

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 light, and their fins are visible. The scene is dynamic, with bubbles and movement. The text is overlaid on this image.

Check-In

Work of the Spirit Report

The Spirit's Work

In me,
Around me,
Through me

Healthy Feelings

What impact did focusing on the fruit of the spirit and the most excellent conditions of life in the Kingdom have on your week?

Galatians 5:22-23
1 Corinthians 13:13

Power of Thought

Sew a thought, reap an action

Sew an action, reap a habit

Sew a habit, reap a character

Sew a character, reap a destiny

**Deeper
Dive**

*“Finally, brothers, whatever is **true**, whatever is **noble**, whatever is **right**, whatever is **pure**, whatever is **lovely**, whatever is **admirable** – if anything is **excellent** or **praiseworthy** – think about such things.
Whatever you have learned or received or heard from me – put it into practice. And the **God of peace** will be with you.”*

What is the opposite effect of obeying this passage?

**Transformation by the renewing, re-shaping, re-forming,
and re-conditioning of your thoughts and feelings.**

To what extent is this actually happening in you?

Transformation requires an intention and expectation of life change.
Do you honestly expect the Spirit to change anything in you through your day?

**Your effort will be rewarded by the person you become on the inside,
and God residing within you, bringing you peace.**

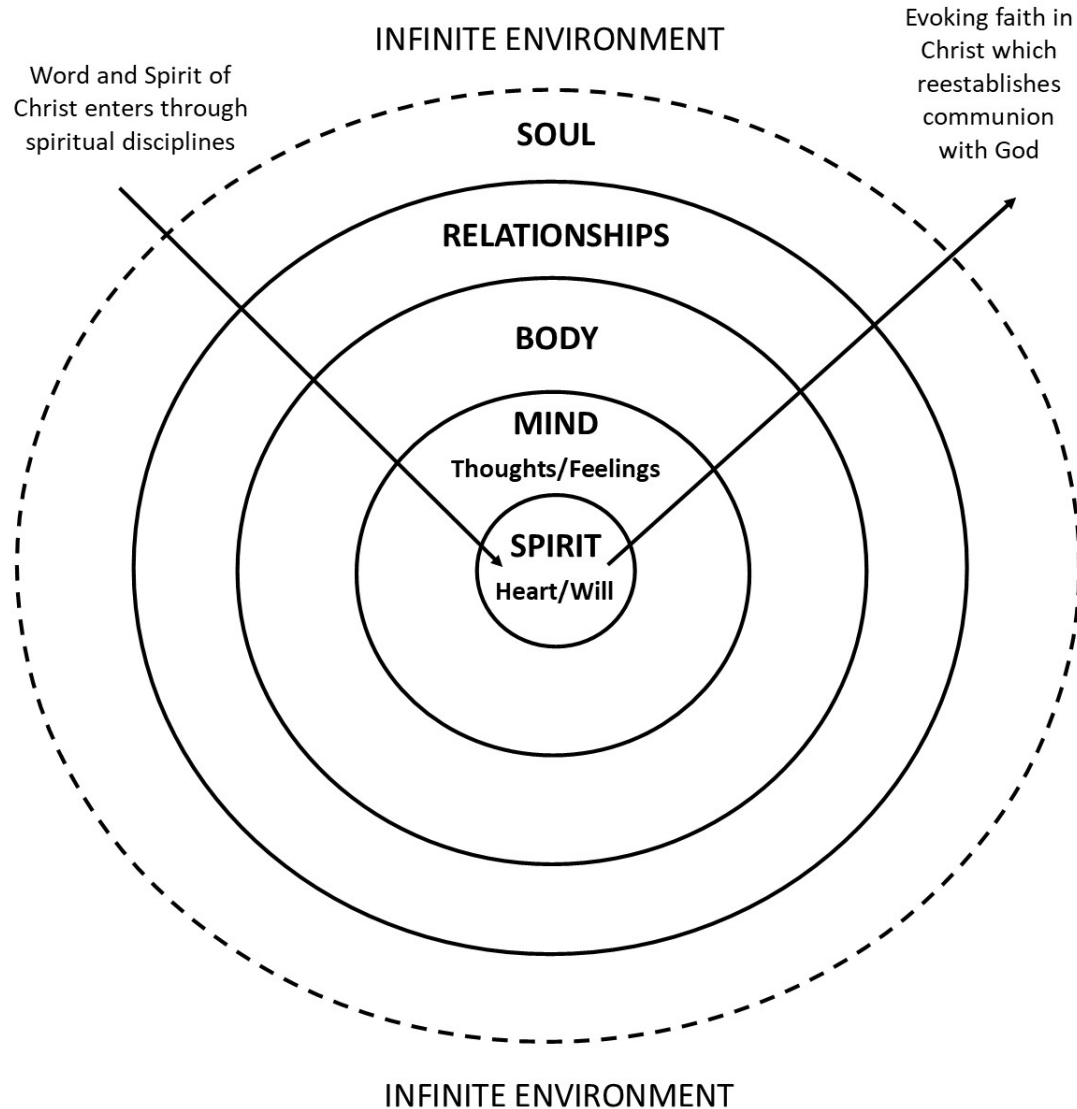
**Philippians
4:8-9**

**Discuss with
your table
group**

The Entire Human Self

The Whole Picture

Spiritual
Formation
*in the
Kingdom
of God*



Richard Foster

- *Superficiality is the curse of our age. The doctrine of instant satisfaction is a primary spiritual problem.*
- *The desperate need today is not for a greater number of intelligent people, or gifted people, but for deep people.*
- *God intends the Disciplines of the spiritual life to be for ordinary human beings: people who have jobs, who care for children, who wash dishes and mow lawns. In fact, the disciplines are best exercised in the midst of our relationships with our husband or wife, our brothers and sisters, our friends and neighbors.*

**Celebration
of Discipline**

Richard Foster

Descending into the depths to be with God in your soul presents two immediate problems.

- ***A philosophical problem*** – the materialistic base of our age has become so pervasive that it has given people grave doubts about their ability to reach beyond the physical world. Popular science is prejudiced against the non-material world. “Stop the psychological manipulation of meditating and get on with doing real business in the real world!”
- ***A practical problem*** – we simply do not know how to explore the inward life. In the first century spiritual disciplines were so common that when the Bible instructs them it does not describe how to do them. And modern culture would have them seen as “duties” and not an experience of intimacy in relationship with God.

Being
before
Doing

Romans 3:9-18 / Isaiah 57:20-21

- We are accustomed to thinking about sin as individual acts of disobedience to God, but the Bible goes further to describe sin as a condition that plagues human beings, working its way out through the ingrained habits of the body.
- Sin is part of the internal structure of our lives, and no special effort is needed to produce it.
- Our ordinary method of dealing with ingrained sin is to launch a frontal attack, relying on our willpower and determination. It doesn't take long to realize this does not work.

Ingrained Habits

*“Since you died with Christ to the basic principles of this world, why, as though you still belonged to it, do you submit to its rules, **“Do not handle! Do not taste! Do not touch!”**? These are all destined to perish with use, **because they are based on human commands and teachings**. Such regulations indeed have an appearance of wisdom, with their self-imposed worship, their false humility and their harsh treatment of the body, but they lack any value in restraining sensual indulgence.”*

- The will has the same deficiency as the law – it can only deal with externals. The will cannot transform the inner spirit*
- What is found inside will eventually find its way out*
- We do not plan to be harsh, or mean, or selfish, or angry, and we may even try to hide or push back an inclination or tendency to act, but under pressure what is present on the inside will eventually be revealed*

**Colossians
2:20-23**

**Willpower
will not
work**

If not willpower, then what?

*“Do not be deceived: God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; **the one who sows to please the Spirit will reap eternal life.**” (Galatians 6:7-8)*

- Transformation on the inside is a gift from the God who resides within us. It is a work of God from within.
- But we don't sit down and wait to be transformed!
- Spiritual disciplines put us in a position where God can do his work. The disciplines do not change us; God transforms us from the inside.
- Farmers don't grow grain – they till soil, plant seeds, water ground, and remove weeds. God grows the grain. **Spiritual disciplines are God's way of getting us into the ground to grow spiritually.**

A
gracious
gift from
God...
disciplined
grace.

**Spiritual
Disciplines
liberate us from
self-interest
and fear.**

**To discipline is to
train oneself to do
something in a
controlled and
habitual way.**

**To pursue
without fail,
a longing
after God.**

Psalm 42

An underwater photograph with a blue color cast. In the center, the text 'Psalm 42' is written in a large, white, serif font. The background shows several divers swimming in a clear blue sea. They are silhouetted against the light, and their fins are visible. In the foreground, there are large, dark, branching coral structures that create a complex, web-like pattern across the frame.

Spiritual Disciplines of Engagement

Reading the Bible

Journaling

Prayer

Scripture Memory

Service

Fellowship

Evangelism

Check-in

A background image showing several divers underwater in a blue, slightly hazy environment. The divers are in various poses, some upside down, creating a sense of depth and movement. The overall tone is serene and contemplative.

Deeper Dive

The background of the slide features 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 tone is serene and contemplative.

Deeper Dive

Spiritual Disciplines of Abstinence

Solitude

Silence

Fasting

Simplicity

Chastity

Secrecy

Sacrifice

Homework

Practice a fast of some kind each day and use the time to **connect with God** in **prayer** and a reading of **Isaiah 58**

“Change from the inside”

**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

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 deep.

Invite Others

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

**Deeper
Dive**

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Deeper Dive

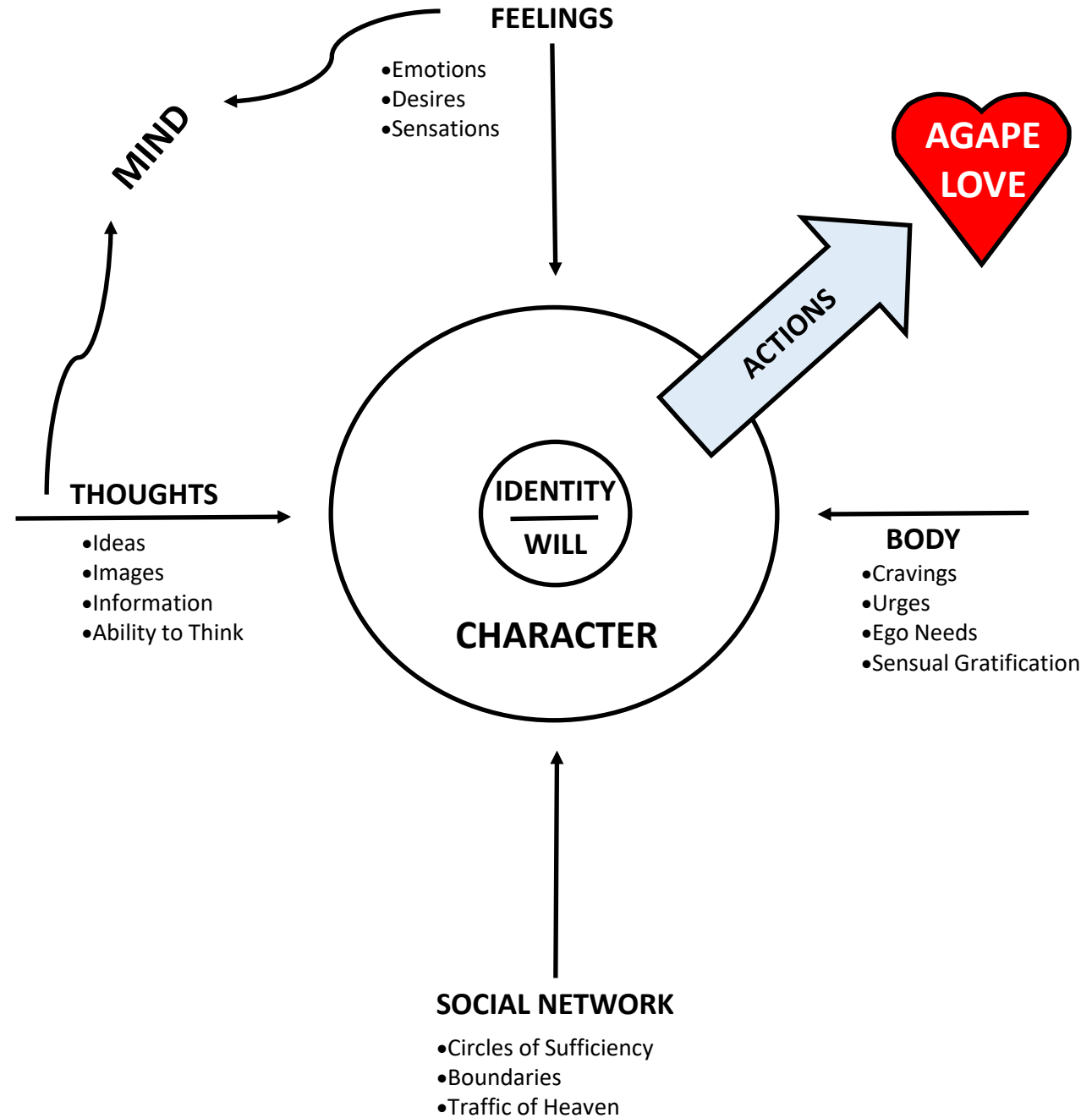
Spiritual Formation
in Community

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*



Spiritual Formation *in the Kingdom of God*

