



A Spiritual Formation Journal: A Renovare Resource for Spiritual Formation

Jana Rea

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Spiritual study groups have never been more popular among Christians of all denominations. Coming together to study, pray, and plan ways to serve the community can spark new ideas and deeper reflection in each member of the group. *A Spiritual Formation Journal*, designed specifically to complement both individual and small group contemplation, is the perfect place to further explore these ideas and carry them into our everyday lives.

As part of Renovare's popular collection of resource books, *A Spiritual Formation Journal* is uniquely designed with an emphasis on five great Christian traditions: Contemplative, the Prayer-Filled Life; Holiness, the Virtuous Life; Charismatic, the Spirit-Empowered Life; Social Justice, the Compassionate Life; and Evangelical, the Word-Centered Life. Divided into weekly sections, the journal offers an inviting space for written reflection and prayer as well as inspiring quotes, thought-provoking questions, evaluation exercises, and group worksheets to encourage the examination and celebration of spiritual growth.

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