

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**

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In me,  
Around me,  
Through me

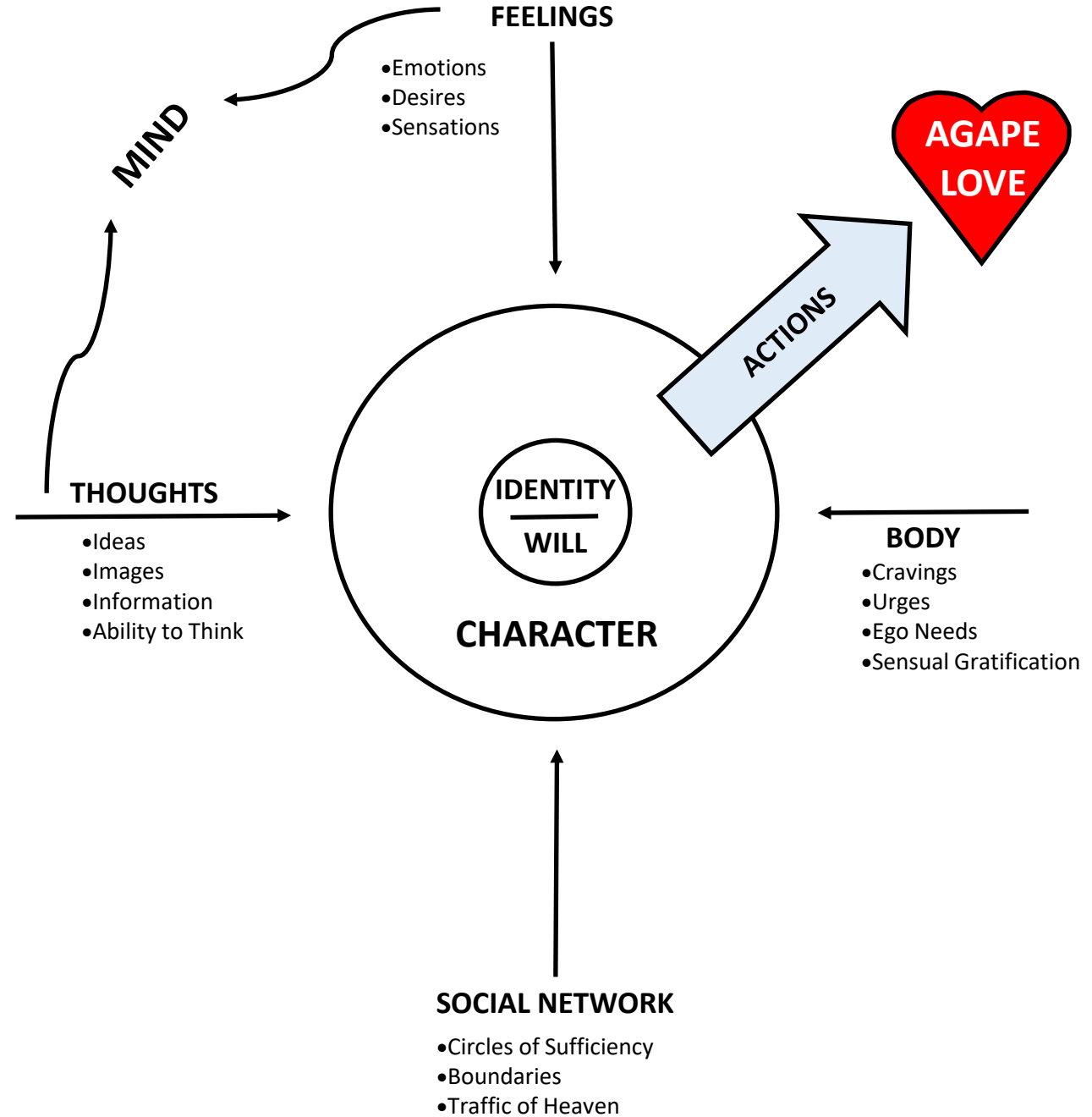
The background of the slide features a light blue, semi-transparent image of several divers underwater. The divers are in various poses, some swimming horizontally and others vertically, creating a sense of depth and movement. The overall tone is serene and aquatic.

# Homework Review

**Isaiah 58**  
*“True Fasting”*

**Deeper  
Dive**

# Spiritual Formation *in the Kingdom of God*



# The Body as Potential Energy

**My way of extending “my kingdom”**

My body is the only body who is directly accessible to me  
for my own use and satisfaction.

My body is the primary place where I have dominion and authority.  
It is my world in which I live.

A kingdom or a realm from which I operate,  
driven by desires and fueled by ideas.

**Deeper  
Dive**

# All is good until...

My dominion runs into realities that do not yield to my will.

## The result is destructive emotions:

- *Fear, anger, envy, jealousy and resentment*
- **Emotions settle into attitudes** of hostility, contempt or indifference
- **Attitudes settle into the body** and become overt **tendencies** to act
- **Tendencies, if unchecked, rule our lives** and reside in specific body parts

**The body still carries the muscle memory**  
of the ways of the world that it has been used to following...  
*even after the renewing of the mind.*

# Deeper Dive

# The Role of Sin

**Sin dwells in all of us.**

**Sin is encouraged when the body becomes our primary source of gratification.**

**Galatians 5:19-21**

*The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies and the like. I warn you, as I did before, that those who live like this will not inherit the Kingdom of God.*

**- Gratification Exercise -**

**Deeper  
Dive**

## Transformation of the Body

*What do  
these passages  
say about  
God's design  
for the  
human body?*



# 1 Corinthians 6:19-20

# Romans 6:13

# Muscle Memory

After the transformation of the mind, the body still carries the muscle memory of the ways of the world.

Transformation of the Body is still necessary.

The body is at the center of spiritual life and is in some cases THE primary hindrance to Christlikeness.

Deeper  
Dive

Transformation  
of the Body

*A work  
of the  
Spirit  
living  
in us.*

Galatians 2:20

Romans 7:5-6

Romans 7:15-8:2

Romans 8:9-14

# The Grip of Grace

*The Spirit has us in His grip and sin controls only what we allow.*

**The body is more than a physical thing.**

*As the body matures, it increasingly takes on the quality of the inner life of its person.*

**The body is the last to be transformed.**

- *acting without thinking*
- *losing my temper*
- *acting out in rage*

The tendency to do wrong may be **encouraged** or **shaped** by **thoughts** or **emotions...**

but the tendency to do wrong **lives in our body.**

## **My body fueled by grace:**

- Release my body to God
- Refuse to idolize my body
- Rethink how I use my body
- Properly care for my body

# **My body... not my property**

*No person can force us to use our body to bring them gratification.*

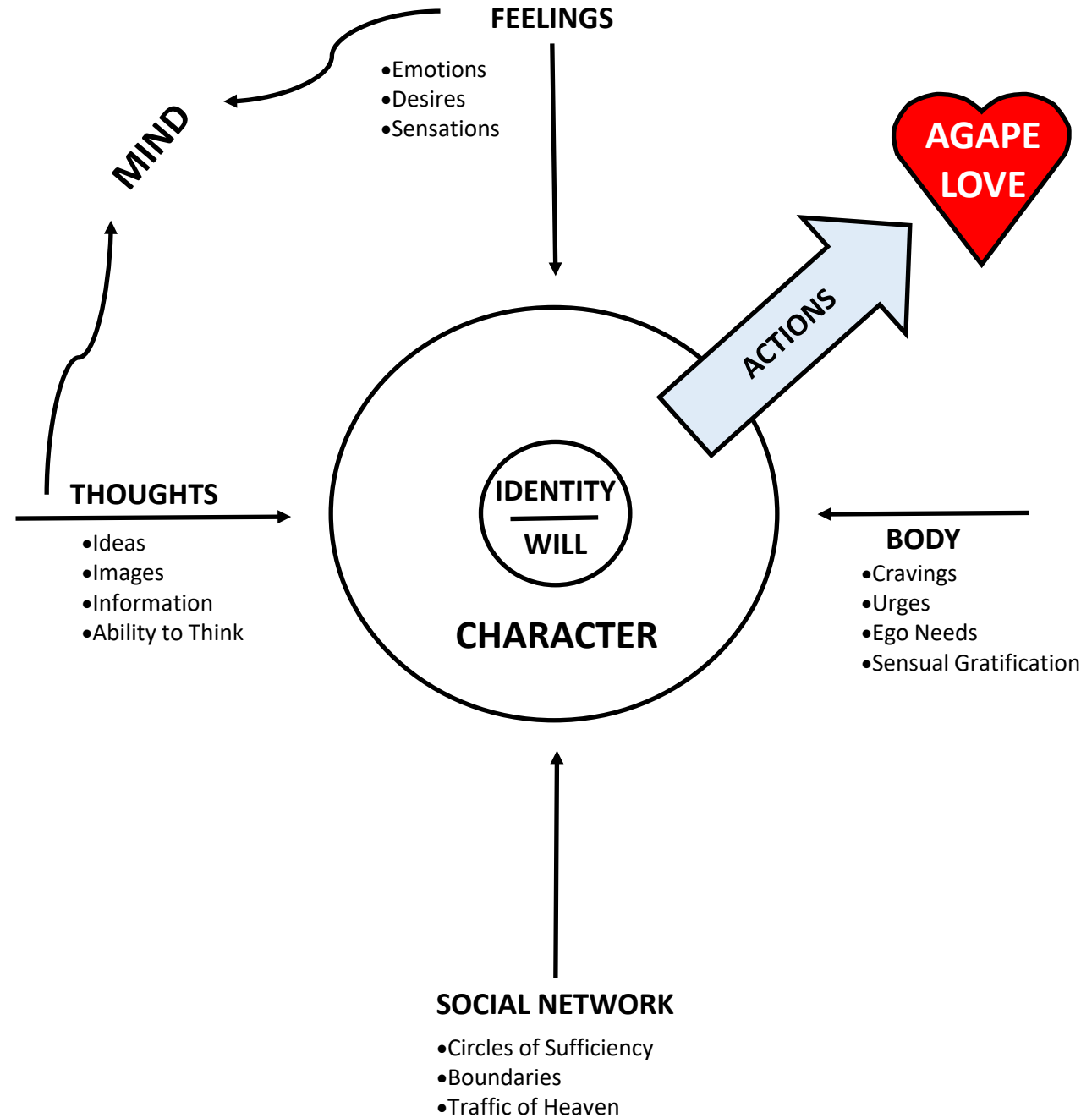
**As a believer I am not allowed to use my body  
for gratification outside the purpose of God**

- I do not own my body; God owns my body
- God directs me in how to use my body
- To offer my body as a sacrifice to him

**1 Corinthians 6:19-20**

**Romans 12:1-2**

# Spiritual Formation *in the Kingdom of God*



# Homework

Read the passage each day  
and answer the question:

*“Who or what is controlling your body right now?”*

**Romans 8:1-17**

**Big Idea  
Of the  
Week:**

**Transforming  
the body...  
a work of  
the Spirit**

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 more upright. Both are wearing scuba gear, including tanks and fins. 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 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

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.”*

# 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 Disciplines of Engagement**

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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. They are in various poses, some upside down, some horizontal, and some vertical, creating a sense of movement and depth. 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. 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**

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Solitude

Silence

Fasting

Simplicity

Chastity

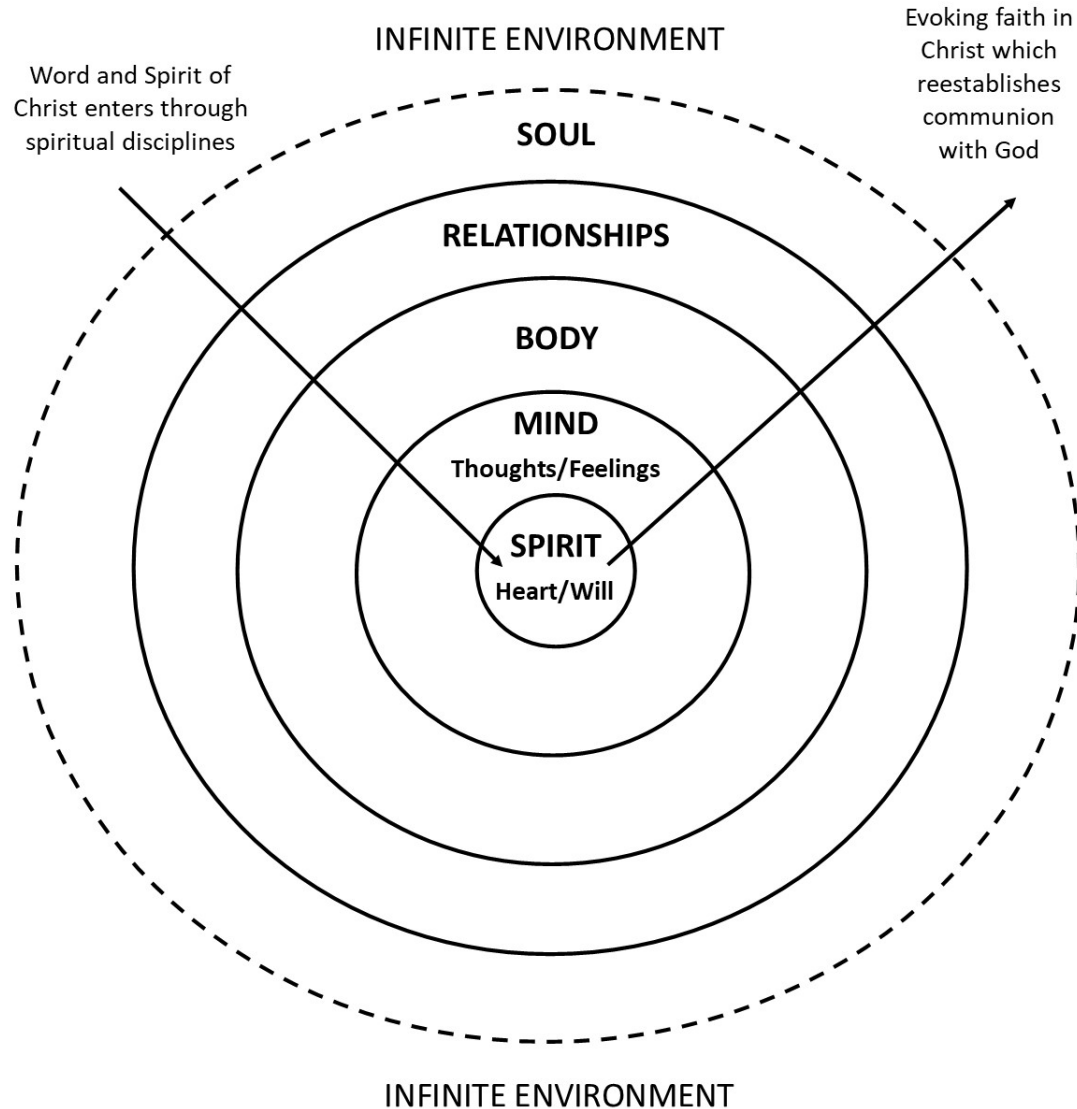
Secrecy

Sacrifice

# The Entire Human Self

*The Whole Picture*

Spiritual  
Formation  
*in the  
Kingdom  
of God*



# Spiritual Formation *in the Kingdom of God*

