

FORMATION JOURNAL

Volume Fourteen
April - July 2026

NONACHURCH

Dear Nona Church Family,

One thing we have believed at Nona Church from the earliest days is that the invitation of Jesus is into a lifelong journey to follow Him — one step at a time. That is why our mission is to help every person know and take their next best step in following Jesus. Our team has developed this resource to help you strengthen your walk with Jesus on a daily basis this year. The Formation Journal is designed to guide you into God's presence through intentional prayer, Bible reading and personal reflection. I'm reminded of the words of Paul when he writes:

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and prove what God's will—is His good, pleasing and perfect will. — Romans 12:2

We live in a world and culture that wants to conform us to a pattern that is oftentimes opposed to God's heart for our flourishing. We know the process of transformation happens by renewing our mind with Scripture over time and in community. With this process of transformation in view, we encourage you to allow this journal to supplement, or even guide, your spiritual life. Use it as a tool to help you form new or better habits, and trust that God will use His Word, by the power of His Spirit, to change your life.

Our team has been intentional in designing this journal so you can easily engage with God in weekend sermons, Bible reading, prayer and reflection. The following pages will give you some insights on how to best experience all that the Formation Journal has to offer.

We know that God's desire for you is to experience the peace, joy, love and hope that come from His Presence every day, and we're looking forward to seeing how Jesus invites you to follow Him one step at a time this year!

God Bless,
Pastor Collin & Stacey

7 PRACTICES IN THE WAY OF JESUS

Intimacy With God

knowing God and being known by God



Intentional Rest

trusting God with our time, life and future



Humility

maintaining a right view of God, self and others



Reconciliation

participating in the restoration of all things



Honor

seeing and treating everyone the way God sees them



Stewardship

managing God's gifts God's way for God's glory



Contentment

depending on God's goodness and control in all circumstances

MISSION

We help every person know and take their next best step in following Jesus.

VISION

We exist to be a family of neighborhood churches walking in the way of Jesus for the renewal of our city and world to the glory of God.

WEEKEND SERMON NOTES

Each week, this journal has a place to take notes and reflect on what you are learning through the teachings. We have provided extra space to jot down the big idea from the sermon, any questions you might have, important thoughts you want to remember and next steps towards Jesus you are ready to take. We pray this area will help you not just receive information but lean into the transformation that the Holy Spirit brings through His Word.

PRACTICE GRATITUDE

Each day you will have the opportunity to reframe your perspective around gratitude. By thanking God for how He is at work in our lives – in seasons of ease and difficulty – we can experience the gentle, restorative leading of God’s shepherding hand. Use this space to thank God for how you’re experiencing who He is and what He is doing in your life.

REACH EXERCISE

If you are up for a challenge, we invite you to spend more time in deeper reflection, pondering your emotions and how they are impacting your relationship with God. We also invite you to look through the Scripture that you have read that week and choose a verse or two to commit to memory. These practices will help you grow deeper in your journey with Jesus.

BIBLE READING PLAN

Throughout this journal, you'll have the chance to draw on the spiritual riches of the Bible as you learn from God through His Word. In Matthew 13:52, Jesus teaches that anyone who is His well-trained disciple skillfully draws out the treasure from God's Word. God has spoken to us by giving us both the Old and New Testaments as a treasure trove of grace and truth so we would know, love and follow God each day.

Whether you're already familiar with the Formation Journal or this is your first time, you will go deeper in your understanding and appreciation of God's Word. In this volume of the Formation Journal, we will explore a New Testament account of the life and ministry of Jesus, learn about the early church, and enjoy Wisdom Literature from the book of Psalms.

New Testament:	Wisdom
John	Literature:
Acts	Psalms
Romans	
1 Corinthians	
2 Corinthians	

In Psalm 1, the psalmist tells us God's Word is meant to delight and nourish us, like a tree planted by streams of water that thrives and grows because of its proximity to the source of life. We pray this journal will help you take in the life-giving Word of God each day, drawing you closer to the heart of Jesus.

Every time you start a new book of the Bible, you will see a QR code that when scanned will direct you to a 6-10 minute intro video, designed to help give you background and context for the book you are about to read. Whether this is your first time reading the Bible, or you have read through it multiple times, this will be an interesting and helpful resource.

WEDNESDAY | MAY 20

ACTS 12 + PSALM 98

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

THURSDAY | MAY 21

ACTS 13 + PSALM 99

PAUSE AND
ORIENT YOURSELF
TO: **ACTS**



REFLECT ON WHAT YOU READ:

- What did you find interesting or surprising?
- What does this passage show you about who God is?
- What promise from this reading do you need to remember throughout the day?
- What is the Holy Spirit inviting you into today?

REACH EXERCISE:

- What situations are bringing up strong emotions like anger, sadness or anxiety?
- What do these emotions tell you about how you are relating to God?

FRIDAY | MAY 22

ACTS 14 + PSALM 100

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

WEEKEND OF MAY 23/24

SERMON NOTES:

REFLECTION:

What response is God inviting you into based on what you heard or experienced today?

MONDAY | MAY 25

ACTS 15 + PSALM 101

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

TUESDAY | MAY 26

ACTS 16 + PSALM 102

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

REACH EXERCISE:

Choose a verse or passage to memorize. Write it here and again on a post-it note and place it in your bathroom or at your desk to review it often.

WEDNESDAY | MAY 27

ACTS 17 + PSALM 103

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

THURSDAY | MAY 28

ACTS 18 + PSALM 104

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

REACH EXERCISE:

What situations are bringing up strong emotions like anger, sadness or anxiety?

What do these emotions tell you about how you are relating to God?

FRIDAY | MAY 29

ACTS 19 + PSALM 105

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

WEEKEND OF MAY 30/31

SERMON NOTES:

REFLECTION:

What response is God inviting you into based on what you heard or experienced today?

MONDAY | JUNE 1

ACTS 20 + PSALM 106

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

TUESDAY | JUNE 2

ACTS 21 + PSALM 107

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

REACH EXERCISE:

Choose a verse or passage to memorize. Write it here and again on a post-it note and place it in your bathroom or at your desk to review it often.

WEDNESDAY | JUNE 3

ACTS 22 + PSALM 108

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

THURSDAY | JUNE 4

ACTS 23 + PSALM 109

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

REACH EXERCISE:

What situations are bringing up strong emotions like anger, sadness or anxiety?

What do these emotions tell you about how you are relating to God?

FRIDAY | JUNE 5

ACTS 24 + PSALM 110

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

WEEKEND OF JUNE 6/7

SERMON NOTES:

REFLECTION:

What response is God inviting you into based on what you heard or experienced today?

MONDAY | JUNE 8

ACTS 25 + PSALM 111

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

TUESDAY | JUNE 9

ACTS 26 + PSALM 112

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

REACH EXERCISE:

Choose a verse or passage to memorize. Write it here and again on a post-it note and place it in your bathroom or at your desk to review it often.

THURSDAY | JUNE 11

ACTS 28 + PSALM 114

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

REACH EXERCISE:

What situations are bringing up strong emotions like anger, sadness or anxiety?

What do these emotions tell you about how you are relating to God?

FRIDAY | JUNE 12

ROMANS 1 + PSALM 115

PAUSE AND
ORIENT YOURSELF
TO: **ROMANS**



REFLECT ON WHAT YOU READ:

- What did you find interesting or surprising?
- What does this passage show you about who God is?
- What promise from this reading do you need to remember throughout the day?
- What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

WEEKEND OF JUNE 13/14

SERMON NOTES:

REFLECTION:

What response is God inviting you into based on what you heard or experienced today?

MONDAY | JUNE 15

ROMANS 2 + PSALM 116

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

TUESDAY | JUNE 16

ROMANS 3 + PSALM 117

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

REACH EXERCISE:

Choose a verse or passage to memorize. Write it here and again on a post-it note and place it in your bathroom or at your desk to review it often.

WEDNESDAY | JUNE 17

ROMANS 4 + PSALM 118

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

FRIDAY | JUNE 19

ROMANS 6 + PSALM 120

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

MONDAY | JUNE 22

ROMANS 7 + PSALM 121

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

TUESDAY | JUNE 23

ROMANS 8 + PSALM 122

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

REACH EXERCISE:

Choose a verse or passage to memorize. Write it here and again on a post-it note and place it in your bathroom or at your desk to review it often.

WEDNESDAY | JUNE 24

ROMANS 9 + PSALM 123

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

FRIDAY | JUNE 26

ROMANS 11 + PSALM 125

REFLECT ON WHAT YOU READ:

- What did you find interesting or surprising?
- What does this passage show you about who God is?
- What promise from this reading do you need to remember throughout the day?
- What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

WEEKEND OF JUNE 27/28

SERMON NOTES:

REFLECTION:

What response is God inviting you into based on what you heard or experienced today?

MONDAY | JUNE 29

ROMANS 12 + PSALM 126

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

WEDNESDAY | JULY 1

ROMANS 14 + PSALM 128

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

THURSDAY | JULY 2

ROMANS 15 + PSALM 129

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

REACH EXERCISE:

What situations are bringing up strong emotions like anger, sadness or anxiety?

What do these emotions tell you about how you are relating to God?

FRIDAY | JULY 3

ROMANS 16 + PSALM 130

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

WEEKEND OF JULY 4/5

SERMON NOTES:

REFLECTION:

What response is God inviting you into based on what you heard or experienced today?

TUESDAY | JULY 7

1 CORINTHIANS 2 + PSALM 132

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

REACH EXERCISE:

Choose a verse or passage to memorize. Write it here and again on a post-it note and place it in your bathroom or at your desk to review it often.

WEDNESDAY | JULY 8

1 CORINTHIANS 3 + PSALM 133

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

FRIDAY | JULY 10

1 CORINTHIANS 5 + PSALM 135

REFLECT ON WHAT YOU READ:

- What did you find interesting or surprising?
- What does this passage show you about who God is?
- What promise from this reading do you need to remember throughout the day?
- What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

WEEKEND OF JULY 11/12

SERMON NOTES:

REFLECTION:

What response is God inviting you into based on what you heard or experienced today?

MONDAY | JULY 13

1 CORINTHIANS 6 + PSALM 136

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

TUESDAY | JULY 14

1 CORINTHIANS 7 + PSALM 137

REFLECT ON WHAT YOU READ:

- What did you find interesting or surprising?
- What does this passage show you about who God is?
- What promise from this reading do you need to remember throughout the day?
- What is the Holy Spirit inviting you into today?

REACH EXERCISE:

Choose a verse or passage to memorize. Write it here and again on a post-it note and place it in your bathroom or at your desk to review it often.

WEDNESDAY | JULY 15

1 CORINTHIANS 8 + PSALM 138

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

FRIDAY | JULY 17

1 CORINTHIANS 10 + PSALM 140

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

WEEKEND OF JULY 18/19

SERMON NOTES:

REFLECTION:

What response is God inviting you into based on what you heard or experienced today?

MONDAY | JULY 20

1 CORINTHIANS 11 + PSALM 141

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

TUESDAY | JULY 21

1 CORINTHIANS 12 + PSALM 142

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

REACH EXERCISE:

Choose a verse or passage to memorize. Write it here and again on a post-it note and place it in your bathroom or at your desk to review it often.

WEEKEND OF JULY 25/26

SERMON NOTES:

REFLECTION:

What response is God inviting you into based on what you heard or experienced today?

MONDAY | JULY 27

1 CORINTHIANS 16 + PSALM 146

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

WEDNESDAY | JULY 29

2 CORINTHIANS 2 + PSALM 148

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

FRIDAY | JULY 31

2 CORINTHIANS 4 + PSALM 150

REFLECT ON WHAT YOU READ:

What did you find interesting or surprising?

What does this passage show you about who God is?

What promise from this reading do you need to remember throughout the day?

What is the Holy Spirit inviting you into today?

PRACTICE GRATITUDE:

What are you thanking God for today?

NONACHURCH