

.LOOK CAREFULLY THEN HOW YOU WALK, NOT AS UNWISE BUT AS WISE, MAKING THE BEST USE OF THE TIME, BECAUSE THE DAYS ARE EVIL. THEREFORE DO NOT BE FOOLISH, BUT UNDERSTAND WHAT THE WILL OF THE LORD IS.

EPHESIANS 5:15-17

FORMATION

THE ART & SCIENCE

OF HOW WE CHANGE

VOLUME III: REST

MARK 1

V. 35-38

FORMATION

MARK 10

V. 14

FORMATION

LUKE 12

V. 13-14

FORMATION

LUKE 12

V. 13-14

FORMATION

MATTHEW 9

V. 19-22

FORMATION

FORMATION

I HAVE BROUGHT YOU GLORY ON EARTH BY
FINISHING **THE WORK YOU GAVE ME TO DO.**

JOHN 17:4

FORMATION

FILTER #1:
PRAYER

FORMATION

AND THIS IS MY **PRAYER**: THAT YOUR LOVE MAY
ABOUND MORE AND MORE IN KNOWLEDGE AND
DEPTH OF INSIGHT, SO THAT YOU MAY BE ABLE TO
DISCERN WHAT IS BEST AND MAY BE PURE AND
BLAMELESS FOR THE DAY OF CHRIST...

PHILIPPIANS 1:9-10

FORMATION



FORMATION

FILTER #2:
COMMUNITY

FORMATION

WHERE THERE IS NO **GUIDANCE**, A PEOPLE FALLS,
BUT IN AN ABUNDANCE OF COUNSELORS THERE IS
SAFETY.

PROVERBS 11:14

FORMATION



FORMATION

FILTER #3:
SEASON

FORMATION

FOR EVERYTHING THERE IS A **SEASON**, AND A
TIME FOR EVERY MATTER UNDER HEAVEN.

ECCLESIASTES 3:1

FORMATION



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FILTER #4:
CALLING

FORMATION

FOR BY THE GRACE GIVEN TO ME I SAY TO EVERYONE AMONG YOU NOT TO THINK OF HIMSELF MORE HIGHLY THAN HE OUGHT TO THINK, BUT TO THINK WITH SOBER JUDGMENT, **EACH ACCORDING TO THE MEASURE OF FAITH THAT GOD HAS ASSIGNED.** FOR AS IN ONE BODY WE HAVE MANY MEMBERS, AND **THE MEMBERS DO NOT ALL HAVE THE SAME FUNCTION,** SO WE,

ROMANS 12:3-5

FORMATION

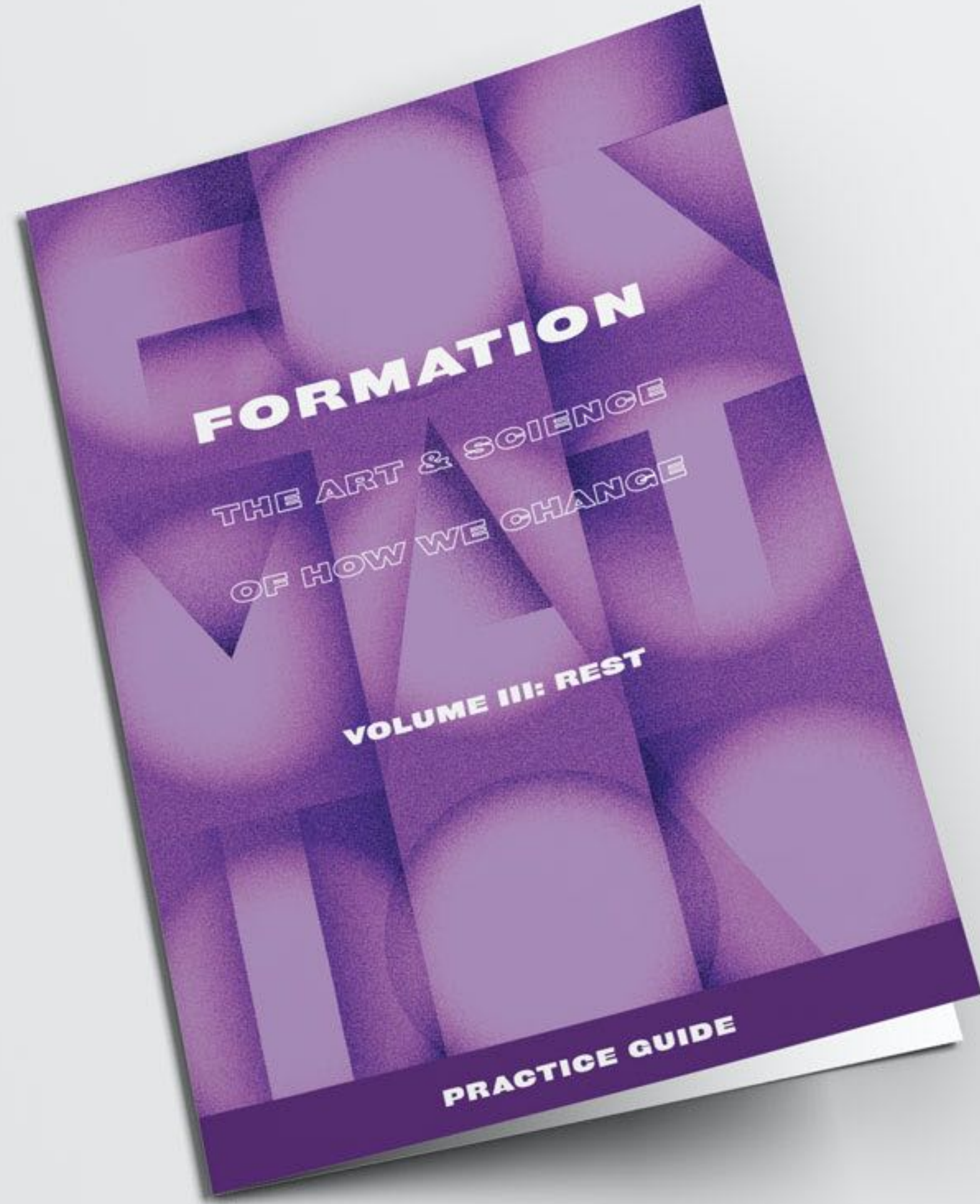
THOUGH MANY, ARE ONE BODY IN CHRIST, AND
INDIVIDUALLY MEMBERS ONE OF ANOTHER.

ROMANS 12:3-5

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Practice Guide
PDF available at
citychurchknox.com/rest



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