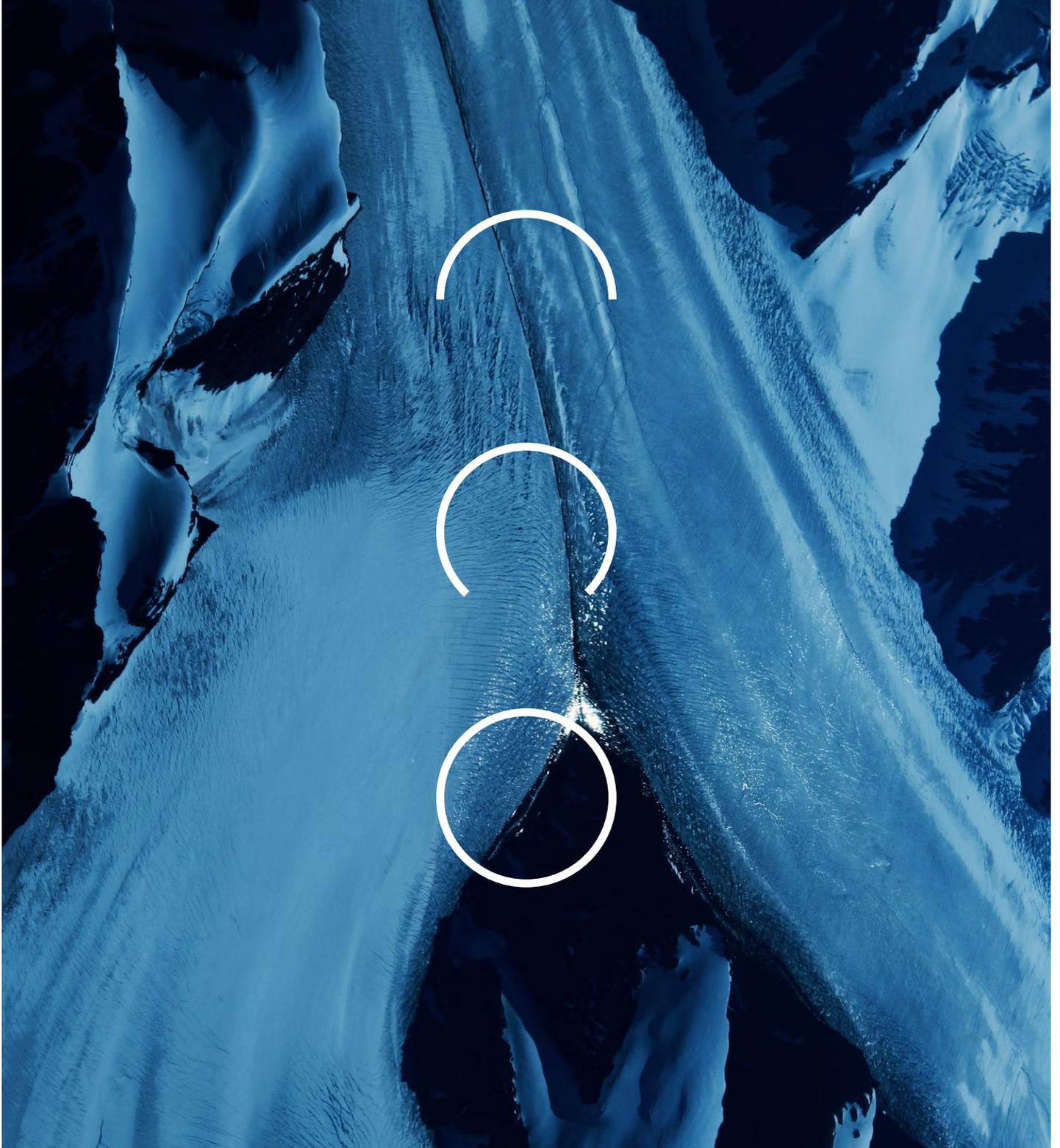




FORMATION



March Teaching Series

A blue-tinted landscape featuring a mountain peak in the upper right and a river valley in the lower left. The scene is captured in a high-angle, top-down perspective, showing the textures of the terrain and the winding path of the river. The overall mood is serene and contemplative.

Slowly

Week 3

Reflect

ABBALOE

Take some time to process together as a group on last week's practice:

- How did you start practicing what we talked about last week?
- How was your experience in your practice?
- Where did you feel God most present and distant this week?

Overview

We live in a culture that prizes speed and efficiency, where faster is often assumed to be better. But the way of Jesus invites us into a different rhythm—one where spiritual formation happens slowly, not instantly. The most meaningful things in life—relationships, character, and faith—are formed over time, often through processes that feel inefficient or inconvenient. In a world shaped by technology and quick solutions, we can be tempted to seek shortcuts even in our spiritual lives, but true transformation cannot be rushed. We are formed through presence, patience, and trust in God's timing.

James 1 reframes our understanding of trials, showing that they are not interruptions but instruments of growth. Testing produces perseverance, and perseverance leads to maturity. Instead of avoiding discomfort, we are invited to embrace it with faith, trusting that God is at work in the process. This means resisting the idols of hurry and efficiency and choosing a slower, more intentional way of life—one that creates space for rest, reflection, and relationship with God. As we learn to slow down, we begin to experience deeper transformation, becoming people who are steady, rooted, and formed in the likeness of Christ.



Reading

James 1:2-8 NIV

2 Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, 3 because you know that the testing of your faith produces perseverance. 4 Let perseverance finish its work so that you may be mature and complete, not lacking anything. 5 If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. 6 But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. 7 That person should not expect to receive anything from the Lord. 8 Such a person is double-minded and unstable in all they do.

Discussion

What's something in your life you wish could be faster right now?

Have you ever had a meaningful moment that only happened because things were slow or inconvenient?

Why do you think God chooses slow processes (like growth, farming, relationships) to form us?

What kind of "testing" are you currently facing? How might God be using this season to form perseverance in you?

Which spiritual practice has helped you grow the most in your relationship with God?

What is one area of your life that needs to slow down? What would it actually cost you to slow down?

Practice

Daily Slowing Down

When: Start or end your day

How to Practice:

- Sit in silence and breathe slowly
- Pray: "God, I am here. You are here."
- When your mind wanders, gently return (no shame)

Why it matters:

You are retraining your soul to stop living at the speed of anxiety and start living at the pace of love.

Weekly Sabbath Rhythm

Four Movements:

- Stop – no work, no productivity
- Rest – nap, slow down your body
- Delight – do something that brings joy
- Worship – reconnect with God

Examples:

- Cook a slow meal with family
- Go on a walk without headphones
- Read Scripture slowly
- Sit and do nothing (yes, really)

Further Resources

Video: Formation Teaching Series – Abbalove Church

Book: Practicing the Way – John Mark Comer

Book: Invitation to a Journey – Robert Mulholland

Book: The Ruthless Elimination of Hurry – John Mark Comer



How We Want to Change

www.abbalovechurch.com