

## **DEFINITIONS:**

**Spiritual Formation** is the process by which I intentionally work *with* the Holy Spirit in shaping my heart and life into Christ's image (2 Peter 1:5-8).

**Spirituality** is the level of one's constant awareness of God's presence and activity in and through his or her life (Psalm 139).

**Spiritual Disciplines** are activities willingly undertaken to deepen our submission to Christ and His Kingdom (1 Cor 9:24-27).