



THE RULE OF  
EDUCATION.



**GUESS WHO?**



**JUSTIN  
TIMBERLAKE**



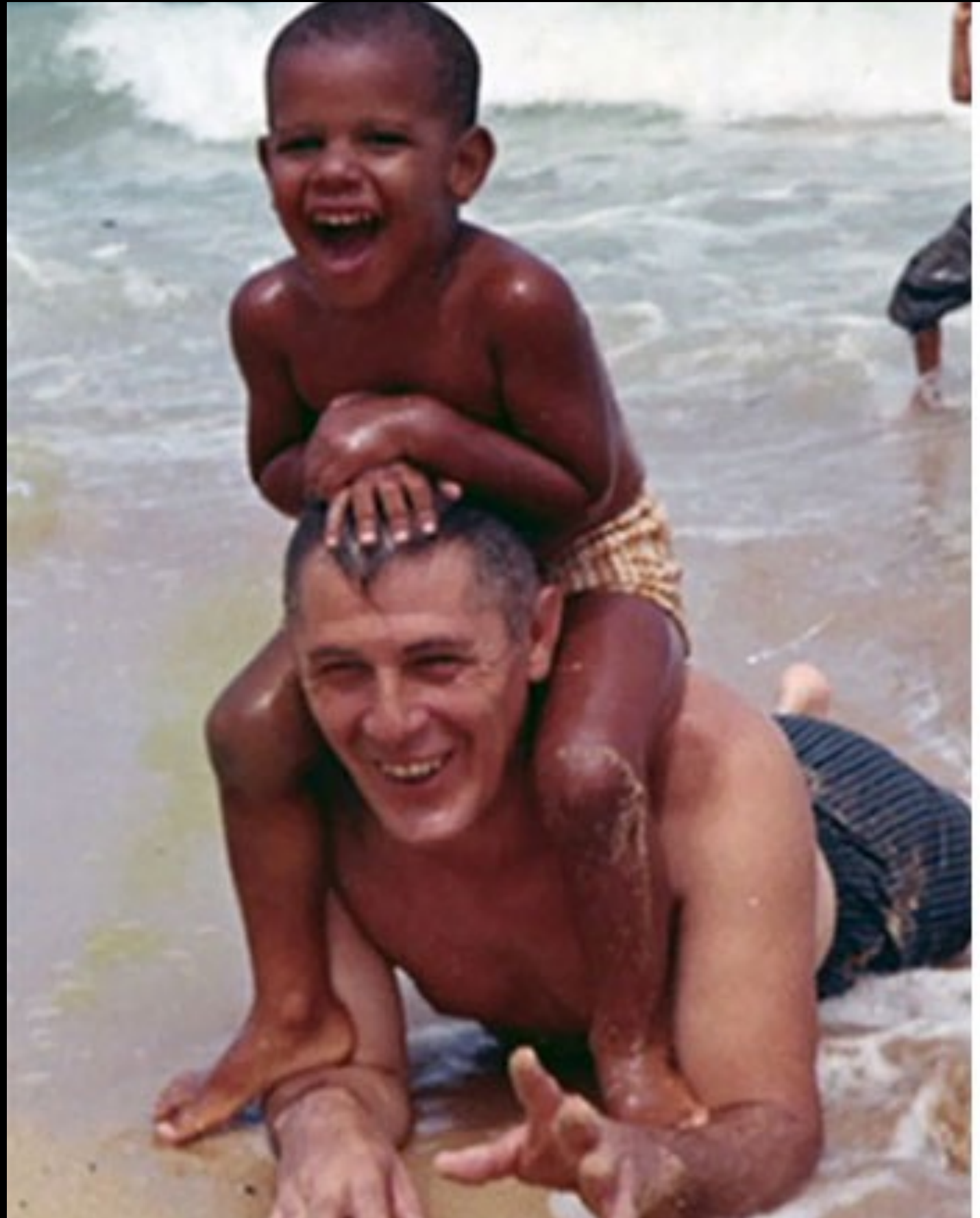
**GUESS WHO?**



**ADELE**



**GUESS WHO?**





**GUESS WHO?**





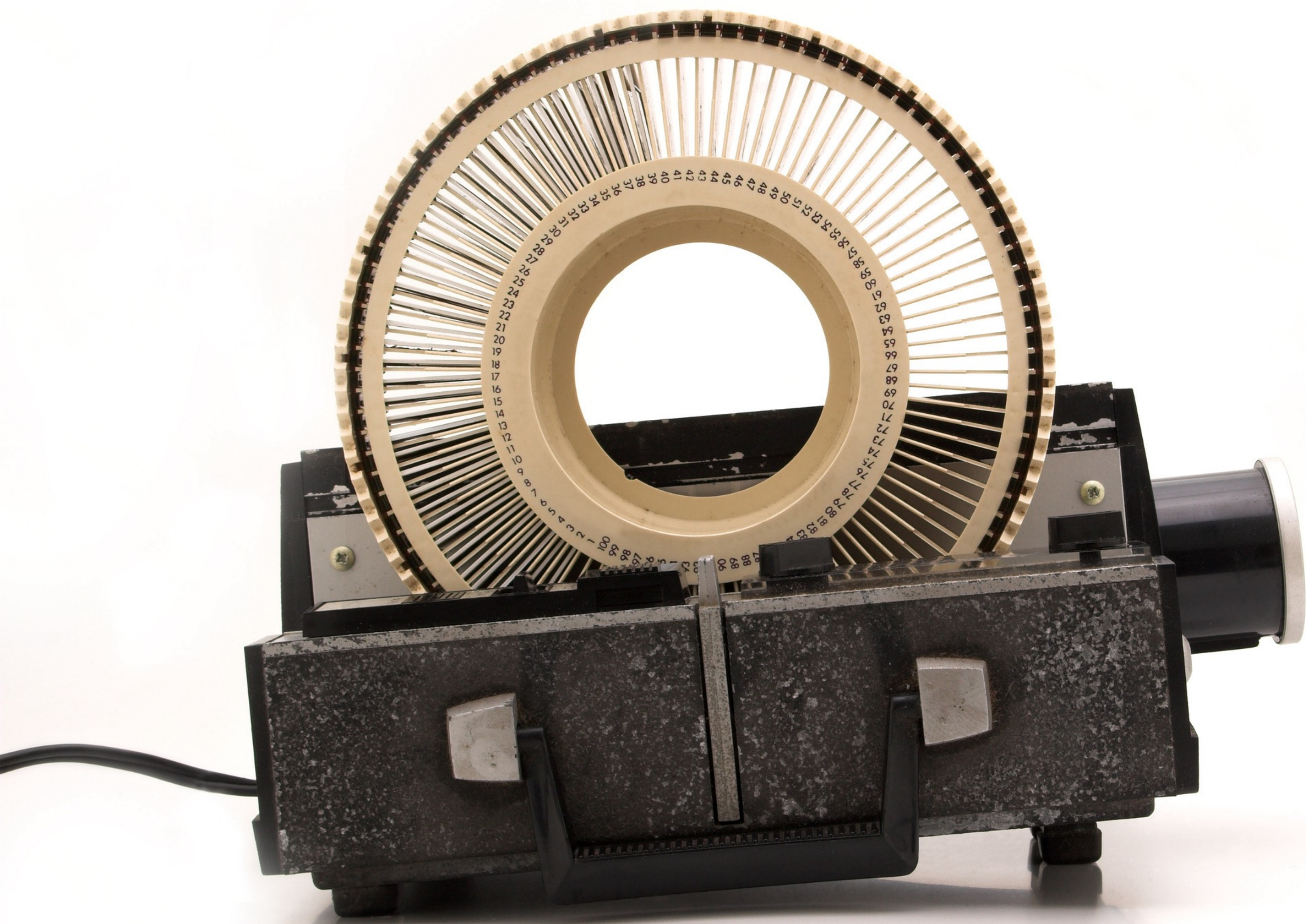
**JENNIFER  
ANISTON**



**GUESS WHO?**



**BERIT  
VON POHLE**



01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 00



Spiritual formation isn't a Christian thing; it's a human thing. To be human is to change, constantly. Whether we are religious or not, we grow, evolve, fall apart, and come back together. We can't help it; the nature of the human soul is dynamic, not static. It's why we show awkward teenager photos at weddings and wedding photos at funerals--we're all fascinated by this process of change."

**JOHN MARK COMER**  
***PRACTICING THE WAY***



**ARE WE  
BEING  
FORMED?**



**HOW ARE  
WE BEING  
FORMED?**

# ROMANS 12:1,2

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not **conform** to the pattern of this world, but be **transformed** by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

# WALL STREET JOURNAL

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“Emerging research suggests that watching short-form videos makes it difficult for children to engage in activities that don’t offer instant-and-constant-gratification. The constant hits of dopamine, the neurotransmitter that gets released when the brain is expecting a reward, reinforce the use of apps like TikTok. Pediatricians have described TikTok as a ‘dopamine machine.’”

“TIK TOK BRAIN EXPLAINED,” JULIE JARGON



A photograph of a mountain range with snow patches and a lake reflecting the scene. The text is overlaid on the image.

**PUSH AS HARD AS THE  
AGE THAT PUSHES  
AGAINST YOU.**

**Flannery O'Connor**

# ROMANS 12:1

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

**NOURISHMENT  
EXERCISE  
REJUVENATION  
COMMUNITY**

# **THE PROCESS OF GROWTH**

JUST AS IN THE PHYSICAL  
REALM, A SPIRITUAL CHILD  
NATURALLY GROWS UP  
WHEN THEY ENGAGE IN  
CERTAIN PRACTICES.



A photograph of fresh food, including a bowl of chickpeas, tomatoes, and greens, and a cutting board with sliced avocados and tomatoes. The image is overlaid with a semi-transparent dark grey layer containing text.

# NOURISHMENT

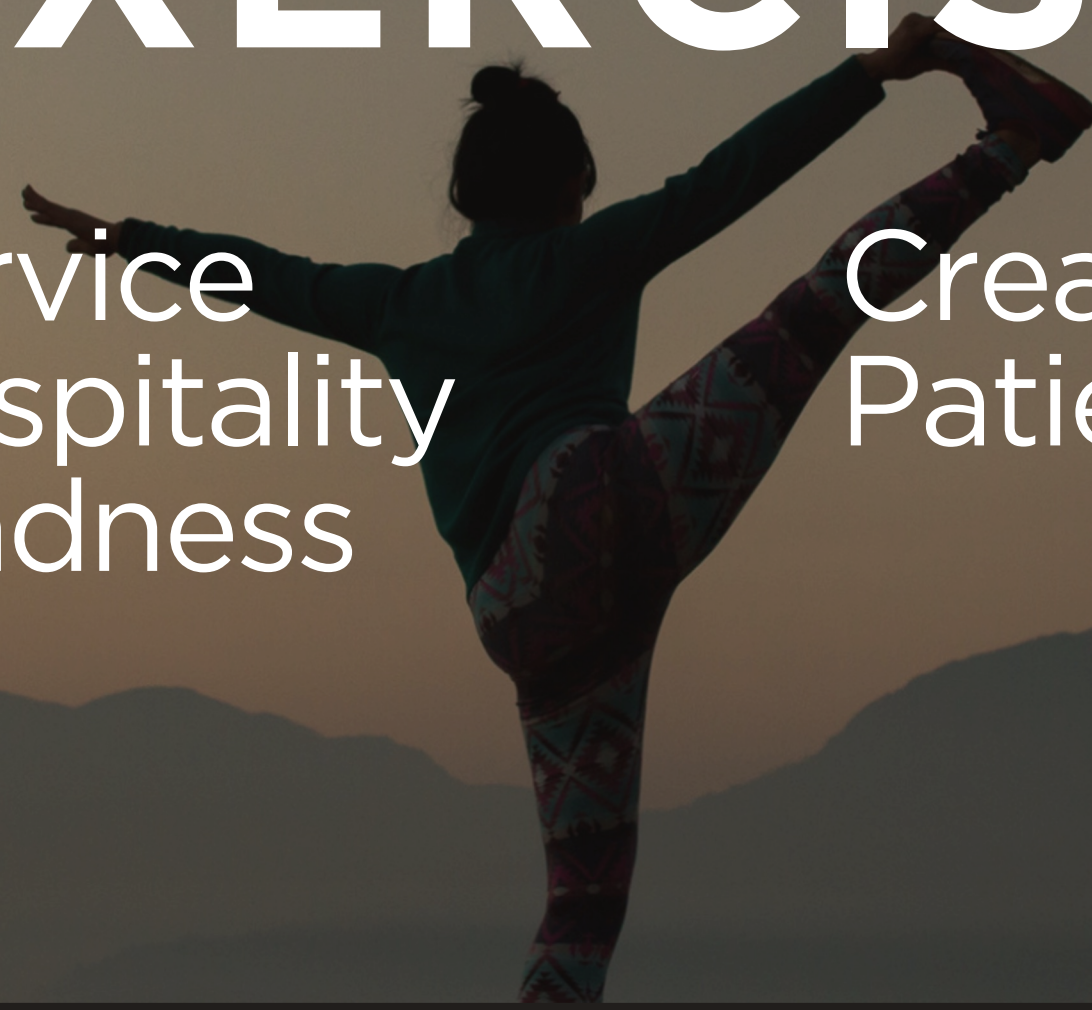
Bible Study  
Sermons  
Podcasts

Memorizing Scripture  
Reading Books

# EXERCISE

Service  
Hospitality  
Kindness

Creating Justice  
Patience





# REJUVENATION

Sabbath  
Solitude

Fasting  
Celebration



# COMMUNITY

“We generally sin alone, but we heal together.” John Ortberg

A group of young people are gathered in a dimly lit room, sitting on the floor and engaged in conversation. Some are looking at their mobile devices. The scene is overlaid with a semi-transparent dark layer containing text. The word 'COMMUNITY' is written in large, white, bold, sans-serif capital letters across the center. Below it, two columns of text describe aspects of community: 'Small Groups' and 'Accountability' on the left, and 'Sharing a meal' and 'Talking with a Friend' on the right. The background shows people in various poses, some standing and some sitting, creating a sense of a social gathering.

# COMMUNITY

Small Groups  
Accountability

Sharing a meal  
Talking with a Friend






# RULE OF LIFE


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A WAY OF LIVING, A PATTERN OF  
HABITS THAT INTENTIONALLY OR  
UNINTENTIONALLY FORMS US



“How we spend our days doesn’t just determine what we do with our one, precious, fleeting life, but who we become. Picking up your phone first thing upon waking and checking social media isn’t just a bad habit—it’s a choice to let yourself become formed into a certain kind of person. Spending more time reading the news than reading Scripture isn’t just “wrong”—it’s a choice to become more like your favorite news commentators than like Jesus.

**JOHN MARK COMER**  
***PRACTICING THE WAY***



Spending your money on yet another thing you don't need isn't just playing around with "disposable income"—it's feeding an appetite within you that will grow only more ravenous. All these things we do, do something to us. They form us."

**JOHN MARK COMER**  
***PRACTICING THE WAY***



**YOUR SYSTEM IS  
PERFECTLY DESIGNED TO  
YIELD THE RESULTS YOU  
ARE GETTING.**

**DALLAS WILLARD**



**WHAT NEEDS TO SHIFT?**