

# FORMATION JOURNAL

SPECIAL EDITION

## VISION

To see the fame & deeds of God renewed & known in our time.

## MISSION

Practicing the way of Jesus.

## PRESENCE OF GOD

We pursue the presence of God through individual & communal spiritual practices.

*Psalm 16:11 & John 15:9*

## FORMATION OF PEOPLE

We pursue deep change through transformational discipleship focusing on growth & healing.

*Romans 12:2 & 1 Peter 2:2*

## UNITY OF THE CHURCH

We pursue the unity of the church family across racial, political, generational & economic divides.

*Psalm 133 & Mark 11:17*

## FLOURISHING OF THE CITY

We pursue the spiritual, social & cultural flourishing of our city.

*Jeremiah 29:7 & 1 Timothy 6*



Church of the City Family,

We are thrilled to intentionally study Scripture together and spend time in reflection as we practice the way of Jesus during our digital detox as a church. It is our hope that this will allow us to pursue deep change through transformational discipleship.

*“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.” Romans 12:2*

We’ve provided this special edition Formation Journal as a 7-day experience to develop habits that we hope will transform your life. We’ve been intentional with its layout to provide participation during the weekday, as well as sections for Sunday notes, and additionally a Sabbath section—for you to use on the day that makes the most sense for your weekly schedule.

We can’t wait to see what God will do in this season of our church.

*“Lord, I have heard of your fame; I stand in awe of your deeds, Lord. Renew them in our day, in our time make them known; in wrath remember mercy.”*

**HABAKKUK 3:2**

**MONDAY, APRIL 17**

*"Let me hear in the morning of your steadfast love, for in you I trust. Make me know the way I should go, for to you I lift up my soul." Psalm 143:8*

**Scripture Reading:** Proverbs 1

**Morning Reflection**

*What are your observations about this chapter?*

*What does this passage teach you about God?*

*How can you apply what you've read?*

Reflection box containing the Morning Reflection questions.

Lined writing area for morning reflections.

**Evening Reflection**

*Where did you see God at work in your day?*

*What can you express gratitude to God for?*

*What did you feel today and how is God asking you to respond?*

*What do you feel impressed to pray for?*

Reflection box containing the Evening Reflection questions.

Lined writing area for evening reflections.

**TUESDAY, APRIL 18**

"The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness." Lamentations 3:22-23

**Scripture Reading:** Proverbs 2

**Morning Reflection**

*What are your observations about this chapter?  
What does this passage teach you about God?  
How can you apply what you've read?*

Reflection box for Morning Reflection containing the three questions.

Lined area for notes or answers corresponding to the Morning Reflection questions.

**Evening Reflection**

*Where did you see God at work in your day?  
What can you express gratitude to God for?  
What did you feel today and how is God asking you to respond?  
What do you feel impressed to pray for?*

Reflection box for Evening Reflection containing the four questions.

Lined area for notes or answers corresponding to the Evening Reflection questions.



## THURSDAY, APRIL 20

*"In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly." Psalm 5:3*

**Scripture Reading:** Proverbs 4

### Morning Reflection

*What are your observations about this chapter?*

*What does this passage teach you about God?*

*How can you apply what you've read?*

### Evening Reflection

*Where did you see God at work in your day?*

*What can you express gratitude to God for?*

*What did you feel today and how is God asking you to respond?*

*What do you feel impressed to pray for?*







**SUNDAY, APRIL 23**

Notes:

Lined writing area on the left side of the page.

Lined writing area on the right side of the page.

**MONDAY, APRIL 24**

*"I will sing of your strength, in the morning I will sing of your love; for you are my fortress, my refuge in times of trouble." Psalm 59:16*

**Scripture Reading:** Proverbs 6

**Morning Reflection**

*What are your observations about this chapter?*

*What does this passage teach you about God?*

*How can you apply what you've read?*

A rectangular box containing the 'Morning Reflection' text.

A series of horizontal lines for writing the morning reflection answers.

**Evening Reflection**

*Where did you see God at work in your day?*

*What can you express gratitude to God for?*

*What did you feel today and how is God asking you to respond?*

*What do you feel impressed to pray for?*

A rectangular box containing the 'Evening Reflection' text.

A series of horizontal lines for writing the evening reflection answers.



**WEDNESDAY, APRIL 26**

*"Lord, you are my God; I will exalt you and praise your name, for in perfect faithfulness you have done wonderful things, things planned long ago." Isaiah 25:1*

**Scripture Reading:** Proverbs 8

**Morning Reflection**

*What are your observations about this chapter?*

*What does this passage teach you about God?*

*How can you apply what you've read?*

**Evening Reflection**

*Where did you see God at work in your day?*

*What can you express gratitude to God for?*

*What did you feel today and how is God asking you to respond?*

*What do you feel impressed to pray for?*

Horizontal lines for writing Morning Reflection answers.

Horizontal lines for writing Evening Reflection answers.













## TUESDAY, MAY 2

*"For great is your love toward me; you have delivered me from the depths, from the realm of the dead." Psalm 86:13*

**Scripture Reading:** Proverbs 12

### Morning Reflection

*What are your observations about this chapter?*

*What does this passage teach you about God?*

*How can you apply what you've read?*

### Evening Reflection

*Where did you see God at work in your day?*

*What can you express gratitude to God for?*

*What did you feel today and how is God asking you to respond?*

*What do you feel impressed to pray for?*

## WEDNESDAY, MAY 3

*"Since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe." Hebrews 12:28*

**Scripture Reading:** Proverbs 13

### **Morning Reflection**

*What are your observations about this chapter?*

*What does this passage teach you about God?*

*How can you apply what you've read?*

### **Evening Reflection**

*Where did you see God at work in your day?*

*What can you express gratitude to God for?*

*What did you feel today and how is God asking you to respond?*

*What do you feel impressed to pray for?*







**SUNDAY, MAY 7**

Notes:

Ruled lines for writing notes on the left side of the page.

Ruled lines for writing notes on the right side of the page.

**MONDAY, MAY 8**

*"Praise the LORD, my soul; all my inmost being, praise His holy name. Praise the LORD, my soul, and forget not all His benefits – who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion." Psalm 103:1-4*

**Scripture Reading:** Proverbs 16

**Morning Reflection**

*What are your observations about this chapter?*

*What does this passage teach you about God?*

*How can you apply what you've read?*

**Evening Reflection**

*Where did you see God at work in your day?*

*What can you express gratitude to God for?*

*What did you feel today and how is God asking you to respond?*

*What do you feel impressed to pray for?*

Box containing Morning Reflection questions.

Box containing Evening Reflection questions.

Lined area for Morning Reflection answers.

Lined area for Evening Reflection answers.





**WEDNESDAY, MAY 10**

*"Blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream." Jeremiah 17:7-8*

**Scripture Reading:** Proverbs 18

**Morning Reflection**

*What are your observations about this chapter?*

*What does this passage teach you about God?*

*How can you apply what you've read?*

Reflection box containing the Morning Reflection questions.

Horizontal lines for writing answers to the Morning Reflection questions.

**Evening Reflection**

*Where did you see God at work in your day?*

*What can you express gratitude to God for?*

*What did you feel today and how is God asking you to respond?*

*What do you feel impressed to pray for?*

Reflection box containing the Evening Reflection questions.

Horizontal lines for writing answers to the Evening Reflection questions.

**THURSDAY, MAY 11**

*"You will keep in perfect peace those whose minds are steadfast, because they trust in you."  
Isaiah 26:3*

**Scripture Reading:** Proverbs 19

**Morning Reflection**

*What are your observations about this chapter?  
What does this passage teach you about God?  
How can you apply what you've read?*

Lined writing area for Morning Reflection

**Evening Reflection**

*Where did you see God at work in your day?  
What can you express gratitude to God for?  
What did you feel today and how is God asking you to respond?  
What do you feel impressed to pray for?*

Lined writing area for Evening Reflection









## TUESDAY, MAY 16

*"When I am afraid, I put my trust in you. In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me?" Psalm 56:3-4*

**Scripture Reading:** Proverbs 22

### **Morning Reflection**

*What are your observations about this chapter?*

*What does this passage teach you about God?*

*How can you apply what you've read?*

### **Evening Reflection**

*Where did you see God at work in your day?*

*What can you express gratitude to God for?*

*What did you feel today and how is God asking you to respond?*

*What do you feel impressed to pray for?*



## WEDNESDAY, MAY 17

*"And those who know your name put their trust in you, for you, O LORD, have not forsaken those who seek you." Psalm 9:10*

**Scripture Reading:** Proverbs 23

### **Morning Reflection**

*What are your observations about this chapter?*

*What does this passage teach you about God?*

*How can you apply what you've read?*

### **Evening Reflection**

*Where did you see God at work in your day?*

*What can you express gratitude to God for?*

*What did you feel today and how is God asking you to respond?*

*What do you feel impressed to pray for?*



**FRIDAY, MAY 19**

*"He gives power to the weak and strength to the powerless." (Isaiah 40:29)*

**Scripture Reading:** Proverbs 25

**Morning Reflection**

*What are your observations about this chapter?*

*What does this passage teach you about God?*

*How can you apply what you've read?*

**Evening Reflection**

*Where did you see God at work in your day?*

*What can you express gratitude to God for?*

*What did you feel today and how is God asking you to respond?*

*What do you feel impressed to pray for?*

Reflection box containing the Morning Reflection questions.

Reflection box containing the Evening Reflection questions.

Series of horizontal lines for writing answers to the Morning Reflection questions.

Series of horizontal lines for writing answers to the Evening Reflection questions.







## TUESDAY, MAY 23

*"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."  
2 Timothy 1:7*

**Scripture Reading:** Proverbs 27

### **Morning Reflection**

*What are your observations about this chapter?*

*What does this passage teach you about God?*

*How can you apply what you've read?*

### **Evening Reflection**

*Where did you see God at work in your day?*

*What can you express gratitude to God for?*

*What did you feel today and how is God asking you to respond?*

*What do you feel impressed to pray for?*













