

Practice 2: Formation Audit

(adapted from pp. 38–44 of the Practicing the Way Companion Guide available at practicingtheway.org)

Our practice for this week is to **take an inventory of all of the forces that are currently forming you**. Please carve out 1–3 hours to complete this longer exercise.

Do this exercise with God. Invite the Spirit of Jesus to come and illuminate your mind. Answer honestly and nonjudgmentally; remember that shame is not from Jesus.

Habits – What habits make up your everyday life?

Consider your morning routine, typical work or school day activities, evening routine, and weekend activities.

Reflect: How are my habits shaping me as a person?

Relationships – What relationships make up most of your life?

Think about family, friends, work, community, and other relationships.

Reflect: How are these people shaping me as a person? What kind of person do I become around them? What do they draw out or suppress in me?

Stories – What are the “stories” you have come to believe?

What stories do you believe about God, yourself, happiness, and the meaning of life?

Reflect: What are the core stories of my life? How are they forming me as a person?

Environment – What are the cultural distinctives of my environment?

What is my community like? What about my country? My generation? My ethnic and/or socioeconomic group? My social media feed?

Reflect: How am I being formed or deformed by the cultural forces that are “normal” in my community, country, generation, ethnic group, and my social media feed?

Experience – What life experiences have most shaped me into who I am today?

Think about your family of origin, traumatic events, key experiences, and spiritual journey.

Reflect: How have my experiences formed and deformed me over the years?

Come prepared to talk about this practice with your small group next week.