

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 appearing to be in conversation or observing something. The overall tone is serene and contemplative, matching the 'Deeper Dive' theme.

# Homework Review

**Romans 8:1-17**

*“What was your body saying to you this week?”*

**Deeper  
Dive**

# Transforming Muscle Memory

## 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

***Work backward to transform muscle memory.***

**Deeper  
Dive  
Review**

Transformation  
of the Body

*What is  
a living  
sacrifice?*

Romans 12:1-2

Romans 6:13, 16, 19

I Corinthians 6:19-20

**How should we  
think about the  
body and its  
needs?**

*Worry about  
physical needs?*

*Prioritize Kingdom  
needs, and trust  
God for daily needs.*

# Matthew 6:25-34

An underwater photograph showing several divers in a blue, slightly hazy environment. The divers are silhouetted against the lighter water, and their movements are captured in a way that suggests a dynamic scene. The overall tone is serene yet mysterious.

# 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

*Care for a body in trouble...*

**Deeper  
Dive  
Review**

# Soul Disruption

the agitated body

When the inner person creates tendencies to act that put the body at war with itself

Wounds, fears, unsatisfied desires, shames, losses, unhealthy ambitions, and images of the self below the surface of our awareness - they fuel our body's automatic responses

- **Overeating** and eating unhealthy or toxic foods to **self-medicate**
- **Overdrinking** as a way to **escape** or to **feel something more preferable**
- **Overmedicating** through a dependence on a **pharmaceutical solution** and **quick & easy fix**

## Deeper Dive

# Body Hatred

finding evil in the body

**Uncontrollable desires, addictive behaviors** and the inability to say “No” to your body

Unhappiness with the **body’s physical appearance, structure, ability or health**

**Unhealthy comparison** to the bodies of others

Dealing with **cultural expectations** of height, weight, size, ability

- The body itself is **not inherently evil**, and does not have to be an **instrument of evil**
- **Sin can reign in your body if you allow it**, and this is what the **sinful nature will always desire**
- **You can choose** to whom you offer your body - **sin and evil desires**, or **God**
- Body hatred is similar to the proverbial "**shooting the messenger**"
- Anger at the body is **anger pointed in the wrong direction**

## Deeper Dive

# Body Love

*God loves every part of you, even your body.*

- God **designed and created** your body
- God **loves all of you** including your body
- God **takes up residence** in your body
- God **paid a great price for your salvation**  
so **honor God with your body**, don't hate  
your body

**1 Cor.  
6:19-20**

# Body and Identity

## How do your body & identity influence each other?

- *My **BODY** is **ME**; it defines me, and determines what I do*
- *This causes **SHAME, FEAR & GUILT** which become my identity*

## Did people in the Bible struggle with identity?

- *Moses, Peter, Paul*
- *Who are you? What kind of person are you? How do you know?*

## MY BODY IS NOT ME.

- *My body does not submit to my sinful nature*
- *My body submits to the Spirit of God in me because of who I am*

## Identity in the Bible

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Genesis 1:27

John 1:12

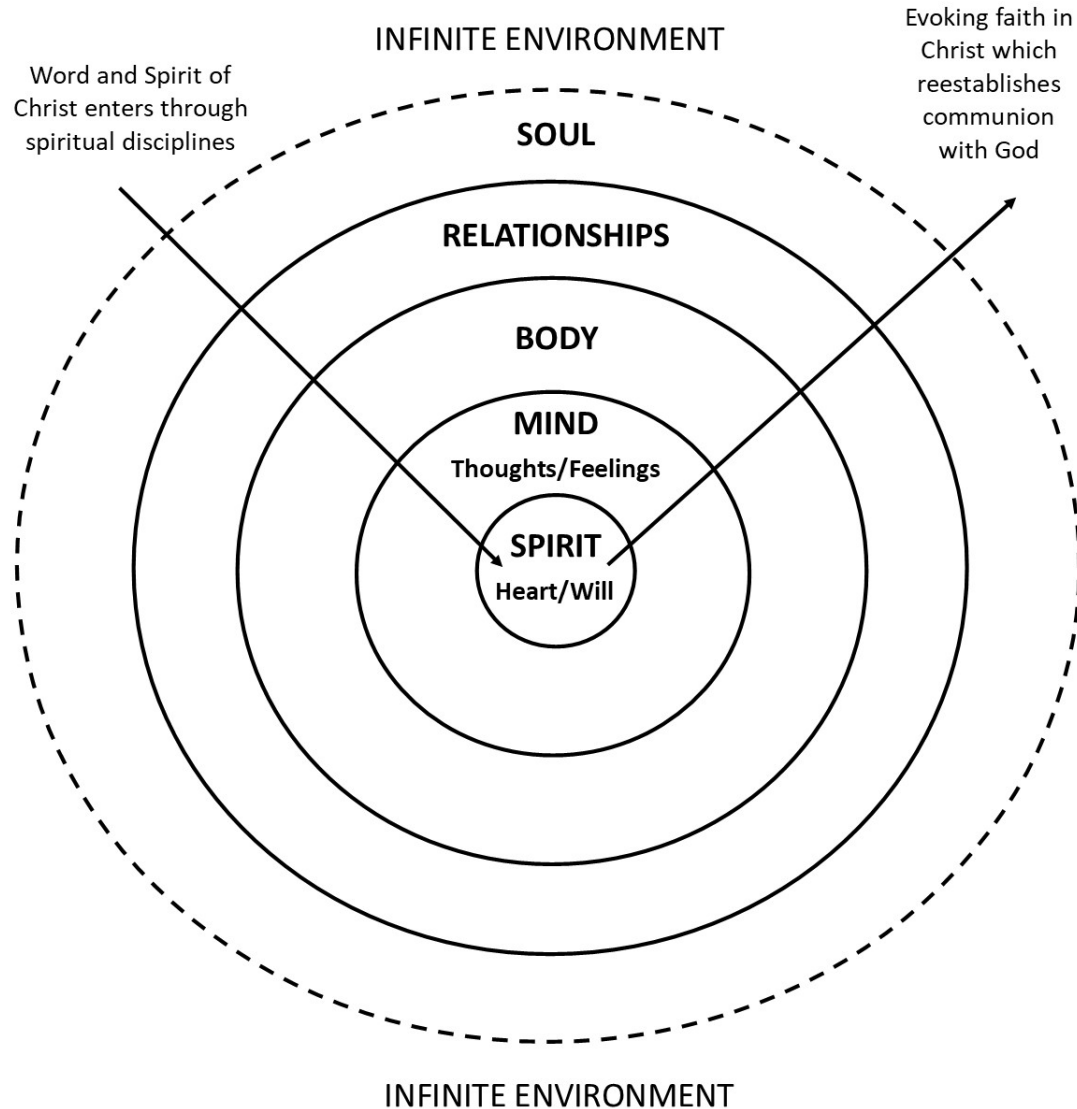
Ephesians 2:10

2 Cor. 5:17

# The Entire Human Self

*The Whole Picture*

Spiritual  
Formation  
*in the  
Kingdom  
of God*



# Engagement

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Reading the Bible

Journaling

Prayer

Scripture Memory

Service

Fellowship

Evangelism

Check-In

# Spiritual Disciplines

# Abstinence

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Sabbath

Solitude

Silence

Fasting

Simplicity

Chastity

Secrecy

Sacrifice

# Sabbath

A practice whose chief purposes are care for the body and the spirit.

- Sabbath is at its core a celebration of God
- Sabbath is the 4th commandment - Remember the Sabbath to keep it holy
- Sabbath is a day where no work is done
- God is trusted implicitly and followed completely, so one day a week we can remove our hands from work for a full day and focus on him

# Sabbath

# Solitude & Silence

**Christian Philosopher and scientist Blaise Pascal** commented,

*"I have discovered that all the unhappiness of men arises from one central fact - they cannot stay quietly in their own chamber!"*

- Solitude & Silence must be firmly established as a practice in our souls
- The body must be weaned away from its tendencies to always take control, run the world, achieve and produce, and attain gratification - habitual tendencies of a fallen world
- "Taking our hands off the world" is the meaning of Sabbath
- How could you implement a practice of solitude and silence?

# Sabbath

# Rest

**Unrest is epidemic in the US** - 35% of Americans report they experience insomnia at some level and have difficulty sleeping or getting adequate rest - wake up and do not feel they have truly rested - 1 in 3!!! Rest is an indicator of the quality of our trust in God

## **Psalm 3:5-6**

*I lie down and sleep; I wake again, because the Lord sustains me. I will not fear the tens of thousands drawn up against me on every side.*

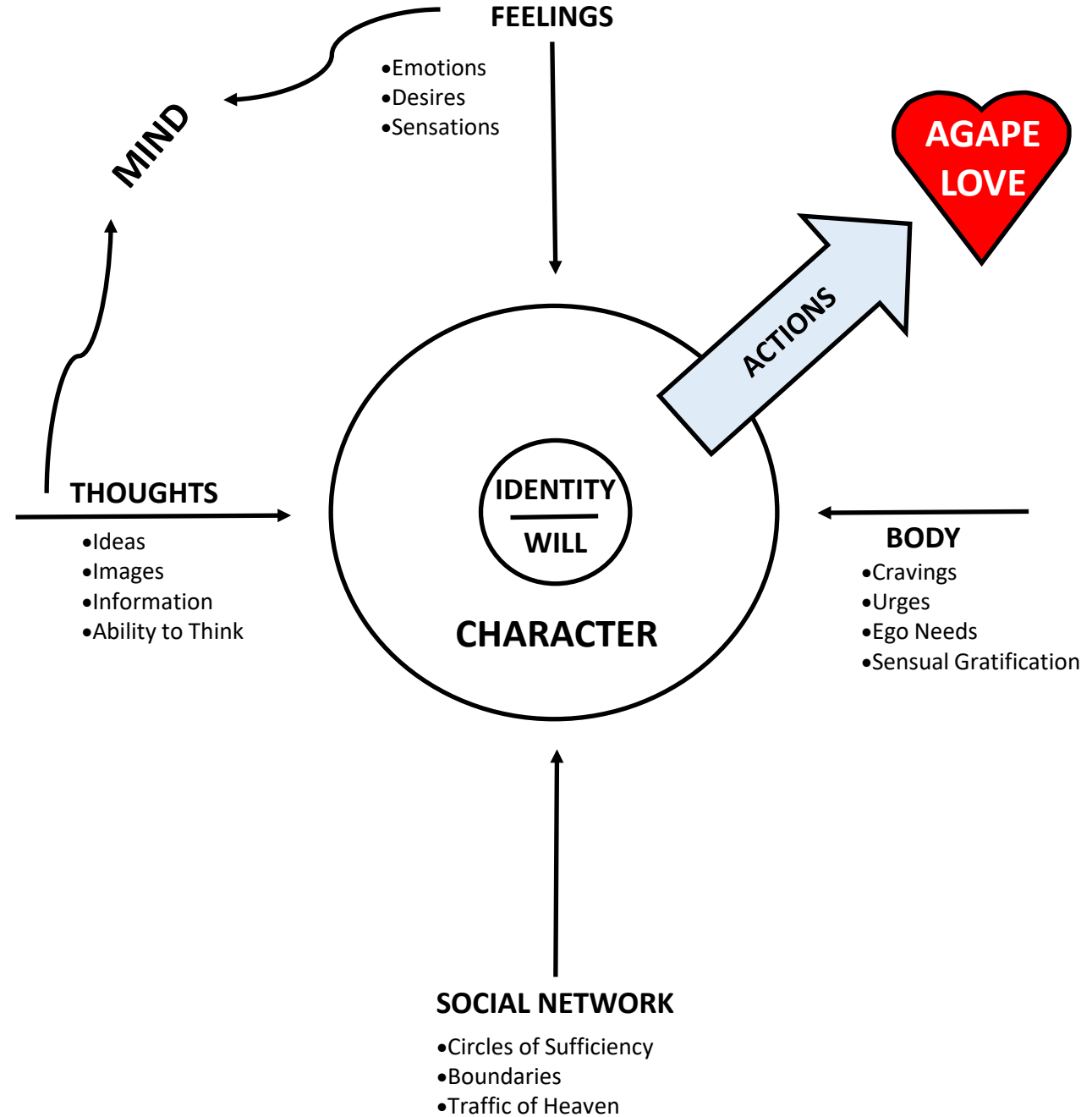
## **Psalm 4:8**

*I will lie down and sleep in peace, for you alone, O Lord, make me dwell in safety.*

Without rest, our body will **move to the center of our focus** and make its presence more strongly felt, and the tendencies of its parts will **cry out more strongly for gratification**

A body **running on fumes** will **lack the clarity** to know what is happening in it. **Weariness** will cause us to **take shortcuts** and **pull us away from reliance on God**

# Spiritual Formation *in the Kingdom of God*



# Homework

Read the passages throughout the week,  
find time for silence and solitude,  
and continually ask the question:

*“What is my true identity and the role of my body in it?”*

Genesis 1:27

John 1:12

Ephesians 2:10

2 Corinthians 5:17

**Big Idea  
Of the  
Week:**

**My Body &  
My Identity**

# 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*

