



Welcome to Spiritual Formation in Community

“Changing my sinful nature to a Kingdom nature.”



Check-In

Share your emotional weather today and one example of something in your life God is working with you to improve.

My 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

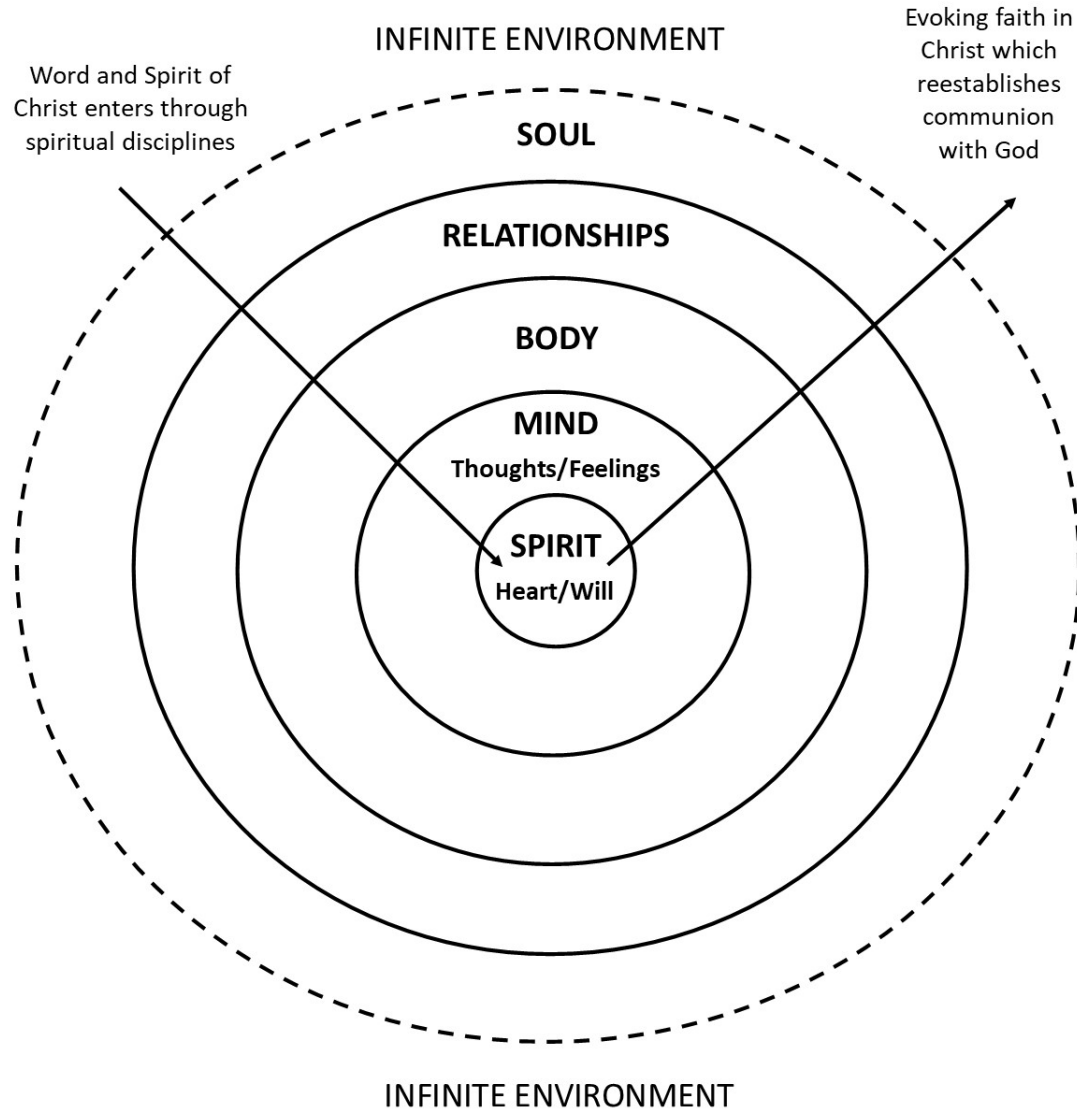


A Kingdom life is a different life than most people waking up around me experience.

The Entire Human Self

The Whole Picture

Spiritual
Formation
*in the
Kingdom
of God*



“kainotes zoes”

Romans 6:4

- I will live my **entire** life with **God**
- I am **dead** to life **apart** from **God**
- **Buried** with him in **his death**
- **Raised** to live a **brand-new** life

Changing My Nature - How do I get there?

- **Desire to experience** “kainotes zoes”, the new Kingdom Life on the Rock God promises (*Romans 6:1-15*)
- Ask the **Spirit to prepare** an area of your soul for transformation
- Use the VIM method
 - **Vision**
 - **Intention**
 - **Means**



What is an

Excuse?

The skin of a reason stuffed with a big fat lie.

Excuses for not changing my nature



Reasons Stuffed with Lies

(Luke 14:15-24 - The Parable of the Great Banquet)

- It's just **too hard** and takes **too much work**
- **Everyone else** is **doing** life **apart from God**
- I **deserve** to have it **my way**
- I **will miss out** on too much
- I **know better** what is **good** for me
- I don't have **time** or **energy**
- I **don't know** what to **do**
- It's **impossible**

Spiritual Discipline

- **Discipline** - the ability through practice to prepare myself to do **what** needs to be done, in the **way** it needs to be done, **when** it needs to be done.
- We do not practice for the sake of **acknowledgment, ego, or earning**. The goal is not to become really good at practicing!
- We don't practice **what we are good at**, but what we're **not good at** in order to get **better** and to experience Kingdom life
- What I am **unable** to do on my own, I **can do** in **partnership** with **Christ** and **His power at work** in me
- *The purpose of spiritual discipline is to align us in the easy yoke with Christ so that indirectly, through the powerful work of the Spirit in us, we may be able to live a Kingdom life, building Kingdom character and doing Kingdom work.*

Life Apart from God

- Gossip
- Judgmental spirit
- Busyness or false idols
- Inordinate need for other's approval
- Selfishness
- Negative self-talk
- Anger or rage at others
- Unforgiveness with resentment
- Sexual immorality – in thought & deed
- Envy & jealousy

Life With God



- Truth-telling with discretion
- Gracious & compassionate spirit
- Prioritizing God and the Spiritual life
- Satisfied with the Spirit's approval
- Selflessness based on consideration
- Self-compassion based on grace
- Patience & peace
- Forgiveness with mercy
- Sexual purity – in thought & deed
- Contentment with trust & security

Changing My Nature

1. **Ask the Spirit** where you're doing life **apart from God** - **listen carefully!**
2. **Seek clarity** from **scripture**, other **believers**, and **circumstances** around you
3. **Narrow your thoughts** to one specific area
4. **Ask the Spirit** **what you should know or think** about that area – **listen carefully!**
5. **Search scripture** in a **focused** way on your **area**, including **available resources**
6. **Establish spiritual disciplines** that **open your heart to change**
7. **Ask the Spirit** to reveal **habits** and **tendencies** in your **thoughts, emotions, body responses**, and **relationships** that expose life **apart from God** – **listen carefully!**
8. **Choose 1-2 habits** or **tendencies** the Spirit **reveals** to you
9. **Use the VIM method** on **each one**

from **Busyness for Worth/Value** to **Trusting God and the Kingdom Way**

My Vision

- I refuse to allow busyness to define my worth/value
- I am God's workmanship, saved by grace; I trust only God's opinion

My Intention

- I will discern my motives and not be caught up in the trap of doing
- I will listen to the Spirit teach me the Father's priorities

My Means

- I will do everything I do for the glory of God, and only what he wants
- I will practice doing everything the Kingdom Way

from **Busyness** as a **Chronic Stressor** to **Seeking Presence** over **Productivity**

My Vision

- I will value calm and relaxed periods in my inner person
- I will be present in the moment, experiencing its meaning

My Intention

- I will give attention to breathing, rest, and reflecting
- I will listen more than I speak, and will ask more questions

My Means

- I will continue my habits of study, prayer and journaling
- I will practice reflecting on purpose, and prioritize my spiritual life

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Bringing it all together



- In essence, you **cannot** have a **truly mature, deep spirituality** that **neglects** your **physical reality**
- The **goal** is to bring your **body** into **harmony** with the **life of God**, making it a "**temple**" that expresses **goodness** in **daily life**
- **Imagine your life becoming increasingly, a Kingdom Life, Life on the Rock!**

Peter, The Rock

- From **FOLLOWER** to **FAILURE** to **FAITHFUL WARRIOR** for Christ and the Kingdom - the **ROCK**

1 Peter 2:11-12 (*Peter's words*)

*Dear friends, I urge you as aliens and strangers in the world, to abstain from sinful desires, which war against your soul. **Live such good lives among the pagans** that, though they accuse you of doing wrong, they may see your good deeds and glorify God on the day he visits us.*

Matthew 7:24-25 (*Jesus' words*)

Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.

Choose one of the 10 examples of life apart or with God.

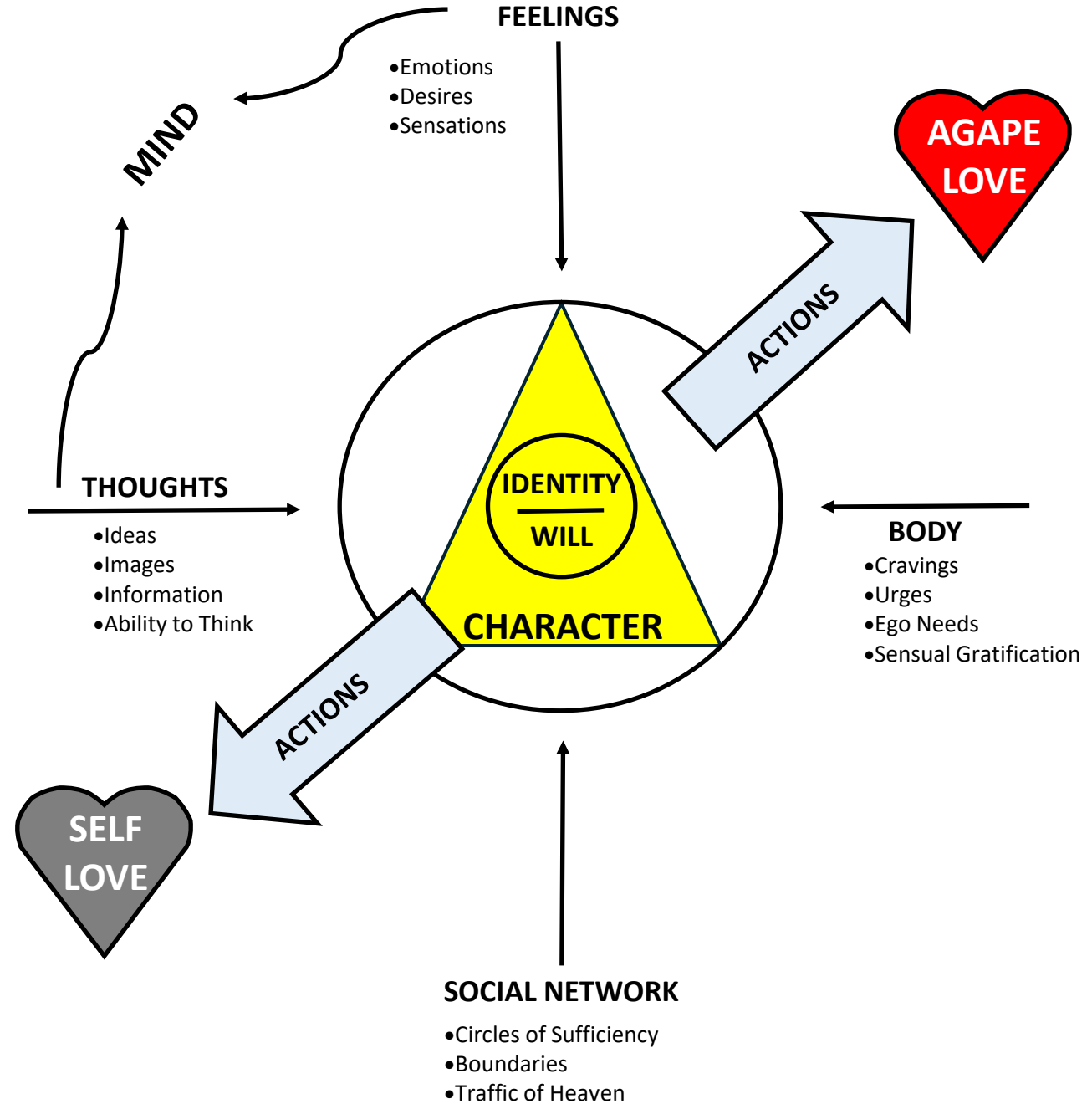
Ask your **Circle of 4** to help you **identify** one area that **needs transformation**.

Complete the “Change My Nature” **worksheet** to begin experiencing change and a new **Kingdom Life** on the **Rock!**

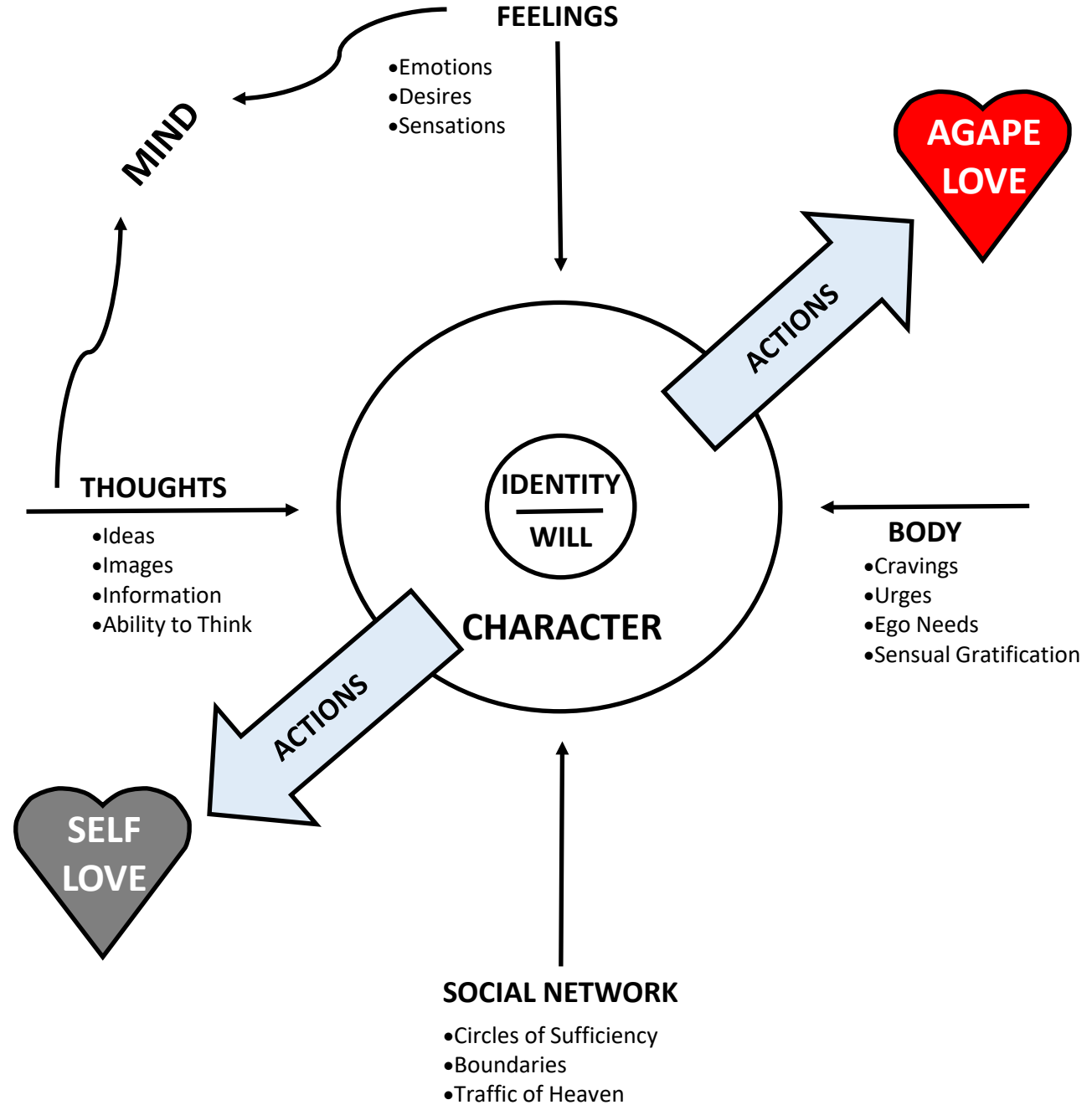
An underwater photograph showing several divers swimming in clear blue water. The divers are silhouetted against the light, and their fins are visible. In the background, there is a large, intricate coral structure. The overall scene is serene and captures the beauty of marine life.

Homework

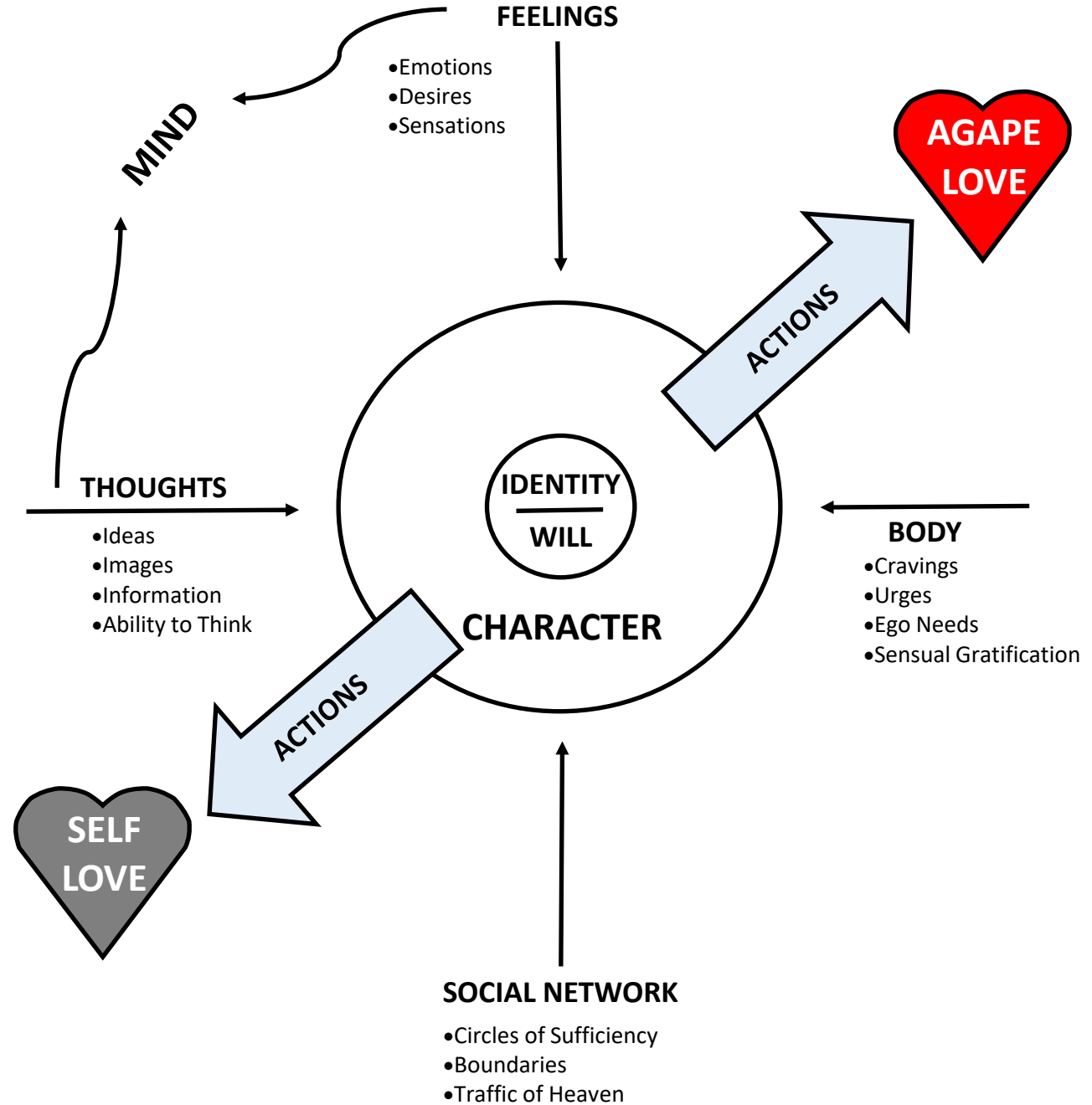
Spiritual Formation *in the Kingdom of God*



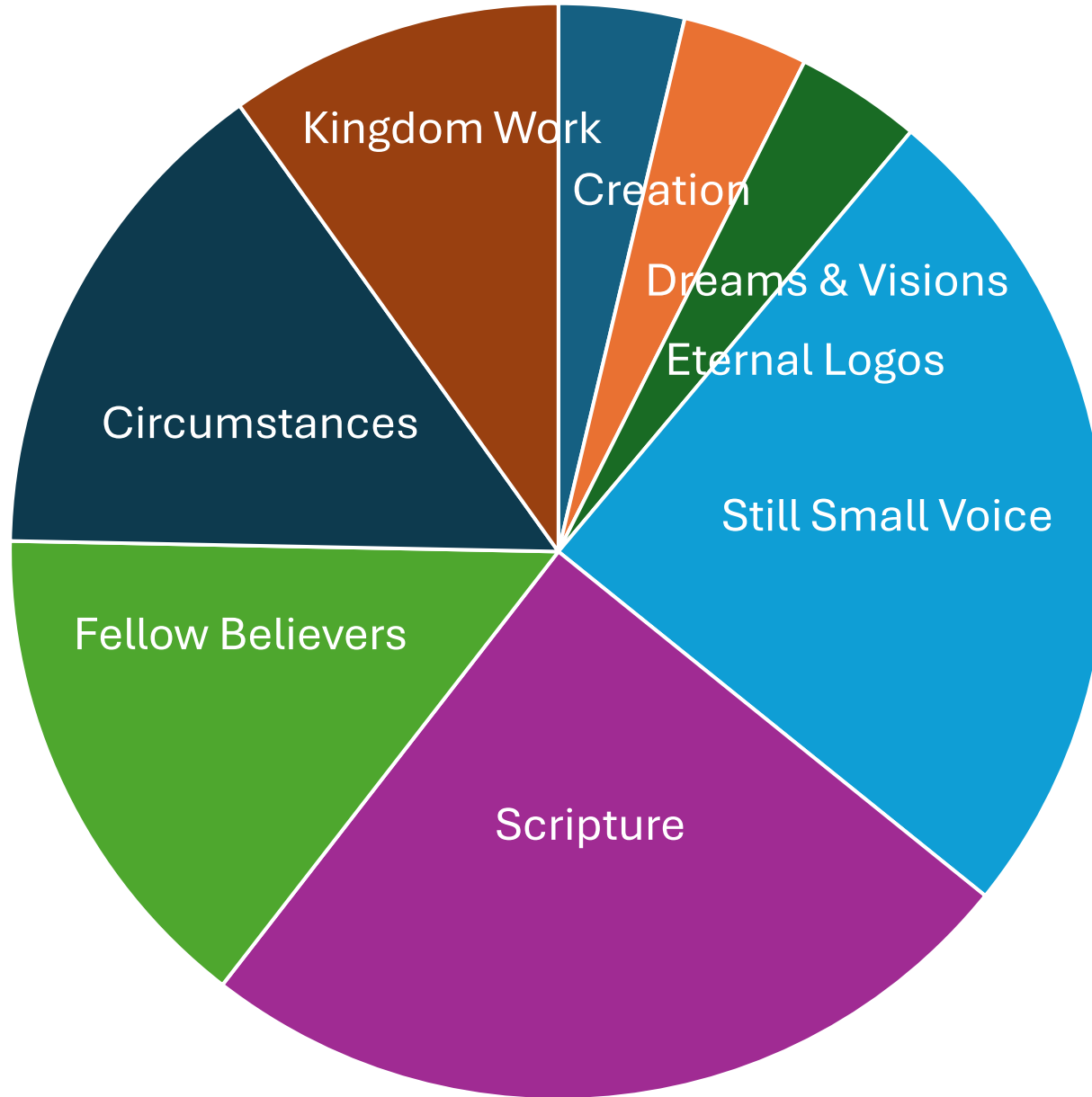
Spiritual Formation *in the Kingdom of God*



Spiritual Formation *in the Kingdom of God*



The Many Ways the Word of God Comes to Us



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