoy the realities of God's work, presence, and grace tangibly.*

- Recreating (hike, surf, bike, paddle board)
- Enjoying Art (Films, Food, Music, etc)
- "Coffee time" with God
- Personal Worship Time
- Enjoying God's Creation
- Hobbies



## Strength Rhythms

*Intentional practices that help you steward your body and bring you into understanding of your finite abilities as a human.*

- Exercise
- Fasting
- Sabbath
- Sleep
- Eating



## Mind Rhythms

*Intentional practices that renew your mind and increase your thoughts about God and his ways.*

- Studying Scripture
- Listening to Podcasts or Sermons
- Reading Books
- Taking a class
- Memorising Scripture

# Crafting Your Plan

## Preparing to Create a Personal Formation Plan

*Thinking about your current season of life, how would you answer these questions:*

- What do you desire from your relationship with God? If you're struggling to name your desire, we encourage you to listen to this or read this from Ruth Haley Barton.
- How do you long to grow in your love for God and a turning of your affections toward him?
- What have been some hindrances to your formation with God in recent times?

## Creating your Personal Formation Plan in DNA

**SESSION 1:** Meet with your DNA group to talk about what you processed above and talk about the holistic nature of the personal formation plan, later that week spend time thinking through the options and practices for each category.

**SESSION 2:** Meet again to talk through these questions and make a sketch of your plan.

- Which practices are appealing to you in each of these categories?
- Which practices seem challenging to you in each of these categories?
- What do you want to do within each category? How could you "bundle" some of these practices and what cadence and frequency will you try? When will you do them?
- What are the times you will do these practices? What will you need to shift or give up? Who do you need to communicate with about this (roommates, spouse, kids, etc)?

**ONGOING:** Encourage one another toward this plan by following up with these questions that are not just about if you're doing the plan but how you are experiencing God's presence and truth in your life. You will discover, as a group helpful ways of asking these questions.

- How is your heart (practices and experience)?
- How is your Soul (practices and experience)?
- How is your strength (practices and experiences)?
- How is your mind (practices and experience)?

## Helpful Resources for personal formation

- Sacred Rhythms by Ruth Haley Barton
- Way of the Heart by Henri Nouwen
- The Deeply Formed Life by Rich Villodas