

FORMATION

JANUARY - FEBRUARY 2024

CHURCH
OF THE CITY

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 as we practice the way of Jesus. Whether this is your first time using this journal or you have been with us since the start—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 Formation Journal as a 7-day experience to develop habits that will transform your life and we’ve been intentional with its layout to provide participation options both daily and weekly.

On the following pages, you will find helpful information on how to use each section, along with prompts that may be helpful before you head into the daily and weekly sections of this journal. We suggest you spend time reading through the different ways we hope will maximize your time in the study of God’s Word.

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

21 DAYS OF PRAYER AND FASTING

We're grateful you're participating in our 21 Days of Prayer and Fasting. This journal will serve as a companion during your fast and then additionally through February 10th, at which point we will begin preparation for Lent. As you contemplate the importance of fasting in your life, consider these words from Kristen Feola below.

WHAT IS THE POINT OF FASTING?

Although the Bible doesn't give a direct command on this issue, examples of fasting appear in both the Old and the New Testaments. One of the most telling passages in which fasting is mentioned is *Matthew 6:16*, where Jesus is teaching His disciples basic principles of godly living. When speaking on fasting, He begins with, "When you fast," not "If you fast."

Jesus' words imply that fasting will be a regular practice in His followers' lives.

Dietrich Bonhoeffer, in his book *The Cost of Discipleship*, said, "Jesus takes it for granted that His disciples will observe the pious custom of fasting. Strict exercise of self-control is an essential feature of the Christian life. Such customs have only one purpose — to make the disciples more ready and cheerful to accomplish those things which God would have done."

FASTING PREPARES YOU FOR THE WORKS GOD HAS ORDAINED FOR YOU.

Wesley Duewel, a twentieth-century writer, said, "You and I have no more right to omit fasting because we feel no special emotional prompting than we have a right to omit prayer, Bible reading, or assembling with God's children for lack of some special emotional prompting. Fasting is just as biblical and normal a part of a spiritual walk of obedience with God as are these others."

WHY SHOULD I FAST?

People fast for a number of reasons. The following are seven circumstances in the Bible in which believers sought God through this discipline.

TO PREPARE FOR MINISTRY

Jesus spent forty days and nights in the wilderness fasting and praying before He began God's work on this earth. He needed time alone to prepare for what His Father had called Him to do (*Matthew 4:1-17; Mark 1:12-13; Luke 4:1-14*).

TO SEEK GOD'S WISDOM

Paul and Barnabas prayed and fasted for the elders of the churches before committing them to the Lord for His service (*Acts 14:23*).

TO SHOW GRIEF

Nehemiah mourned, fasted, and prayed when he learned Jerusalem's walls had been broken down, leaving the Israelites vulnerable and disgraced (*Nehemiah 1:1-4*).

TO SEEK DELIVERANCE OR PROTECTION

Ezra declared a corporate fast and prayed for a safe journey for the Israelites as they made the nine-hundred-mile trek to Jerusalem from Babylon (*Ezra 8:21-23*).

TO REPENT

After Jonah pronounced judgment against the city of Nineveh, the king covered himself with sackcloth and sat in the dust. He then ordered the people to fast and pray. Jonah 3:10 says, "When God saw what they did and how they turned from their evil ways, He relented and did not bring on them the destruction He had threatened."

TO GAIN VICTORY

After losing forty thousand men in battle in two days, the Israelites cried out to God for help. Judges 20:26 says all the people went up to Bethel and "sat weeping before the Lord." They also "fasted that day until evening." The next day the Lord gave them victory over the Benjamites.

TO WORSHIP GOD

Luke 2 tells the story of an eighty-four-year-old prophetess named Anna. Verse 37 says, "She never left the temple but worshiped night and day, fasting and praying." Anna was devoted to God, and fasting was one expression of her love for Him.

SUNDAY SERVICE PAGES

Space is provided for you to write down notes from each Sunday’s sermon and our hope is for these notes to prompt you to continue in reflection throughout the week. Additionally this will give you an opportunity to share what stood out to you with your family, friends, community group, or CORE group.

Questions for reflection after Sunday’s service:

- Hear: What is God saying to me?
- Obey: What is He asking me to do?
- When and who will I share this with?

SATURDAY PAGES

As you reflect on the past week, spend time in silence asking these questions:

- What stood out to me the most this week?
- Was there a consistent theme I noticed?
- How have I experienced God this week?
- What have I been praying for and have I received an answer to any of these prayers?
- Is there anything I should confess or bring before God?

DAILY PAGES

Each week we have provided pages that are dedicated to daily devotionals. Monday through Friday, we will give a longer portion of Scripture to read through, but will also provide a suggested portion of that Scripture to soak in, observe, apply, and pray about. We will have corresponding video content from our Pastors that will match these days. If you would like to receive these videos daily in text form, text COTCDAILY to 855-615-6150.

When spending your time in the selected Scripture, we suggest that you use the acronym - “SOAP.” Read below to learn more about this method.

SCRIPTURE

Read slowly and thoughtfully through the passage.
Pick a verse or two that stood out to you and write it in your journal.

OBSERVATION

Write some observations about these verses. What is this passage or verse saying?
What does it reveal about God? About people? How is Christ revealed in this passage?

APPLICATION

Write a few sentences on how these verses apply to your life. Is there a truth about God that you want to focus on? Is there a promise to receive and thank God for? Is the Holy Spirit convicting you of something you need to do or stop doing in light of God’s truth?

PRAYER

Write out a prayer to God in response to this Scripture. This is a way to turn God’s Word to you back to Him. Be honest and express your heart to Him.

SUNDAY, DECEMBER 31

Notes:

[illegible]

MONDAY, JANUARY 1

Daniel 9:1-19

☐ Scripture ☐ Application

☐ Observation ☐ Prayer

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Daily Gratitude

TUESDAY, JANUARY 2

Matthew 6:1-18

☐ Scripture ☐ Application

☐ Observation ☐ Prayer

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Daily Gratitude

Joel 2

[illegible]

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Daily Gratitude

THURSDAY, JANUARY 4

Luke 4:1-15

☐ Scripture ☐ Application

☐ Observation ☐ Prayer

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Daily Gratitude

FRIDAY, JANUARY 5

Nehemiah 1:1-11

☐ Scripture ☐ Application

☐ Observation ☐ Prayer

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Daily Gratitude

SATURDAY, JANUARY 6

Reflection

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SUNDAY, JANUARY 7

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Jonah 3

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Daily Gratitude

Acts 13:1-5

[illegible]

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WEDNESDAY, JANUARY 10

2 Samuel 12:1-25

☐ Scripture ☐ Application

☐ Observation ☐ Prayer

Additional Notes:

[illegible]

Daily Gratitude

THURSDAY, JANUARY 11

Luke 2:22-40

☐ Scripture ☐ Application

☐ Observation ☐ Prayer

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Additional Notes:

[illegible]

Daily Gratitude

I Kings 21

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SATURDAY, JANUARY 13

Reflection

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Notes:

[illegible]

SUNDAY, JANUARY 14

Notes:

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MONDAY, JANUARY 15

Isaiah 58

☐ Scripture ☐ Application

☐ Observation ☐ Prayer

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Daily Gratitude

Luke 18:1-14

[illegible]

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WEDNESDAY, JANUARY 17

Ezra 8:1-23

☐ Scripture ☐ Application

☐ Observation ☐ Prayer

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Daily Gratitude

THURSDAY, JANUARY 18

Matthew 9:14-16

☐ Scripture ☐ Application

☐ Observation ☐ PrayerThis image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, providing a template for handwriting practice or general note-taking. The margins are consistent on all sides.

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Daily Gratitude

FRIDAY, JANUARY 19

Acts 14:21-28

☐ Scripture ☐ Application

☐ Observation ☐ Prayer

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Additional Notes:

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Daily Gratitude

SATURDAY, JANUARY 20

Reflection

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Notes:

SUNDAY, JANUARY 21

Notes:

MONDAY, JANUARY 22

I Thessalonians 1

☐ Scripture ☐ Application

☐ Observation ☐ Prayer

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46

Additional Notes:

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Daily Gratitude

I Thessalonians 2:1-12

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I Thessalonians 2:13-20

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Daily Gratitude

THURSDAY, JANUARY 25

I Thessalonians 3:1-7

☐ Scripture ☐ Application

☐ Observation ☐ Prayer

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Daily Gratitude

FRIDAY, JANUARY 26

I Thessalonians 3:8-13

☐ Scripture ☐ Application

☐ Observation ☐ Prayer

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Daily Gratitude

SATURDAY, JANUARY 27

Reflection

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SUNDAY, JANUARY 28

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MONDAY, JANUARY 29

I Thessalonians 4:1-8

☐ Scripture ☐ Application

☐ Observation ☐ Prayer

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58

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Daily Gratitude

59

TUESDAY, JANUARY 30

I Thessalonians 4:9-12

☐ Scripture ☐ Application

☐ Observation ☐ Prayer

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60

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Daily Gratitude

WEDNESDAY, JANUARY 31

I Thessalonians 4:13-18

☐ Scripture ☐ Application

☐ Observation ☐ Prayer

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Daily Gratitude

THURSDAY, FEBRUARY 1

I Thessalonians 5:1-11

☐ Scripture ☐ Application

☐ Observation ☐ Prayer[illegible]

64

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Daily Gratitude

FRIDAY, FEBRUARY 2

I Thessalonians 5:12-28

☐ Scripture ☐ Application

☐ Observation ☐ Prayer

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Daily Gratitude

SATURDAY, FEBRUARY 3

Reflection

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Notes:

SUNDAY, FEBRUARY 4

Notes:

MONDAY, FEBRUARY 5

2 Thessalonians 1

☐ Scripture ☐ Application

☐ Observation ☐ Prayer

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Additional Notes:

[illegible]

Daily Gratitude

TUESDAY, FEBRUARY 6

2 Thessalonians 2:1-12

☐ Scripture ☐ Application

☐ Observation ☐ Prayer

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72

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Daily Gratitude

WEDNESDAY, FEBRUARY 7

2 Thessalonians 2:13-17

☐ Scripture ☐ Application

☐ Observation ☐ Prayer

Additional Notes:

[illegible]

Daily Gratitude

THURSDAY, FEBRUARY 8

2 Thessalonians 3:1-5

☐ Scripture ☐ Application

☐ Observation ☐ Prayer

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Daily Gratitude

FRIDAY, FEBRUARY 9

2 Thessalonians 3:6-18

☐ Scripture ☐ Application

☐ Observation ☐ Prayer

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Daily Gratitude

SATURDAY, FEBRUARY 10

Reflection

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