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Spiritual formation

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The text talks about the practices used in the early church. Practices that enriched them in their spiritual formation. Always seeking for the direction that God wanted them to go. Their ultimate goal was finding the best guidance towards their growth and relationship with God. There's an emphasis on not just being taught the way but also helped in how to live it out.

Im realizing more that without discipline you end up having a mediocre relationship with God. To also accept guidance from others that have walked the walk longer, but also be able to guide others the same way. The Holy spirit is a key factor and mediator to our relationship. In the article it's very clear that following Christ is not a very easy life style to pursue, but it is a very rewarding one. The word of God tells us we must die to ourselves in order to follow Christ. If we proclaim to be his disciples we must remember that it is Him that lives in us. The putting on Christ and nourishment should continue to renew our minds, and transform the way we live. There is evidence in when you are maturing spiritually.

In my experience actions always speak louder than words. Its so easy to talk about our relationship and how beautiful it is. At the same time still be living as if the Word of God has not done a transformation to the heart. To me its not so much the work done in the

exterior but more in the interior. Going forward I want to strive to be more committed to the truth I am proclaiming. I am always striving to mature more in my Christian walk, but I have to fight to keep Christ in sight at all times. My foundation should always be built on Him. From the article I realized that mental health should be something to be more aware of. The temple God has given us should be something we have to take care of. It all goes hand in hand. Our body, soul, and Mind. Going forward in order to have a healthy relationship with God I must be careful with my habits. Habits like sleeping schedule. I realized that If i don't get enough sleep it affects not only my relationship with God but with his people in his church as well. I will also rely more on the Spirit that the Lord left for use to be our guide and promise that He will return. This article has made me realize how without Christ we are lost. We are always in need of a guide and the Lord has not only given us his incorruptible Word to help us but also has put people in our way to better guide us. In conclusion The Holy spirit is what inclines us to Love the Lord and Others the way He commands us. For me the hardest one so far has been to forgive the way He forgives us. I believe this could also be a habit we must battle to apply. A disciple we must partake in.