



[Home](#) > [Spiritual Formation](#) > [What Is Spiritual Formation?](#)

What Is Spiritual Formation?

Spiritual formation is the activity of the Holy Spirit which molds our lives into the likeness of Jesus Christ. This likeness is one of deep intimacy with God and genuine compassion for all of creation. The Spirit works not only in the lives of individuals but also in the church, shaping it into the Body of Christ. We cooperate with this work of the Spirit through certain practices that make us more open and responsive to the Spirit's touch, disciplines such as sabbath keeping, works of compassion and justice, discernment, worship, hospitality, spiritual friendships, and contemplative silence.

— Office of Spiritual Formation, Presbyterian Church (U.S.A.)

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[Glossary of Terms](#)

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It has been suggested that while the Holy Spirit is the wind that blows our ship, it is up to us to turn the rudder and shift the sails in order to more fully catch the wind that freely blows. There are many practices one can engage in, books that can be read, and leaders who can guide us.

In addition to the personal attention that the Office of Spiritual Formation can provide to those on the journey, there are many others whose work is available to us, through their:

- [Books and Resources](#)
- [Disciplines and Practices](#)
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[Home](#)

[What Is Spiritual Formation?](#)

[Spiritual Formation Leadership Network](#)

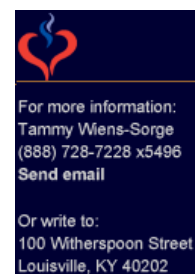
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[Spiritual Disciplines](#)

[Opportunities for Study and Retreat](#)

[How to Contribute](#)

[Links](#)



TOP ▲

[Who We Are](#) | [Congregations](#) | [News and Events](#) | [Ministry and Vocations](#) | [Resources/Publications](#)
[Giving and Funding](#) | [US and World Mission](#) | [Search pcusa.org](#) | [Home](#)

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