

An underwater photograph showing several divers swimming in clear blue water. The divers are silhouetted against the light, and their fins are visible. The scene is peaceful and serene.

Deeper Dive

Spiritual Formation
in Community

Welcome!

The Kingdom

“My goal is to wake up in the Kingdom of God every morning, and to live each day fully alive in that Kingdom, regardless of my geographical location in the world.”

An underwater photograph showing several divers swimming in clear blue water. The divers are silhouetted against the bright light filtering down from the surface. The overall tone is serene and spiritual.

Check-In

Work of the Spirit Report

The Spirit's Work

In me,
Around me,
Through me

Transforming Emotions

*What did you
learn from
Romans 5:1-5
about
transforming
emotions?*

An underwater photograph of several divers swimming in clear blue water. The divers are silhouetted against the bright light filtering down from the surface. The text 'Romans 5:1-5' is overlaid in a large, white, serif font in the center of the image.

Romans 5:1-5

*“Therefore, since we have been justified through **faith**, we have **peace** with God through our Lord Jesus Christ, through whom we have gained access by **faith** into this **grace** in which we now stand. And we **rejoice** in the **hope** of the glory of God. Not only so, but we also **rejoice** in our sufferings, because we know that suffering produces perseverance, perseverance, character, and character, **hope**. And **hope** does not disappoint us, because God has poured out his **love** into our hearts by the Holy Spirit, whom he has given us.”*

For those who DO NOT wake up in the Kingdom...suffering produces
...pain, sadness, depression, anxiety, fear, despair

For those who DO wake up in the Kingdom... suffering produces
...perseverance...character...hope

Faith...Peace...Grace...Joy...Hope...Love

Romans

5:1-5

Why do so many Christians suffer unhealthy feelings?

Why do Christians allow unhealthy feelings to persist?

Galatians 5:19-23

The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

1 Corinthians 13:13

And now these three remain: faith, hope, and love.
But the greatest of these is love.

**Healthy
and
Unhealthy
Feelings
and
Conditions**

Scenarios

- *There is no connection between these scenarios and anyone in this room.*
- *It is not my intention that you be triggered by these stories, but that is a possibility.*
- *The work of the scenario is to help the person experiencing unhealthy emotions transform those emotions into healthy ones that result in Christlike character and life the Kingdom Way*

**Emotion
Transformation**

Establish a Baseline

- Seek to know what are healthy & unhealthy feelings
- By reading scripture
- By listening to the Spirit's voice
- By practicing spiritual disciplines
- By surrounding myself with Christlike people

**Emotion
Transformation**

Acknowledge My Current Feelings

Emotion Transformation

- Take an honest inventory of my healthy & unhealthy feelings and conditions about a particular situation or life in general
- Draw a line down a page and separate feelings by healthy and unhealthy

Explore the Extent of Influence

- My feelings are ruling my decisions
- My character is suffering
- Agape love is not expressed
- God is not honored
- My inner person is in chaos

**Emotion
Transformation**

See the Kingdom Way & Choose It

- Ask the Spirit to reveal to me the truth of a situation
- Compare His truth with my understanding
- Choose the Kingdom Way

**Emotion
Transformation**

Exchange Unhealthy Feelings for Healthy

Emotion Transformation

- God has poured out his love in our hearts – he is for us!
- In the face of Suffering...persevere
build Kingdom character...find hope
- Welcome the new feelings and give precedence over
unhealthy feelings

Establish a Baseline

Determine what are healthy & unhealthy feelings by reading scripture, listening to the Spirit's voice, practicing spiritual disciplines, and surrounding myself with Christlike people

Acknowledge My Current Feelings

Take an honest inventory of my healthy & unhealthy feelings and conditions about a particular situation or life in general

Explore the Extent of Influence

My feelings are ruling decisions; My character is suffering;
Agape love is not expressed, and God is not honored;
My inner person is in chaos

See the Kingdom Way and Choose it

Ask the Spirit to reveal to me the truth of a situation
Compare His truth with my understanding
Choose the Kingdom Way

Exchange Unhealthy Feelings for Healthy Ones

God has poured out his love in our hearts – he is for us!
In the face of Suffering...persevere...build Kingdom character...find hope
Welcome the new feelings and give precedence over unhealthy feelings

My Emotion Transformation Process

The background of the slide features a light blue, semi-transparent image of several divers underwater. One diver is prominently visible in the center, upside down, with their arms and legs spread out. Other divers are scattered around, some appearing to be in motion. The overall aesthetic is clean and aquatic.

Scenarios

- *Go back to your scenario and apply the emotion transformation process we just outlined*

**Emotion
Transformation**

Spiritual Disciplines of Engagement

Reading the Bible

Journaling

Prayer

Scripture Memory

Service

Fellowship

Evangelism

Check-in

The background of the slide is a light blue, semi-transparent image of several divers underwater. The divers are in various poses, some upside down, creating a sense of depth and movement. The overall aesthetic is clean and modern, with a focus on the central text.

Deeper Dive

The background of the slide features a light blue, semi-transparent image of several divers underwater. One diver is prominently visible at the top, upside down, with their arms and legs spread out. Other divers are scattered throughout the scene, some appearing to be in motion or interacting. The overall aesthetic is serene and contemplative, fitting the theme of a 'deeper dive' into spiritual disciplines.

Deeper Dive

Spiritual Disciplines of Abstinence

Solitude

Silence

Fasting

Simplicity

Chastity

Secrecy

Sacrifice

Homework

Study & Memorize

Galatians 5:22-23 and 1 Corinthians 13:13

giving time to focus on individual elements

Choose a **spiritual discipline** to practice all week.

“Transforming Emotions”

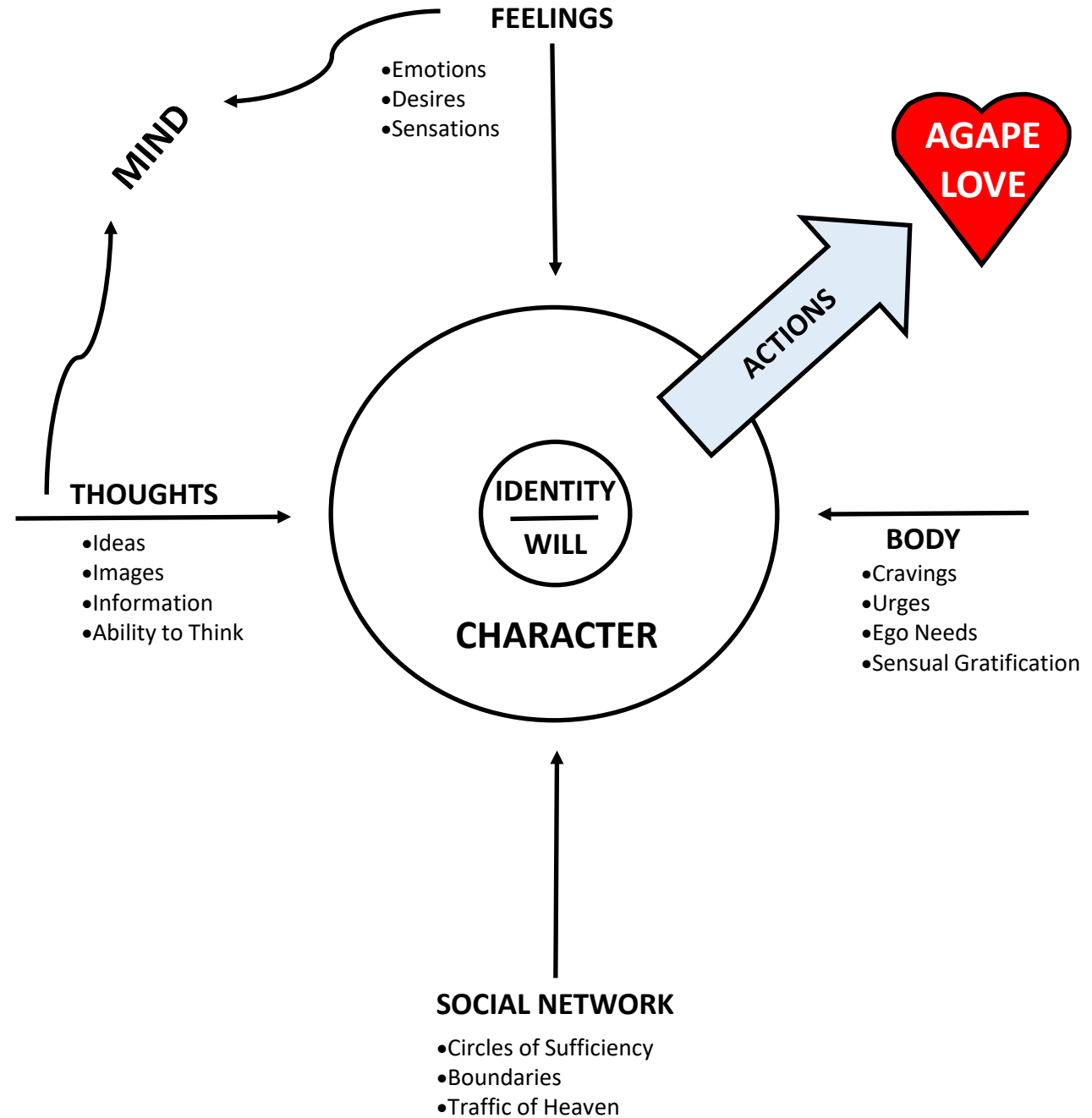
**Big
Idea
Of the
Week**

A Day in the Kingdom

Wake up in the Kingdom
Breathe Kingdom Air (*love*)
Burn Kingdom Fuel (*grace*)
Build Kingdom Character
Do Kingdom Work

Deeper
Dive

Spiritual Formation *in the Kingdom of God*



The background of the slide features a faded, light blue image of two divers underwater. One diver is positioned higher and upside down, while the other is lower and upright. Both are wearing scuba gear, including tanks and fins. The water is clear, and the overall tone is serene and aquatic.

Invite Others

Who do you know that needs to know God
in a deeper and more real way?

Deeper
Dive

An underwater scene with several divers swimming in clear blue water. The divers are silhouetted against the light, and their fins are visible. The overall atmosphere is serene and deep.

Deeper Dive

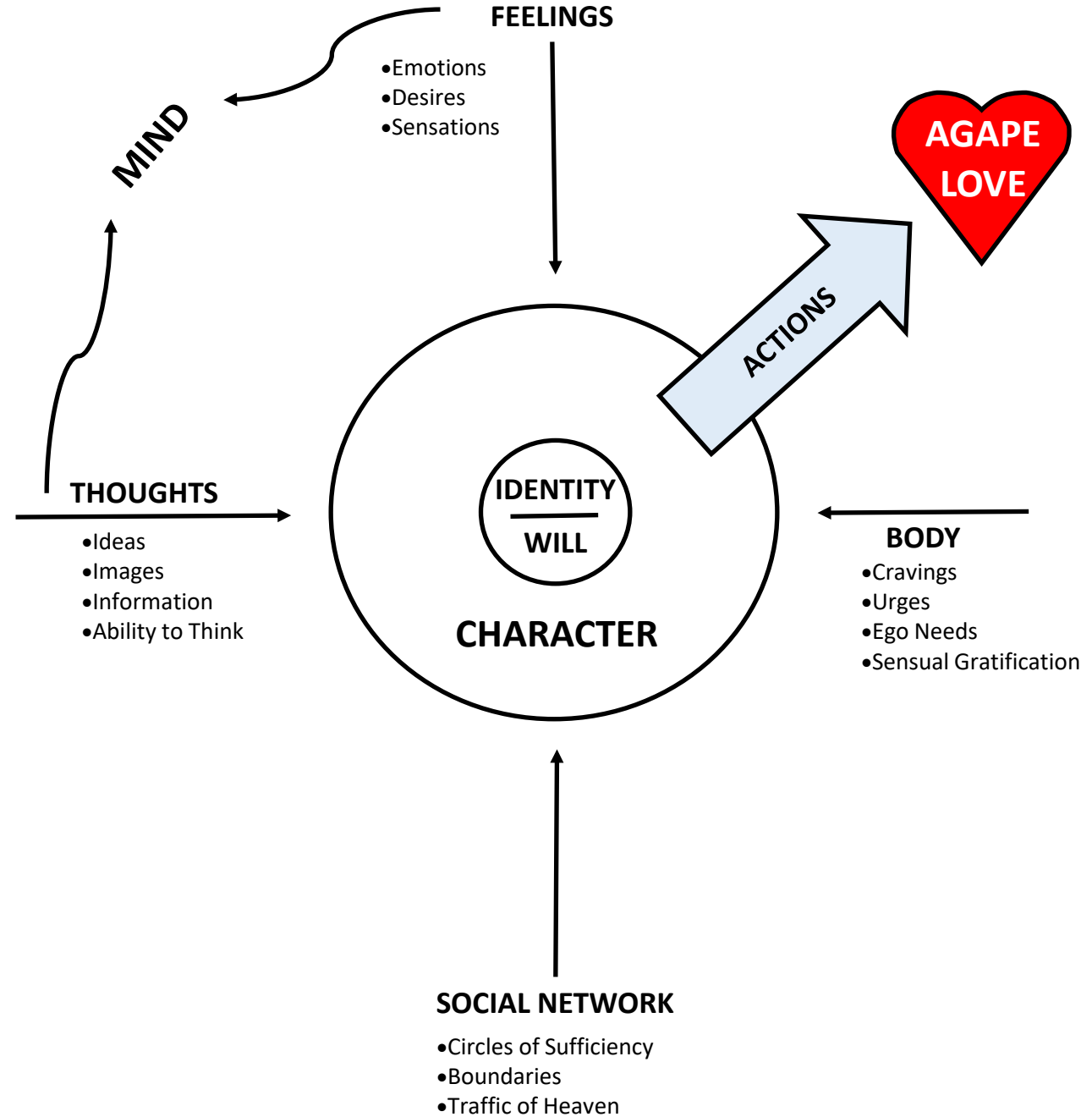
Spiritual Formation
in Community

See you next week!

Spiritual Formation

“The Spirit-driven process of forming my inner being so that it becomes like the inner being of Christ himself.”

Spiritual Formation *in the Kingdom of God*



The Entire Human Self

The Whole Picture

Spiritual
Formation
*in the
Kingdom
of God*

