

# Formation



**Learn To Live Like Jesus**

*Formation: Learn to Live Like Jesus.*

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“...And the Lord,  
who is the Spirit,  
makes us more and  
more like him as we  
are changed into  
his glorious image.”

**2 CORINTHIANS 3:18 (NLT)**

# CONT

Welcome  
Introduction Session **VI  
3**

***Put God First | Bible Engagement*** **9**  
**Session 1 | Why Should I Read the Bible?**

**Session 2 | Can I Trust the Bible?** **17**

**Session 3 | How to Understand the Bible** **23**

***Put God First | Prayer*** **31**  
**Session 4 | Why Pray?**

**Session 5 | Prayer Templates** **37**

**Session 6 | Hearing God's Voice** **43**

# ENTS

## *Do Life Together*

**51** Session 7 | Planted in the House

**57** Session 8 | Three Friends Everyone Needs

**63** Session 9 | Confession and Prayer

## *Reach People*

**71** Session 10 | Heart of Evangelism

**77** Session 11 | Head of Evangelism

**83** Session 12 | Hands of Evangelism

**88** Answer Key

Videos can be found at [ChurchoftheKing.com/Formation](http://ChurchoftheKing.com/Formation).

# WELCOME TO YOUR *FORMATION* GROUP

We are so glad you have chosen to join us on this journey of spiritual growth! Over the next few weeks, we believe that this group will not only be a resource for *information*, but also a catalyst for *transformation*. Our hope is that through integrating these principles and practices into your everyday routines, you will begin to experience the “life” that Jesus speaks about in John 10:10 (NIV)... “I have come that they may have life, and have it to the full!”

# Weekly Rhythm



*Throughout this Formation group, several things make up your weekly rhythm.*

## LEARN

First, you will **learn** by watching the weekly video teachings individually or with your small group (depending on what your small group prefers). As you watch each session, take notes in this guide to help you remember what God is speaking to you about and what you are learning.

## DISCUSS

During your small group, you'll have the opportunity to **discuss** what you learned from the teaching video—what stood out to you and how it applies to your life. You'll also choose specific practices to work on during the week. Then, when you return the following week, you'll share how those practices went, including both the wins and the challenges you experienced along the way.

## PRACTICE

After your group, you will have an opportunity to put what you learned into **practice**. This guide will provide three different options of practices to choose from each week. This is an essential part of the formation process as we apply the lessons from God's Word.

## REFLECT

After you have completed the practice for that week, take some time to **reflect** on your experience through journaling in the pages provided at the end of each session. Use the prompts to write out what went well, what was challenging, and how you can continue to grow in this daily.

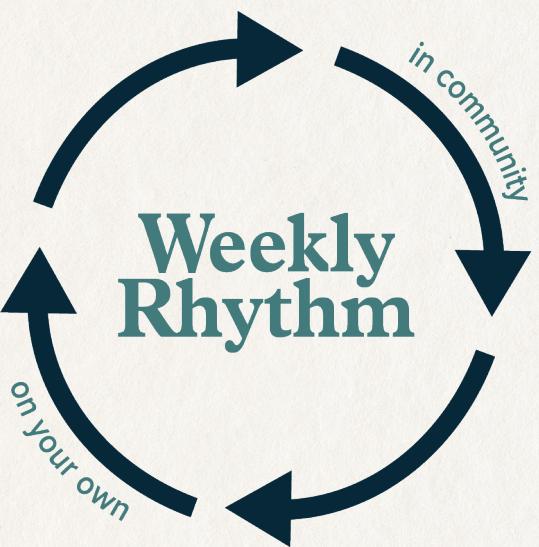
# Learn

LEARN THROUGH THE  
WEEKLY VIDEO TEACHINGS

**Reflect**  
JOURNAL ABOUT  
THE CHALLENGES  
& BREAKTHROUGHS

**Discuss**  
SHARE WHAT  
STOOD OUT FROM  
THE TEACHING

# Weekly Rhythm



# Practice

CHOOSE ONE OF  
THE PRACTICES TO  
APPLY EACH WEEK

# Put It Into Practice

---

Once we give our lives to Christ, we begin an amazing and powerful journey of becoming like Him. We can't just settle for learning things about Jesus, we must be formed into the image of Jesus. This is why the focus of the *Formation* curriculum is what we call "weekly practices." This will give you an opportunity and challenge each week to put what you are learning into practice.

Studies show that it takes roughly 21 days to form a habit. So, because of this, each topic of the *Formation* curriculum is broken up into three-week sections to give you the ability to form the same habits in your life that Jesus had in His own.

Multiple places in Scripture point to the importance of practicing or training in godly habits, similar to how athletes train for their sport. In 1 Corinthians 9:25 (NLT), Paul says, "All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize." And again in 1 Timothy 4:8 (NLT) he says, "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." So, as you can see, if athletes put an extreme amount of intentionality behind their daily training for their sport, how much more should we train in Christ-likeness?

As you go through this curriculum, it's important to not just settle for learning about these biblical values, but truly begin living them out. Hold each other accountable as a group as you begin to build habits around these values. In doing so, you'll have the opportunity to grow and truly "learn to live like Jesus."

# A NOTE TO SMALL GROUP LEADERS

*Formation* Groups are designed to help participants not **just learn about Jesus—but become more like Him**. Each week, the focus is on applying spiritual practices that shape lives into the image of Christ, while growing in community with others.

This is a **transformation journey**, not just a study.

## *Weekly Group Flow*

Connect ➤ Video Lesson ➤ Discussion ➤ Choose a Practice ➤ Pray

### ONE: Welcome & Connect

*(5-10 minutes)*

- Begin with light conversation or a simple icebreaker to build trust and encourage participation.

### TWO: Video Lesson

*(15–20 min)*

- Videos can be found at [ChurchoftheKing.com/Formation](http://ChurchoftheKing.com/Formation)
- Videos can be watched individually before small group or during small group after the connect time.

### THREE: Discuss the Previous Week's Practices

*(10–15 minutes)*

- Invite participants to reflect on how the previous week's practices went.
- Discussion questions already include prompts about last week's practices.
  - Encourage participants to share both successes and challenges.
  - Reflection pages at the end of the previous session can help guide personal processing and prepare participants to share.

## **FOUR: Discuss this Week's Lesson** *(20–30 minutes)*

- The goal is to help your group process the teaching and consider how it applies to their lives.
- Discussion questions are already provided for each week, so your role is to facilitate the conversation and encourage participation.

## **FIVE: Select Practices for the Week** *(5–10 minutes)*

- Each session includes practices designed to help participants apply the teaching in daily life.
- Encourage everyone to choose one practice to commit to for the week.
  - Emphasize progress, not perfection—small, consistent steps build long-term spiritual formation.
- Encourage participants to use the personal reflection pages at the end of each session to process experiences with the practice at the end of the week.

## **SIX: Prayer** *(5 minutes)*

- Close the group by praying together.
  - Prayer can include:

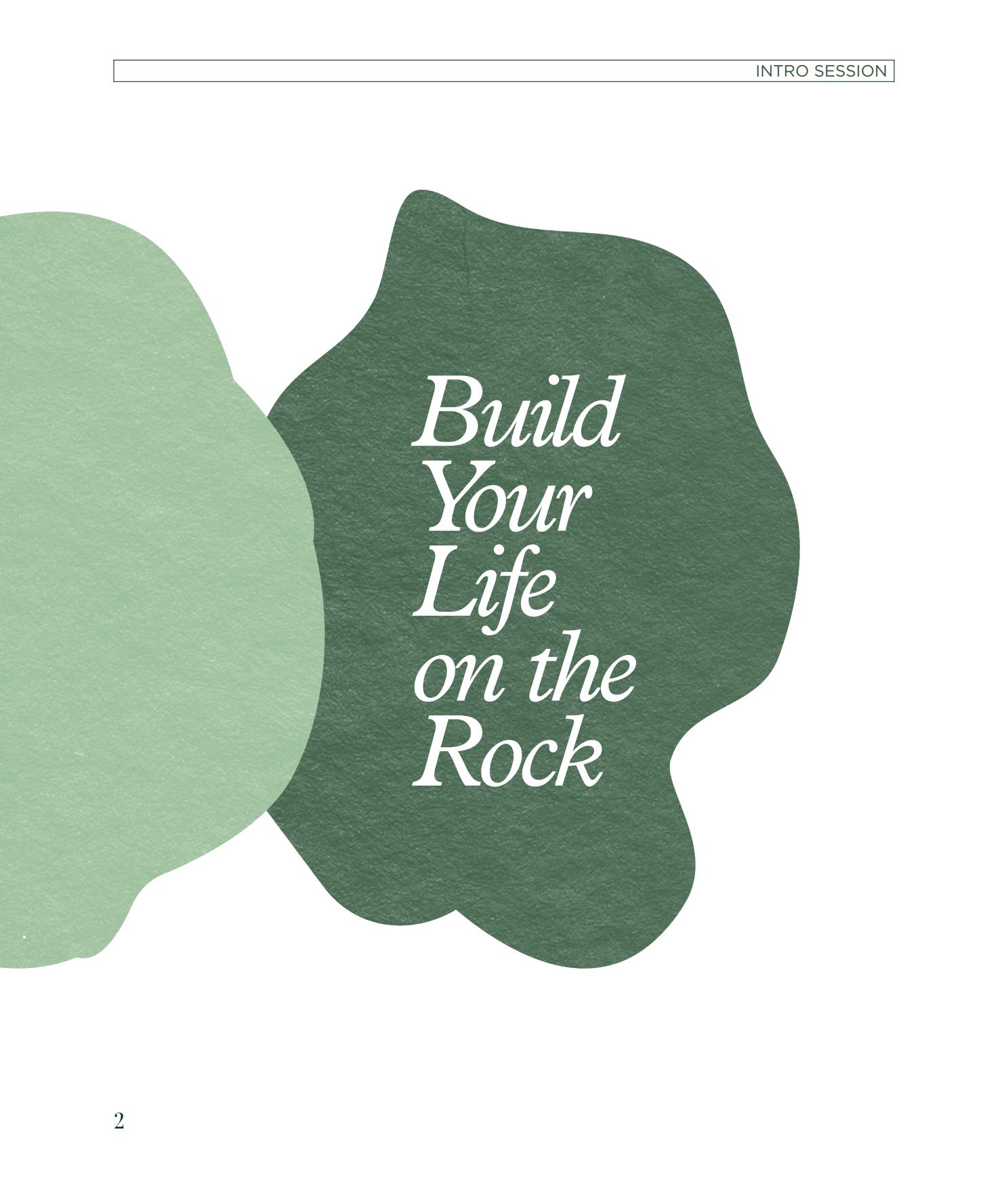
*Strength to continue living out the practices  
Personal and group needs shared during discussion  
Growth in their relationship with God*

- Keep prayer relational and simple, inviting the Holy Spirit to guide the group.

# *Intro Session*



We don't want to just  
know things *about*  
Jesus, we want to  
*become like* Jesus.



*Build  
Your  
Life  
on the  
Rock*

# INTRO SESSION

*Build Your Life on the Rock*  
Watch Formation - Intro Session at [ChurchoftheKing.com/Formation](http://ChurchoftheKing.com/Formation)

“Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit.

Teach these new disciples to obey all the commands I have given you.”

**MATTHEW 28:19-20 (NLT)**

“Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock: and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock.

But everyone who hears these sayings of Mine, and does not do them, will be like a foolish man who built his house on the sand: and the rain descended, the floods came, and the winds blew and beat on that house; and it fell.

And great was its fall.”

**MATTHEW 7:24-27 (NKJV)**

## NOTES

As you watch the teaching as a small group, use this section to take notes. What are some key ideas? What is God speaking to you about?

# Discussion

1. Share a little bit about yourself with the group. (Family, profession, hobbies, etc)
2. What brought you to this group, and what would you like to get out of it?
3. Why do you think it's important not just to hear the teachings of Jesus but to apply them?
4. How has the amount of information coming at you on a daily basis hindered your ability to apply the things you learn?
5. In Matthew 7, Jesus speaks about building your life on a solid foundation. Why do you think applying the teachings of Jesus was the differentiation between the house on the rock and the house on the sand?
6. What's one thing you can do this week to continue building your life on the Rock (Christ)?

## PRAYER

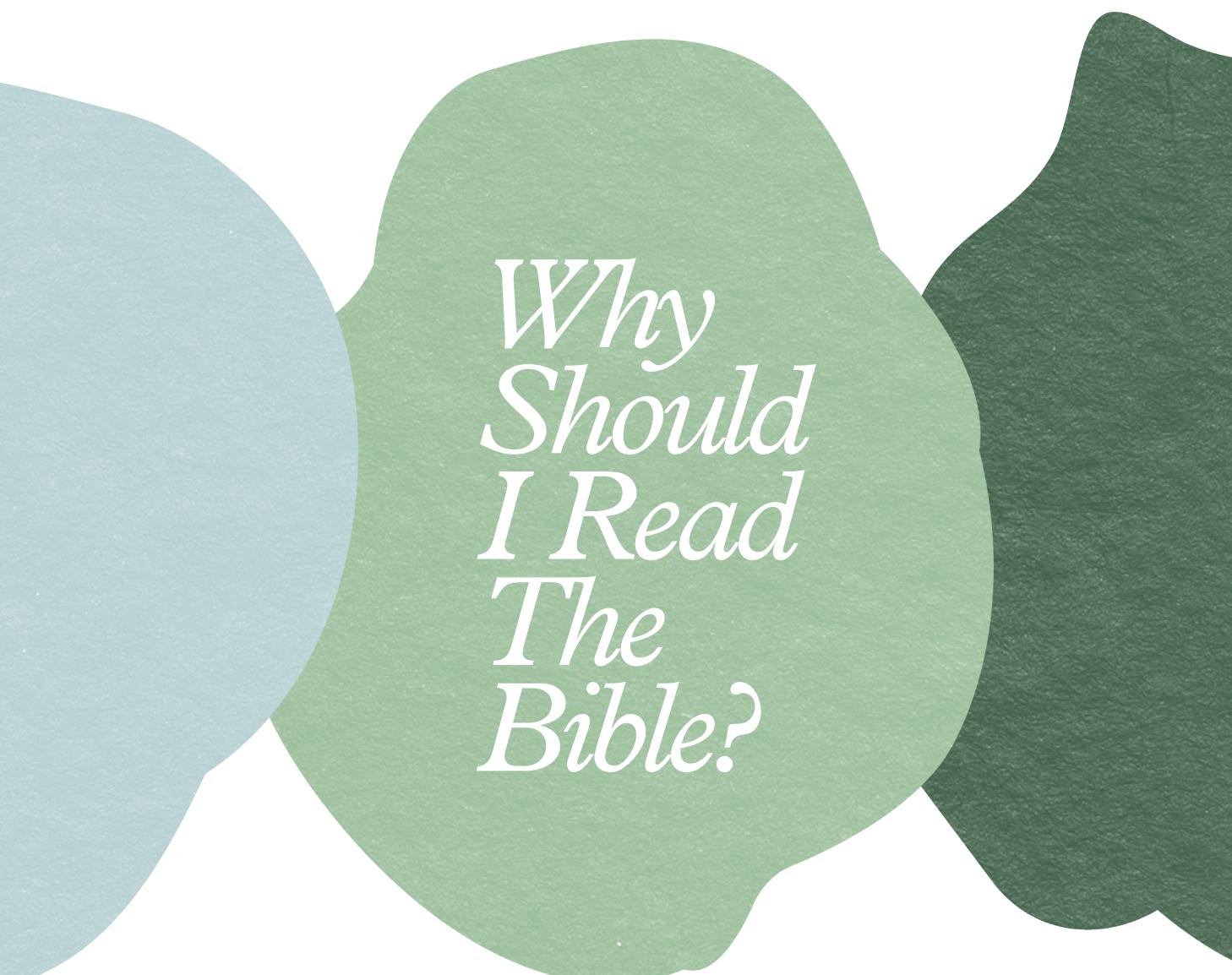
Take time to pray together before you finish today's group.

# *Put God First*

## Bible Engagement



God is not looking  
for perfection;  
He's looking for  
**PROGRESSION.**



*Why  
Should  
I Read  
The  
Bible?*

# SESSION ONE

## *Why Should I Read The Bible?*

Watch Formation - Session 1 at [ChurchoftheKing.com/Formation](http://ChurchoftheKing.com/Formation)

### VIDEO NOTES

During that time the devil came and said to him, “If you are the Son of God, tell these stones to become loaves of bread.” But Jesus told him, “No! The Scriptures say, ‘People do not live by bread alone, but by every word that comes from the mouth of God.’”

**Matthew 4:3-4 (NLT)**

1. Scripture is how you \_\_\_\_\_ .
2. Scripture reveals \_\_\_\_\_ .
3. Scripture \_\_\_\_\_ and \_\_\_\_\_ us.

### NOTES

As you watch the teaching as a small group, use this section to take notes.  
What are some key ideas? What is God speaking to you about?

# Discussion

1. What does it mean to put God first in your life?
2. Read Matthew 22:37-38. Why do you believe Jesus calls this the greatest commandment?
3. Why is knowing God personally more important than just doing good deeds?
4. Share a time when a passage from the Bible stood out to you and impacted your mindset and decisions.
5. What do you anticipate to be the biggest challenge to incorporating Bible engagement into your life on a daily basis? What can you do to overcome it?
6. Take a look at the practice options for this session, and discuss as a group which one you will be committing to this week.

# PRACTICES

Select one of the following practices to apply this week.

We have provided three options that vary in difficulty.

Choose whichever one suits you and commit to it so you can begin to build the habit of Bible engagement in your life.  
*(SOAP explanation and reading plans on pages 12 & 13.)*

**ONE:** Read one chapter per day in the New Testament reading plan and use the SOAP journal method daily.

**TWO:** Read the Life Journal reading plan and use the SOAP journal method daily.

**THREE:** Read the Life Journal reading plan and use the SOAP journal method daily.  
Memorize one verse or passage this week.

# PRAYER

Pray as a group for God to speak to you this week as you engage in His Word.