



Welcome to Spiritual Formation in Community

*“Learning to live my life the way
Jesus would live my life if he were me.”*

Your daily mantra...

I woke up in the Kingdom this morning

an unceasing spiritual being with an eternal destiny in God's great universe



I breathe Kingdom air (LOVE)
I burn Kingdom fuel (GRACE)
I build Kingdom character
I do Kingdom work



Jesus came to show by example and to teach by principle how to have the best possible life in this physical world and preparation for the life to come at the same time



Check-In

“What is stressing you the most right now?”

God is with Us & He is Good!



- He wills good things for me
 - He is not angry with me
 - He is for me, not against me
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Matthew 5:3-10

Table Exercise



Find the Goodness of God in your Psalm

Psalm 1
Psalm 23
Psalm 34
Psalm 46

1-minute stories

Share a story of a time when you saw the goodness of God in your life

You saw him work, or heard him speak

An underwater photograph showing several divers in silhouette against a bright blue background. The divers are in various poses, some with arms raised, creating a sense of movement and joy. The lighting is soft and diffused, typical of an underwater environment.

Your God Stories

The Easy Yoke

Matthew 11:28-30

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

- Identify Burdens
- Release Control
- Take Jesus' Yoke



What is Jesus' Burden?

Jesus' burden is the expansion of the Kingdom of God.
He came to make the Kingdom available to all.

A kingdom is the effective range of a person's will.
The Kingdom of God is where what God wants to happen, happens.

What is my job in Jesus' yoke?

*Let go of my agenda, and put into practice
the things Jesus said, believing they will work.*

Jesus will either take my burden away,
change something about my burden or give me the ability to live with it.

This is spiritual regeneration and authentic transformation,
and it is possible if I do my job in Jesus' yoke.



Matthew 6:33-34

But seek first His Kingdom and His righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Seek

Experience

Reflect

Kingdom Life

Homework

For the holidays, expect the goodness of God to show up every day.

Seek Him, experience Him, and reflect on it all every day.

Journal each day one way you saw His goodness.

Read the Psalms if you like to remind you of His goodness.

Psalm 1, 23, 34, 46,
100, 139, 146

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 word "Homework" is written in large, white, serif font across the center of the image, overlapping the divers.

Homework

Circle of Four

In the Kingdom of God, relationships are designed to be circles of sufficiency.

4

Evil enters the circle through attack & withdrawal.

The smallest circle a person can have is a Circle of Four.

Identity, purpose, worth & value come from your Circle of Four.

You are never alone and always outnumbered.

**Spiritual
Disciplines of
Engagement**

Reading the Bible
Journaling
Prayer
Circle of 4
Scripture Memory
Service
Fellowship
Evangelism

Indirection
VS
Direct Action

**Spiritual
Disciplines of
Abstinence**

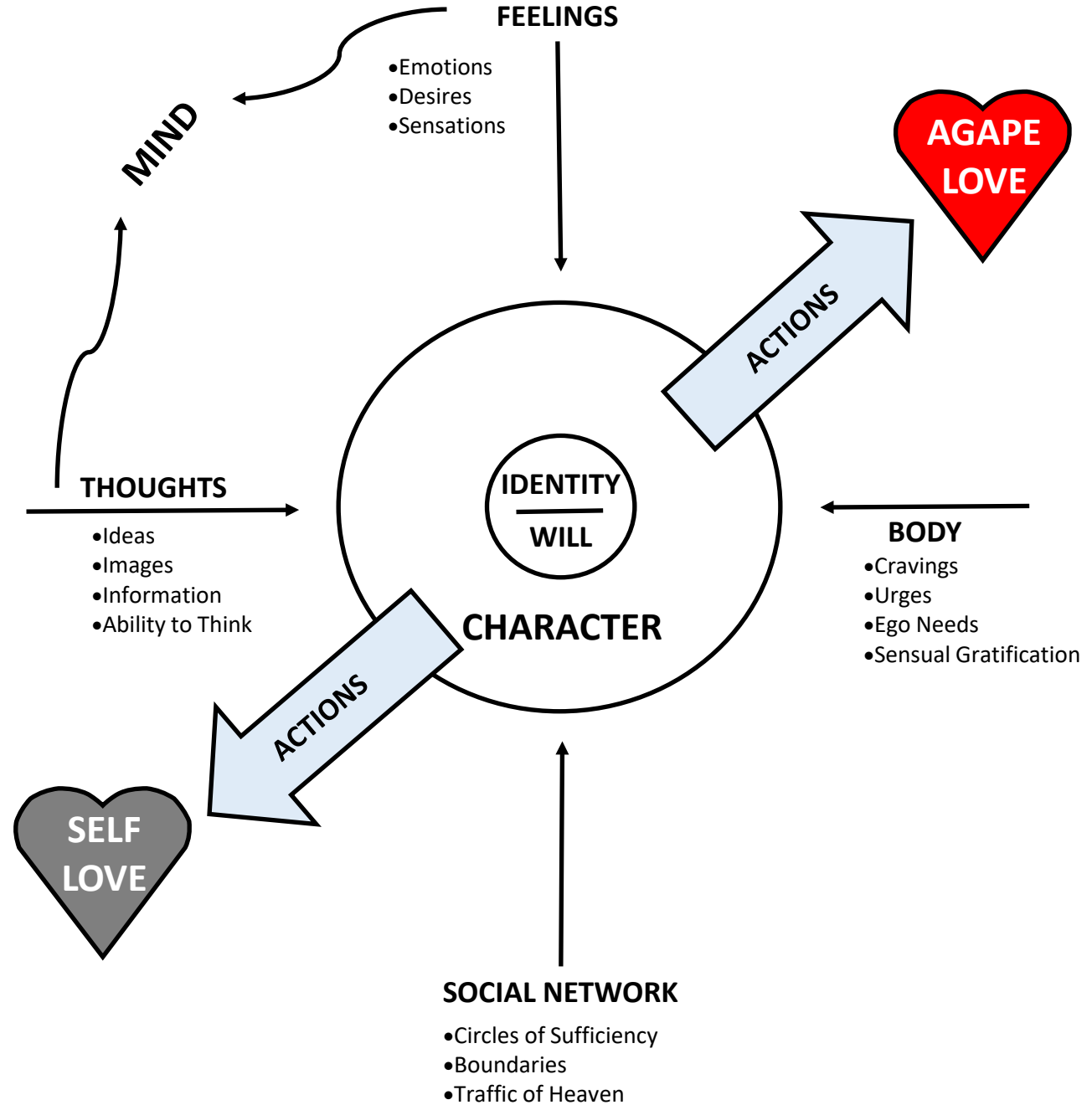
Solitude
Silence
Fasting
Simplicity
Chastity
Secrecy
Sacrifice
Technology Fast

The Many Ways the Word of God Comes to Us

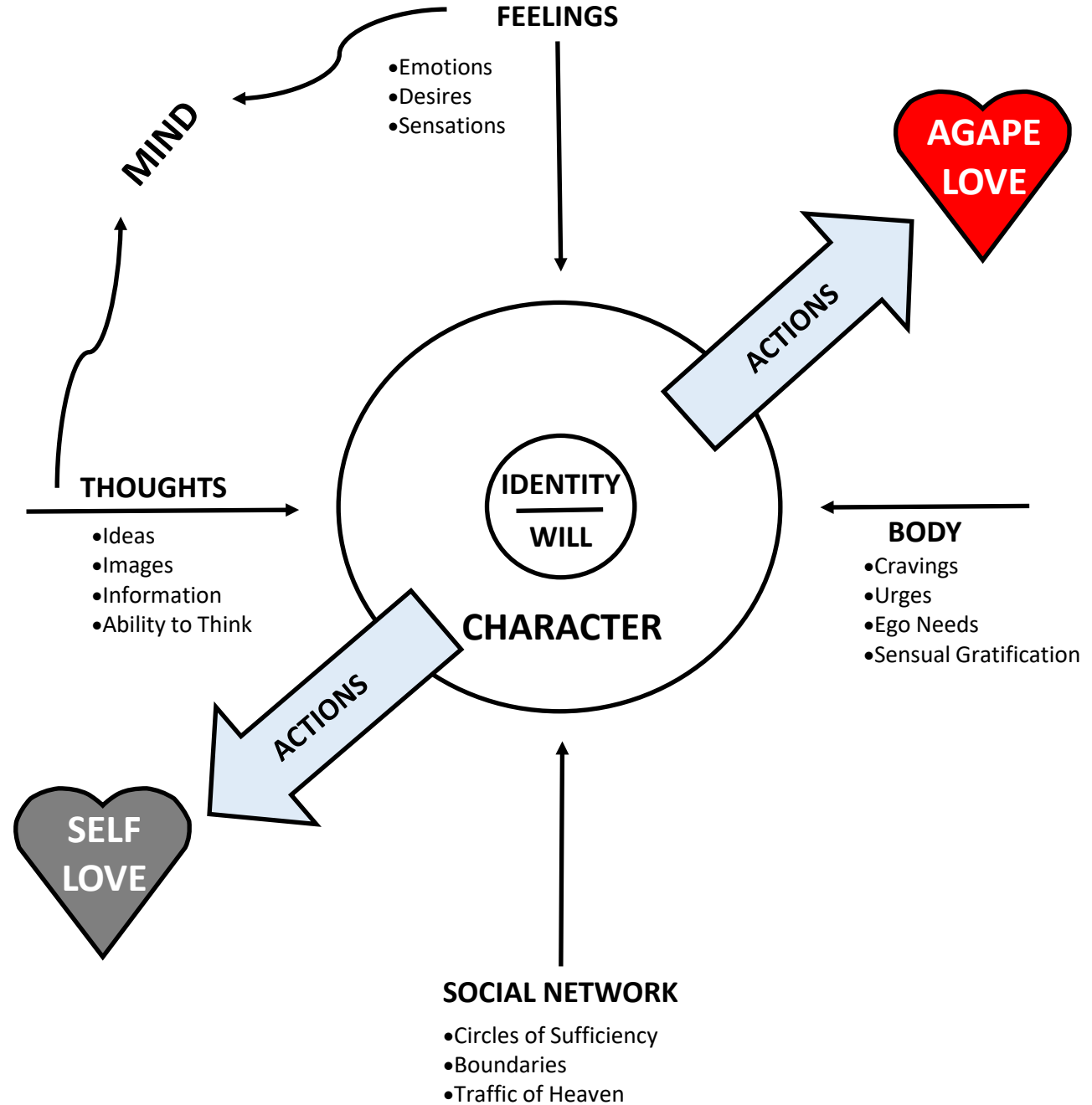


■ Creation ■ Dreams & Visions ■ Eternal Logos ■ Still Small Voice ■ Scripture ■ Fellow Believers ■ Circumstances ■ Kingdom Work

Spiritual Formation *in the Kingdom of God*



Spiritual Formation *in the Kingdom of God*



Spiritual Formation *in the Kingdom of God*

