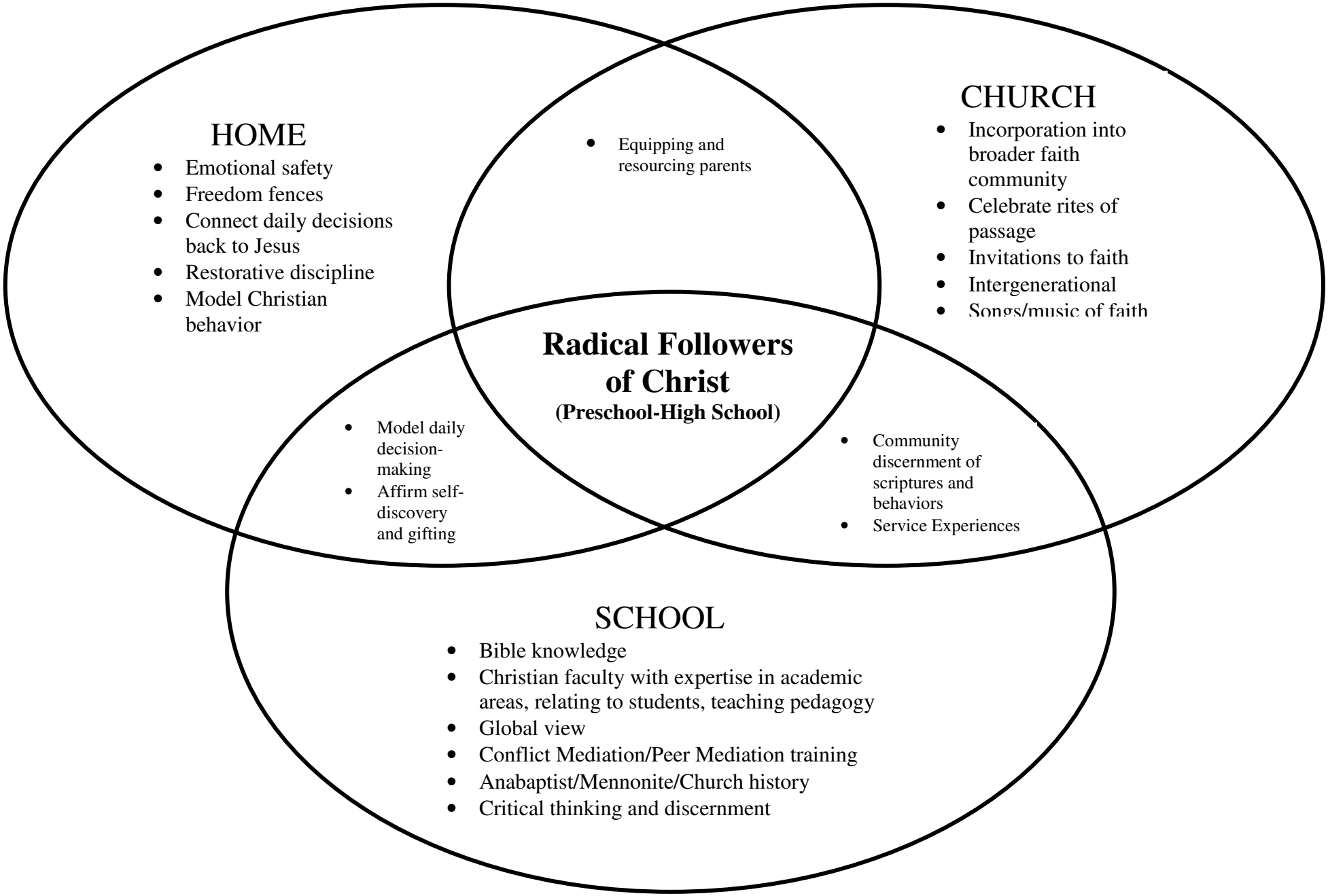A Spiritual Formation Framework