

SPIRITUAL FORMATION EXERCISE

Repent and Confess

- Ponder and acknowledge *your* personal sinfulness (1 John. 1:8, 10; Rom. 7:14).
- Confess your sins to God (Psalm 51)

Forgive and Be Forgiven

- Forgive those who've sinned against you (Eph. 4:31-32; Col. 3:13-14; Matt. 18:21-22)
- Pursue reconciliation with a brother or sister (Matt. 5:23-24; 18:15-19).

Align Your Attitude

- Put off any “negative stuff” (Eph. 4:31-32; Phil. 2:14; 1 Cor. 10:10). Unwholesome talk, bitterness, negativity, complaining, pessimism, etc.
- Become a better listener (James 1:19-21).
- Don’t tolerate a critical spirit (Gal 5:15)
- Adopt a servant attitude (Phil. 2:3; Mt. 20:28)

Align Your Actions

- Speak the truth (Eph. 4:25).
- Speak the truth in love (Eph. 4:15)
- Seek to build others up (Eph. 4:29)
- Offer yourselves to God as instruments of righteousness (Rom. 6:13-14)
- Spend time in intense, positive prayer for the ministry (Matt. 7:7-12; James 5:16)