

# MODULE 4: SPIRITUAL HEALTH

# INTRODUCTION

In this module, **Danielle Pathak** teaches the importance of intentional spiritual formation—both for personal life and leadership—and offers practical wisdom on engaging with spiritual disciplines.



These two videos will help you answer two central questions:

1. Why is my spiritual formation important to my life and leadership?
2. How can spiritual practices help me grow?

# SESSION 1: IMPORTANCE OF SPIRITUAL FORMATION

## *Video Notes*

### **1. Our first formation directly influences our spiritual formation.**

We all ask big “soul” questions about our purpose and place in the world. Ultimately, God is asking us to take those big questions about our purpose and healing and connect them to God’s bigger story - which also connects us to others and allows us to participate in the work of God’s Kingdom.

### **2. Spiritual formation is ultimately about becoming more like Jesus.**

2 Corinthians 3:17-18. We are shaped by the things we pay the most attention to. Spiritual formation puts Jesus at the center of our transformation. We are invited to become more like Jesus by allowing the Lord to bring our attention to areas where he invites us into a new way of being.

### **3. Spiritual formation must acknowledge First Formation.**

Everyone comes to faith with a story and pain from the past. In spiritual formation, the Lord invites us to be healed if we say yes.

### **4. Spiritual formation is rooted in community.**

It must be deeply rooted in the life of the community and the life of people. If we separate our spiritual formation from other people, we miss out on a deep layer of healing God has for us. God invites us to move our individual work into a space where people can see and mentor us.

## **5. Spiritual formation happens intentionally.**

Having a plan based on how you want to grow and how God is inviting you to grow is vitally important. Gaining control over your schedule is key to this plan.

# SESSION 1: IMPORTANCE OF SPIRITUAL FORMATION

## *Reflection Questions*

- 1.** Danielle said that when someone comes to faith, they do not truly start with a blank slate for spiritual formation. Instead, their first formation has impacted their spiritual formation from day one. Take a few minutes to reflect on the beginning of your spiritual journey. How do you think your first days, months, etc., of your new spiritual life in Jesus were positively or negatively impacted by your First Formation?
- 2.** Can you think of ways that, through your spiritual formation, God has already been at work in healing places of hurt that may have come from your earlier life? Are there areas of your life today that you feel God may be inviting you to pay attention to as He is lovingly forming you into the image of Jesus?
- 3.** Danielle spoke about the importance of community, of letting others see us and speak into our lives, in spiritual formation. Does the thought of inviting more people into your spiritual life make you excited, hopeful, hesitant, or afraid? Spend some time writing about that question in a journal or notebook. Why do you think you feel that way?
- 4.** Are you someone who prioritizes or intentionally plans your spiritual formation? If so, how have you seen this impact your spiritual life?

If not, what do you think about intentionally scheduling time for spiritual formation in your life? Take some time to consider how intentionally prioritizing and scheduling time for spiritual formation may impact your spiritual formation.

# SESSION 2: STRENGTHENING YOUR SOUL

## *Video Notes*

1. **Before you see the outward effects of transformation, you must pay attention to your inner life - to the health of your soul.** John Ortberg says your soul integrates your will, mind, and body into a single life. A soul is healthy when these three parts are in harmony. He writes, “When you are connected with God and other people in life, you have a healthy soul.”
2. **Your work of formation is to recognize the places where your soul (your will, your mind, your body) is disintegrated or unhealthy.** When you see areas of your life that are not integrated or healthy, you can choose to move toward integration and greater health.
3. **Paying attention to your inner life is essential for healthy leadership.** When leaders do not pay attention to needs in their inner lives (because they are unseen by others, or because they seem less urgent or less important), they and their ministry are in danger.

Healthy leaders are held to account for their inner lives.

4. **You can steward an inner life that looks like Jesus in your current culture.** To do so, you need a well-thought-out plan that must be revisited and revised repeatedly as your life changes. Soul transformation needs the same kind of workout plan that you might use for your physical health.

5. **Your soul needs a combination of spiritual disciplines incorporating outward and contemplative practices.** This approach to spiritual formation leads to a healthier spiritual life and greater transformation, even if it feels slower or unfamiliar.
6. **Keep the love of Jesus at the center of your spiritual practices.** This work is slow, but you will see progress over time.

## SESSION 2: STRENGTHENING YOUR SOUL

### *Reflection Questions*

1. Danielle said that spiritual formation begins with tending to your soul - where your will, your mind, and your body integrate. Spend time reflecting on how you were taught to think about your soul and spiritual life. In what ways is this way of thinking about your soul similar to how you were previously taught? In what ways is it different?
2. The disintegration of the harmony within a person, between a person and God, and between people began in the Garden of Eden and continues in our culture today. Even the nature and needs of church ministry can lead to neglecting inner selves to meet the needs of external work. How have you experienced this pull toward disintegration or unhealth in your own time in the church? If you haven't experienced it personally, reflect on how that might happen to a leader based on what you know about ministry in the church.

What aspect of your inner life do you think God may be asking you to pay attention to as you grow as a leader in your church?

3. When you think about spiritual disciplines (both those that Danielle named as well as others you know of), which ones do you most quickly gravitate towards? Which do you have a harder time engaging with? Why do you think that is?
4. When you reflect on the information in this video, what makes you most hopeful about your spiritual formation? What questions or concerns does it raise?



# ACTIVATION ASSIGNMENT

## *Put This Into Practice*

Before you begin, spend 2 minutes in silence, inviting the Holy Spirit to speak to you through this exercise.

Then, answer the following:

**What area(s) of your spiritual life has God brought to your attention as you worked through the content and activities of this module? Use this space to write out anything that comes to mind.**

After you have written your thoughts above, explore a little deeper:

**How do you see your current “workout” of spiritual disciplines helping you to grow in the areas you described above? What might be missing based on where you are not yet seeing growth?**

**What support do you need to experience further growth or transformation in this area? Be as specific as possible.**

**Who would you like to invite to join you in this process?**

## ADDITIONAL RESOURCES

- [Celebration of Discipline](#) by Richard J. Foster
- [Spiritual Disciplines Handbook](#) by Adele Ahlberg Calhoun