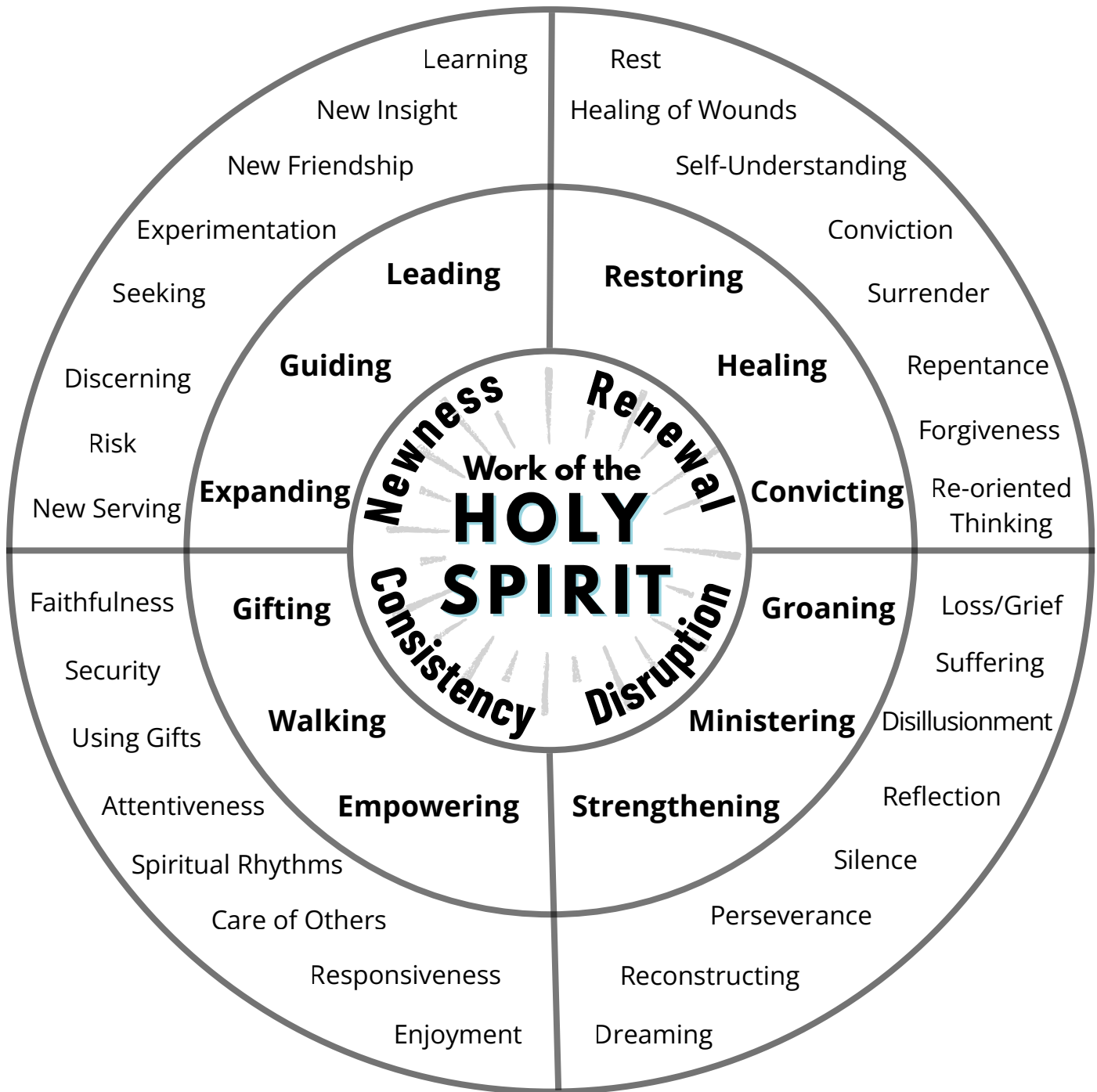


# Seasonal Formation

The Holy Spirit working in every time and season



**Set aside a couple of hours a month to be alone with God.**

**Ponder the words on the wheel: Which of these words most describes my experience this month?**

**Then Identify and circle the top 5.**

**Ask the Holy Spirit - how are you guiding me in these areas?**