

SO I SAY, WALK BY THE SPIRIT, AND YOU WILL NOT GRATIFY THE DESIRES OF THE FLESH. FOR THE FLESH DESIRES WHAT IS CONTRARY TO THE SPIRIT, AND THE SPIRIT WHAT IS CONTRARY TO THE FLESH. THEY ARE IN CONFLICT WITH EACH OTHER, SO THAT YOU ARE NOT TO DO WHATEVER YOU WANT. BUT IF YOU ARE LED BY THE SPIRIT, YOU ARE NOT UNDER THE LAW. THE ACTS OF THE

**GALATIANS 5:16-25**

FLESH ARE OBVIOUS: SEXUAL IMMORALITY,  
IMPURITY AND DEBAUCHERY; IDOLATRY AND  
WITCHCRAFT; HATRED, DISCORD, JEALOUSY, FITS  
OF RAGE, SELFISH AMBITION, DISSENSIONS,  
FACTIONS AND ENVY; DRUNKENNESS, ORGIES,  
AND THE LIKE. I WARN YOU, AS I DID BEFORE, THAT  
THOSE WHO LIVE LIKE THIS WILL NOT INHERIT THE  
KINGDOM OF GOD. BUT THE FRUIT OF THE SPIRIT

**GALATIANS 5:16-25**

IS LOVE, JOY, PEACE, FORBEARANCE, KINDNESS, GOODNESS, FAITHFULNESS, GENTLENESS AND SELF-CONTROL. AGAINST SUCH THINGS THERE IS NO LAW. THOSE WHO BELONG TO CHRIST JESUS HAVE CRUCIFIED THE FLESH WITH ITS PASSIONS AND DESIRES. SINCE WE LIVE BY THE SPIRIT, LET US KEEP IN STEP WITH THE SPIRIT.

**GALATIANS 5:16-25**



# FORMATION

THE ART & SCIENCE

OF HOW WE CHANGE



The background is a complex abstract composition of overlapping geometric shapes. A large, light yellow triangle points downwards from the top left. A large, light orange triangle points upwards from the bottom center. Several rectangular blocks in various shades of orange and yellow are scattered across the frame, some overlapping the larger triangles. The overall effect is a layered, textured look with a warm color palette.

**FORMATION**



LIKE A CITY WHOSE WALLS ARE BROKEN THROUGH  
IS A PERSON WITHOUT SELF-CONTROL.

**PROVERBS 25:28**

**FORMATION**



# GALATIANS 5

V. 16-25

**FORMATION**



The background is a complex abstract composition of overlapping geometric shapes. A large, light yellow triangle points downwards from the top left. A large, light yellow triangle points upwards from the bottom center. A large, light yellow triangle points downwards from the top right. A large, light yellow triangle points upwards from the bottom left. The background is filled with various shades of orange and yellow, creating a textured, layered effect. The word "FORMATION" is written in white, bold, uppercase letters in the bottom right corner.

**FORMATION**



**EXPOSURE**

**FORMATION**



FASTING REVEALS THE THINGS THAT CONTROL US  
[...] WE COVER UP WHAT IS INSIDE US WITH FOOD  
AND OTHER GOOD THINGS, BUT IN FASTING THESE  
THINGS SURFACE. IF PRIDE CONTROLS US, IT WILL  
BE REVEALED ALMOST IMMEDIATELY [...] ANGER,  
BITTERNESS, JEALOUSY, STRIFE, FEAR—IF THEY ARE  
WITHIN US, THEY WILL SURFACE DURING FASTING.

**RICHARD FOSTER**

**FORMATION**



The background is a complex abstract composition of overlapping geometric shapes in various shades of orange, from deep burnt orange to bright yellow. The shapes include rectangles, triangles, and a large inverted triangle. The overall effect is a textured, layered look with a warm, energetic color palette.

**FORMATION**



**TRAINING**

**FORMATION**



The background is a complex abstract composition of overlapping geometric shapes. A large, light yellow triangle points downwards from the top left. A large, light orange triangle points upwards from the bottom center. Several rectangular blocks in various shades of orange and yellow are scattered across the frame, some overlapping the larger triangles. The overall effect is a layered, textured look with a warm color palette.

**FORMATION**



...IT IS SOMETIMES NECESSARY TO CHECK THE  
DELIGHT OF THE FLESH IN RESPECT TO LICIT  
PLEASURES IN ORDER TO KEEP IT FROM YIELDING  
TO ILLICIT JOYS.

**ST. AUGUSTINE**

**FORMATION**



The background is a complex abstract composition of overlapping geometric shapes in various shades of orange, from deep burnt orange to bright yellow. The shapes include rectangles, triangles, and a large circle, all with a fine, grainy texture. The overall effect is a vibrant, layered pattern.

**FORMATION**



THE SPIRIT GOD GAVE US DOES NOT MAKE US  
TIMID, BUT GIVES US POWER, LOVE, AND SELF-  
DISCIPLINE.

**2 TIMOTHY 1:7**

**FORMATION**



The background is a complex abstract composition of overlapping geometric shapes. A large, light yellow triangle points downwards from the top center. To its right, a dark orange triangle points upwards from the bottom center. Several rectangular blocks in various shades of orange and yellow are scattered across the frame, some overlapping the larger triangles. The overall effect is a layered, textured look with a warm color palette.

**FORMATION**



FOR THE GRACE OF GOD HAS APPEARED, THAT OFFERS SALVATION TO ALL PEOPLE. IT TEACHES US TO SAY “NO” TO UNGODLINESS AND WORLDLY PASSIONS, AND TO LIVE SELF-CONTROLLED, UPRIGHT AND GODLY LIVES IN THIS PRESENT AGE...

**TITUS 2:11-12**

**FORMATION**



The background is a complex abstract composition of overlapping geometric shapes. A large, light yellow triangle points downwards from the top left. A large, light orange triangle points upwards from the bottom center. Several rectangular blocks in various shades of orange and yellow are scattered across the frame, some overlapping the larger triangles. The overall effect is a layered, textured look with a warm color palette.

**FORMATION**



[CITYCHURCHKNOX.COM/FASTING](http://CITYCHURCHKNOX.COM/FASTING)

**FORMATION**



The background is a complex abstract composition of overlapping geometric shapes. A large, light yellow triangle is positioned in the upper right. A dark orange triangle points downwards from the left side. A large, light orange triangle points upwards from the bottom center. Several rectangular blocks in various shades of orange and yellow are scattered throughout the composition, creating a layered, architectural feel. The overall color palette is warm and monochromatic, ranging from deep burnt orange to bright, sunny yellow.

**FORMATION**