



FORMATION GUIDE

A SIMPLE REFLECTION TOOL FOR KINGDOM ALIGNMENT

by K.M. Harvin

What is Formation?

Romans 12:2

"Do not be conformed to this world, but be transformed by the renewing of your mind."

Whether we notice it or not, we are always being formed. Our instincts, reactions, priorities, and assumptions are shaped by the voices we listen to, the environments we live in, and the rhythms we practice.

Culture forms us constantly. It trains our expectations, our pace, and even how we measure success. But Scripture invites believers into a different process.

Romans 12:2 says: "Do not be conformed to this world, but be transformed by the renewing of your mind." Kingdom formation is the lifelong process of allowing Christ, through Scripture, the Holy Spirit, and obedience to reshape how we think, live, and respond to the world around us. It is not about performance. It is about alignment.

This short guide is designed to help you pause and reflect on what may be shaping your instincts right now.

Take your time with these questions.

Formation is slow, intentional work.

Reflection 1



What is shaping my thinking?

Culture often forms us quietly. We absorb assumptions about success, identity, productivity, and influence without realizing it. Take a moment to reflect.

Questions

1. What voices influence my thinking most right now?
2. What expectations do I feel pressured to live up to?
3. Where do I notice comparison creeping into my thoughts?

Scripture reminder: "Set your minds on things above, not on earthly things." – Colossians 3:2

Reflection 2



Where might I be drifting?

Drift rarely happens suddenly. It happens gradually through small compromises, subtle distractions, and neglected spiritual rhythms. Consider these questions.

Questions

1. Have I been rushing through life rather than walking with God?
2. Where might I be reacting to pressure instead of responding with discernment?
3. What practices have helped me stay anchored in the past?

"Let us throw off everything that hinders and the sin that so easily entangles." – Hebrews 12:1

Reflection 3



What is God re-centering right now?

Formation is not only about correction. It is also about invitation. God often uses seasons of pressure, transition, or quiet reflection to re-anchor our lives in what truly matters.

Questions

1. What might God be inviting me to release?
 2. What truth do I need to return to?
 3. What small step of obedience would move me toward deeper alignment?
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"Your word is a lamp to my feet and a light to my path."

— Psalm 119:105

A Simple Prayer

Dear Lord,

Form my thinking according to Your truth. Where culture has shaped my instincts, renew my mind. Where pressure has distorted my priorities, restore clarity. Teach me to walk steadily with You, not reacting to the noise of the world but responding to Your voice. Shape my character, my decisions, and my leadership so that my life reflects Your Kingdom.

In Christ's name,

Amen.



Continue the Journey

Before you close this guide, take one moment to consider this question: What is one area where you sense God inviting you into deeper formation right now? You may want to sit with that question in prayer. If you'd like, you're also welcome to reply to the email where you received this guide and share your answer. I read every response.

— K.M.

Stay Connected

If this guide encouraged you, you'll continue receiving reflections on:

- Kingdom formation
- spiritual endurance
- leadership formation (especially for worship leaders)
- books, music, and other resources for deeper growth

*If this guide encourages you, feel free to share it with a friend who may also benefit from pausing to reflect on what is shaping their life.