

## **THE BEATTITUDES OF MATTHEW 5:1-12 AS A MODEL FOR SPIRITUAL FORMATION IN ADULTS**

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This project investigated spiritual formation knowledge, behavior, and attitudes among adults at Faith Lutheran Church. A significant teaching program, along with a variety of sermons that specifically focused on spiritual formation, was delivered to the congregation over a period of ten months. Supplemental surveys and personal interviews helped assess the level of spiritual formation and determine strengths and weaknesses.

The content was not viewed as a program but as a means to create awareness and to open the door for the grace and power of God to work in individual lives. Just as Jesus viewed the Beatitudes as the foundation for spiritual transformation in His disciples, this project assumed that a similar spiritual matrix could be effectively used in the local church. This spiritual formation involves a life-transforming process whereby a person is shaped into the image of Christ through a growing relationship with Jesus.

As a result of this project, the people at Faith Lutheran Church expressed a growing desire for biblical learning and godly character formation as expressed in the Beatitudes. In addition, the people in the church have displayed a noticeable increase in ministry participation. Although assessment of spiritual formation is difficult to measure, the results of the project indicate that the research, teachings, and surveys produced a keen awareness for the need and value of spiritual formation and the importance of implementing a church-wide biblical approach to spiritual formation.