

Welcome to an Experience in Spiritual Formation

“Hitting the Wall… again.”



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https://us02web.zoom.us/j/83706448641?pwd=laALeTbjqTkBOK19HtHCzjun2Jm9h1.1

Meeting ID: 837 0644 8641
Passcode: 254984

Check-In

- Share your **emotional weather** today
- After doing your timeline exercise, what got your attention?

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.

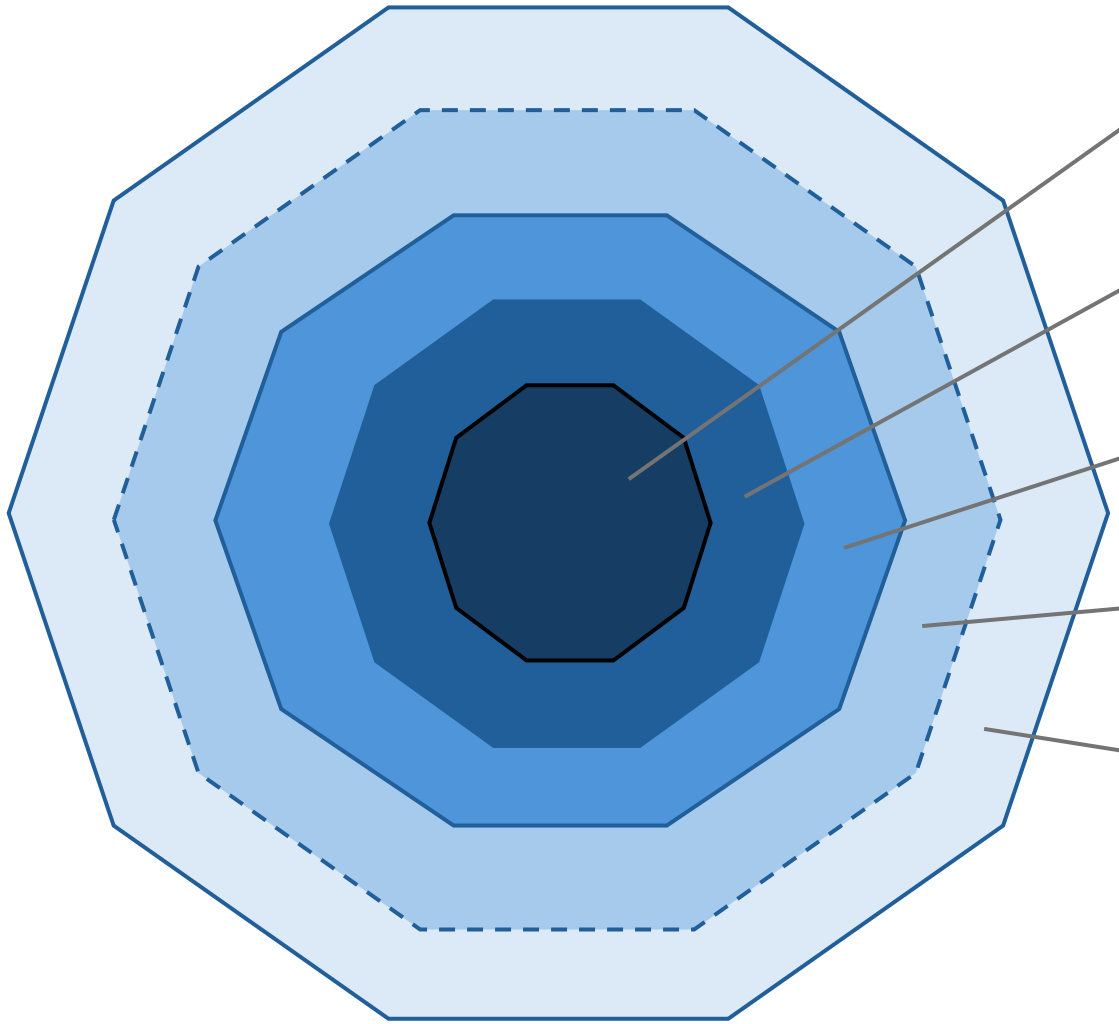
Kingdom Life



Wake up in the Kingdom, and walk the day the Kingdom way

- There is a Kingdom Way to do everything
- Exertion of my will indicates a Kingdom choice
- I am becoming on the inside a transformed person
- My character grows more Christlike every day

Relationship Journey - Following Jesus



Establishment

Orientation

Service

The Wall - Transformation

Re-Engagement

Relationship Journey...

SERVICE



“Jesus, which is the greatest commandment in the law?”

Matthew 22:37-40

Jesus replied: “’Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments.”

Love God – Love People

Relationship Journey...

SERVICE



A Life of Kingdom Service

- Service is **how we engage in life**
- A **life** of **Kingdom service** is **loving God** and **loving people**
- Kingdom service is **NOT** primarily **loving yourself** by making it **all about you**
- **Active partnership** with the **Spirit** working **in us, around us and through us**

Relationship Journey…

SERVICE

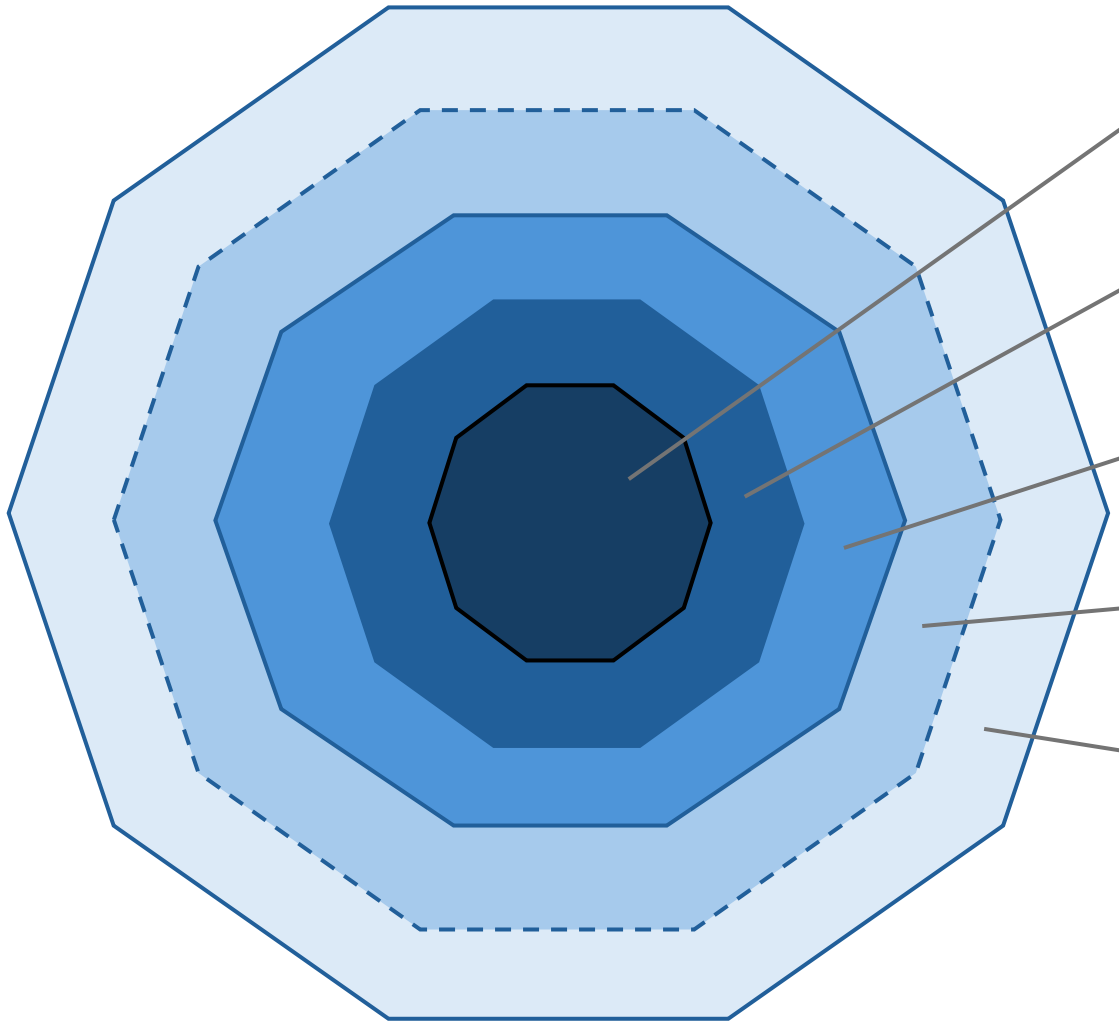


Love is unconditionally and sacrificially desiring good for the one loved.

- **What is good for God?**
  - To be **worshiped by me**
  - To **become like him**
  - To be a **good partner** with God

- **What is good for people?**
  - To be **accepted** as a **child of God**, made in the **image of God**
  - To **experience sufficiency** – to **matter**; to be **enough** in the **Kingdom**

Relationship Journey - Following Jesus



Establishment

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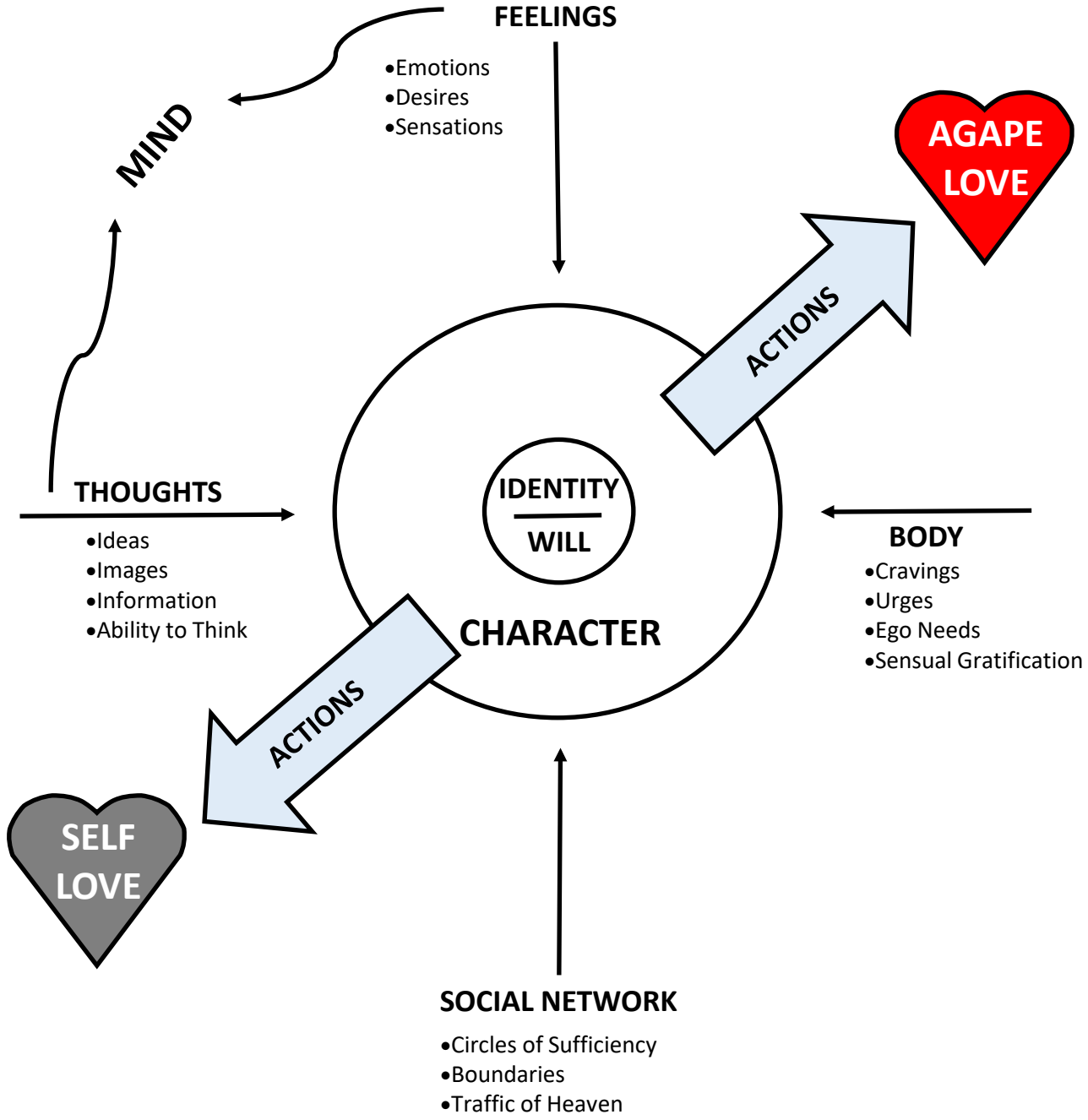
Re-Engagement

heart / spirit / will

2 Corinthians 4:16
Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

Proverbs 4:23
Above all else, guard your heart, for it is the well-spring of life.

Romans 12:1-2
Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.



Relationship Journey...

The Wall - Transformation



Hitting the Wall...

Matthew 15:1-9

- A **delegation** of **Jewish religious leaders** traveled from Jerusalem to Gennesaret to **question Jesus** about his adherence to **Jewish law** and **traditions**
- Jesus **turned the tables** and went on the **offensive** to **open their spiritual eyes** to what was going on in their **inner person**
- In the Kingdom of God **what matters first** is what is happening **on the inside.** Jesus **raised a wall** that would drive them to **the core of who they were** and begin a **transformation**

Relationship Journey...

The Wall - Transformation



Hitting the Wall...

- The **relationship** will often **hit a wall**, and a **transformation** of the **heart/spirit** is **needed**
- You will **feel disconnected** from God, possibly in **a specific part** of your **heart/spirit**
- The **wall you hit** may be **one** of **many things:**
  - ***Awareness*** *that you are* ***not obedient*** *to the* ***Kingdom Way*** *in some area of your life and operating apart from God*
  - *An* ***emotional wound*** *from a* ***past painful experience***
  - *A* ***grief*** *or* ***loss*** *you are* ***currently experiencing - relationship, job, something financial***
- **Mark** possible **"Walls"** on your **timeline**

Relationship Journey...

The Wall - Transformation



Behavior Modification

You may have the **spiritual tools** you **need** to work through the wall, or you may be **stuck** at the **wall** and **unable to move** through it, in which case **you will need** to **experience transformation**

- Often **we will try** behavior modification **instead** of **heart transformation**
- A **therapeutic** and **psychological** approach based on **behaviorism**, or the **idea** that **actions are learned**, and that **people change or repeat actions** based on the **results** they get
- We **learn new habits** by **controlling rewards, punishment**, and **environmental factors**
- And through behavior modification **people can change for a while**, but the **change is temporary**

Relationship Journey...

The Wall - Transformation



Habit Loops

*Every habit has a **cue**, a **routine**, and a **reward***

- The **cue** may be stress
- The **routine** could be **scrolling, controlling** or **angry reactions**
- The **reward** is **temporary relief**
- With each **habit loop** we experience **satisfaction of desire**

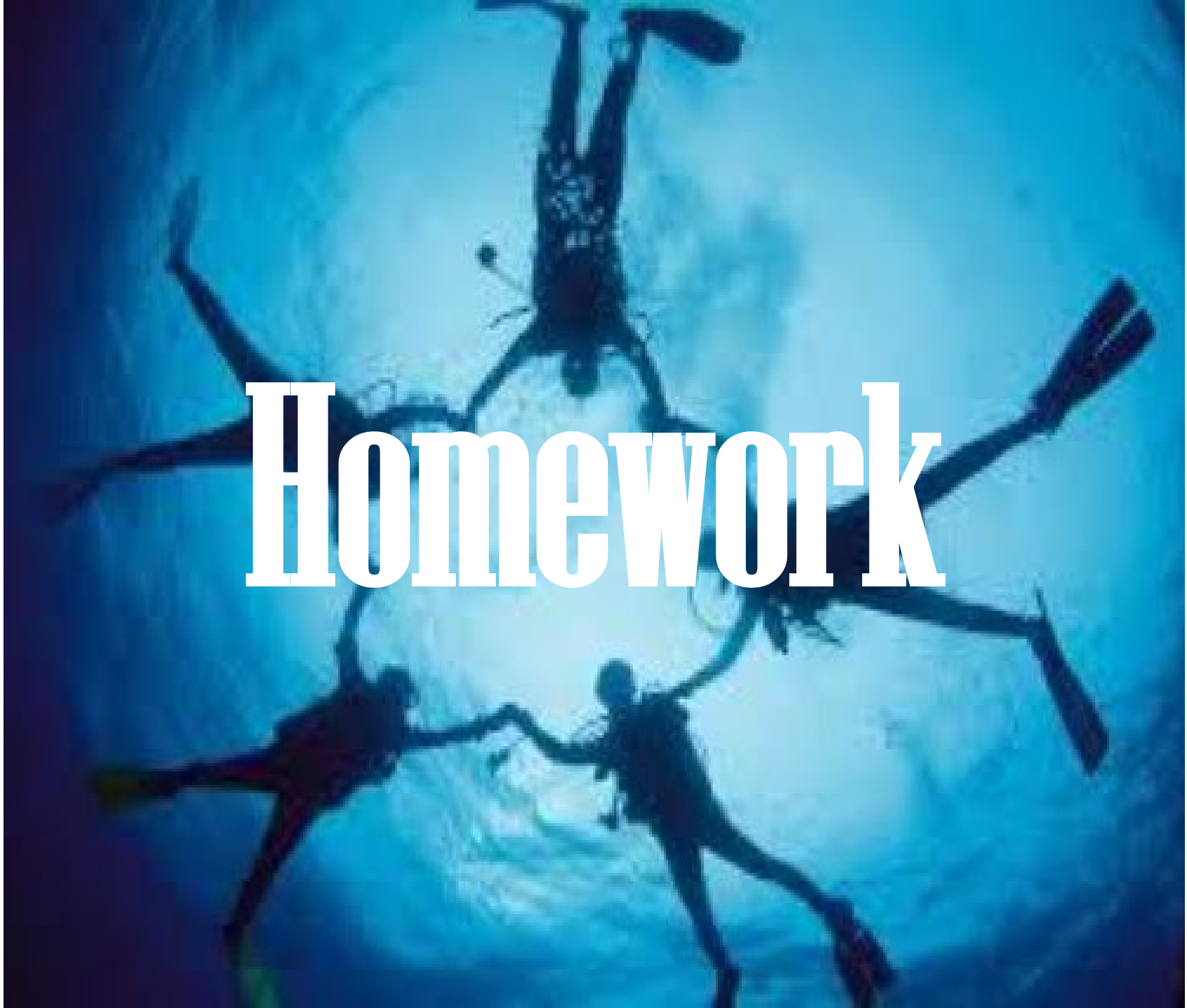
When **willpower is engaged** against the **stressor**,
it tries to **interrupt the routine**

- Instead of scrolling, controlling or blowing up - **you try a different behavior**
- But if the **reward** of temporary relief **doesn't constantly change**, the **unsatisfied desire remains**
- And eventually **willpower loses to desire**

Willpower addresses **behavior**
Transformation addresses **desire**

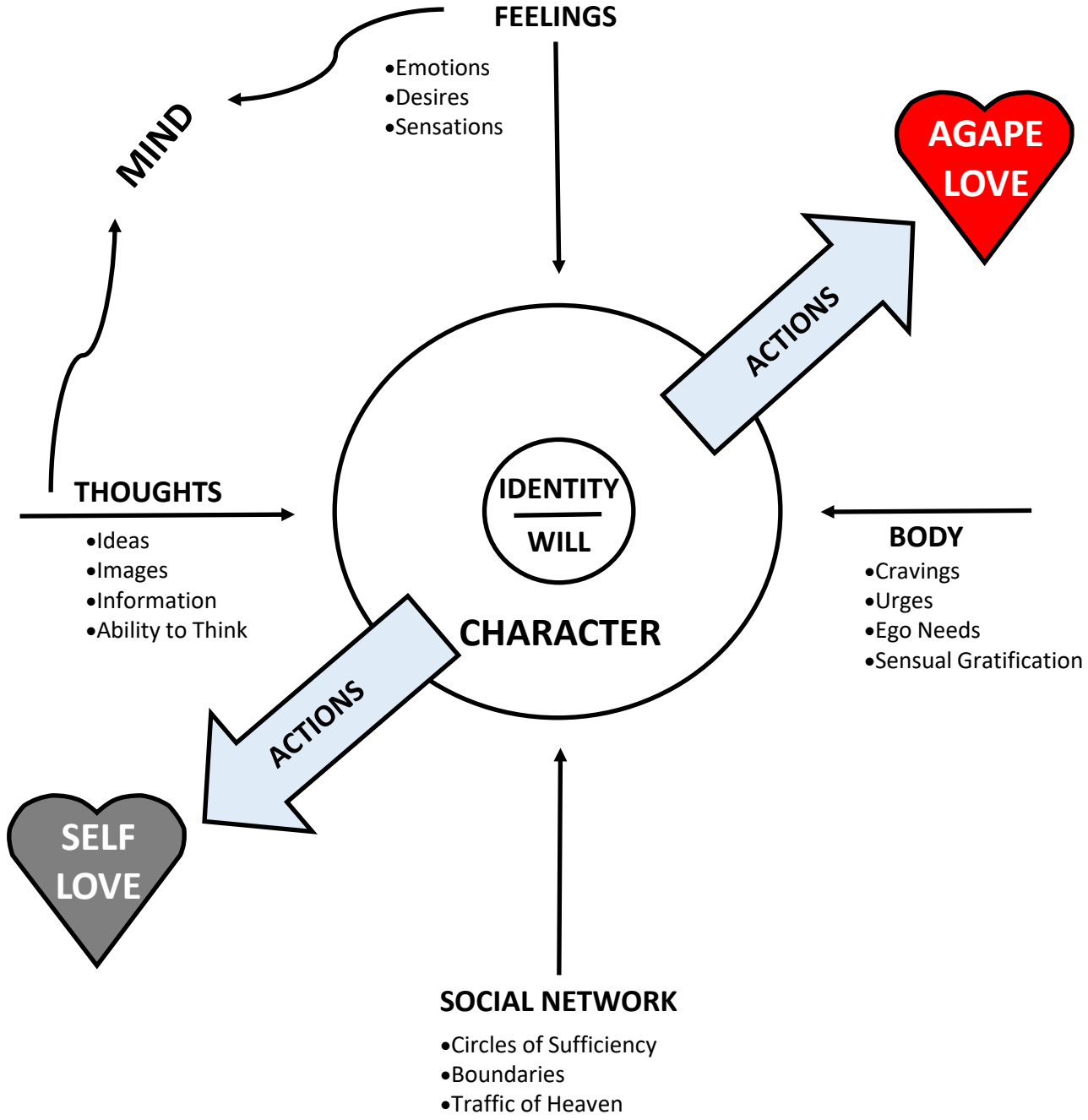
Continue working on your Timeline

- *Add more memories and experiences to your timeline as they come to you*
- *Add more cross, heart, and wall symbols as needed where you discover orientation, service, and wall experiences*
- *Begin a list of areas in your heart/spirit/will that need transformation*



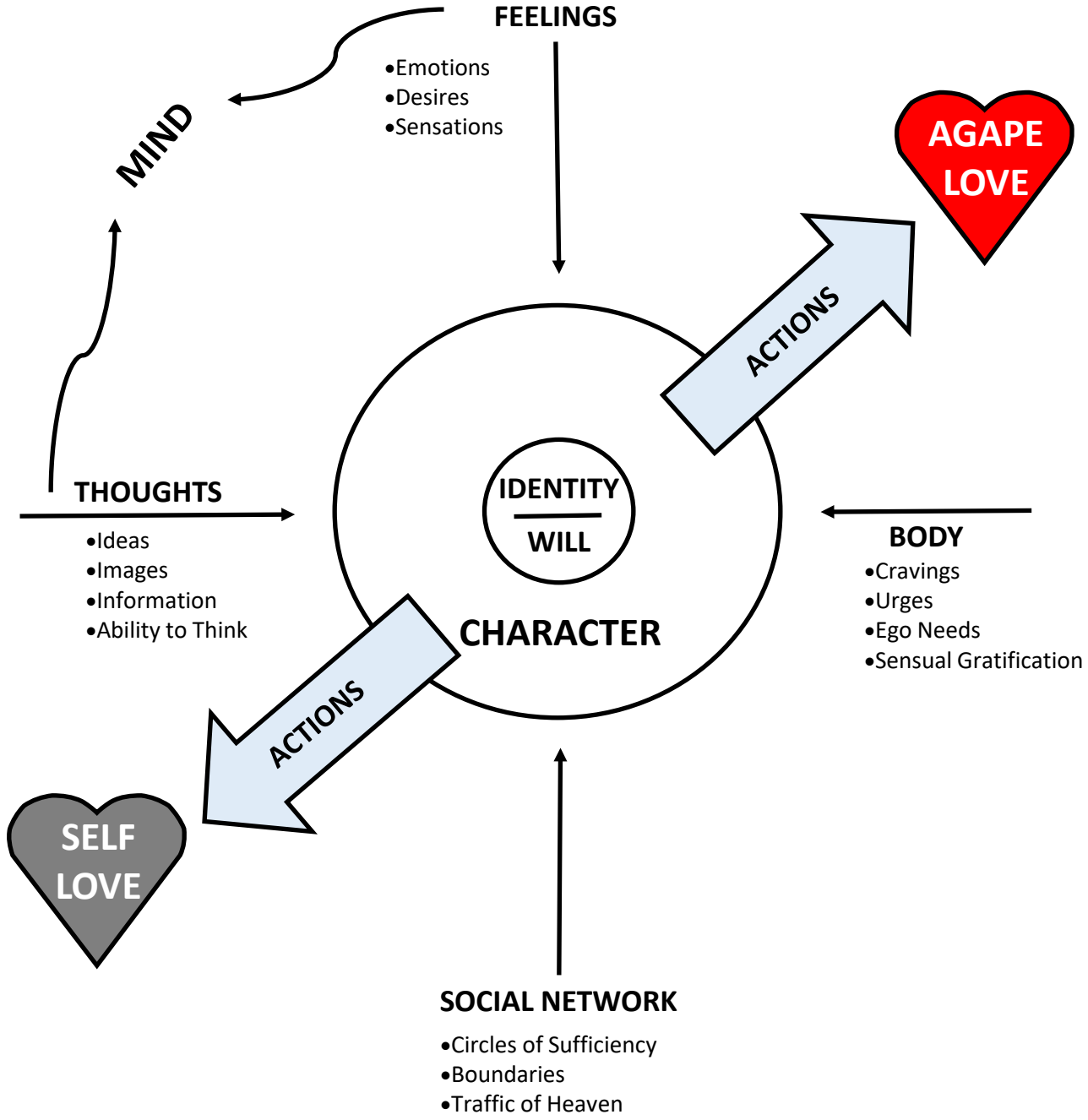
Spiritual Formation

in the Kingdom of God



Spiritual Formation

in the Kingdom of God



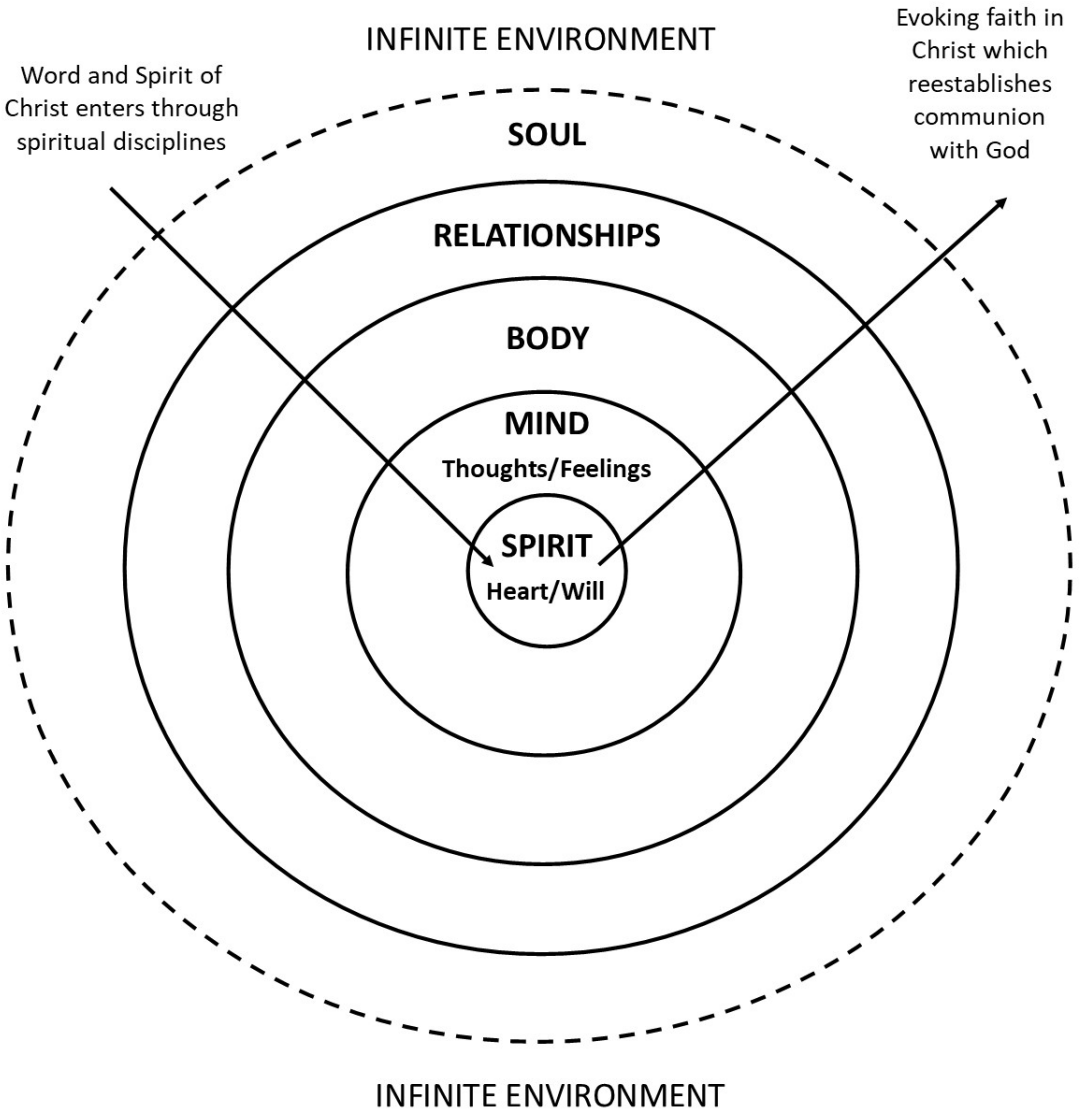
Dimensions

of your
Inner Person

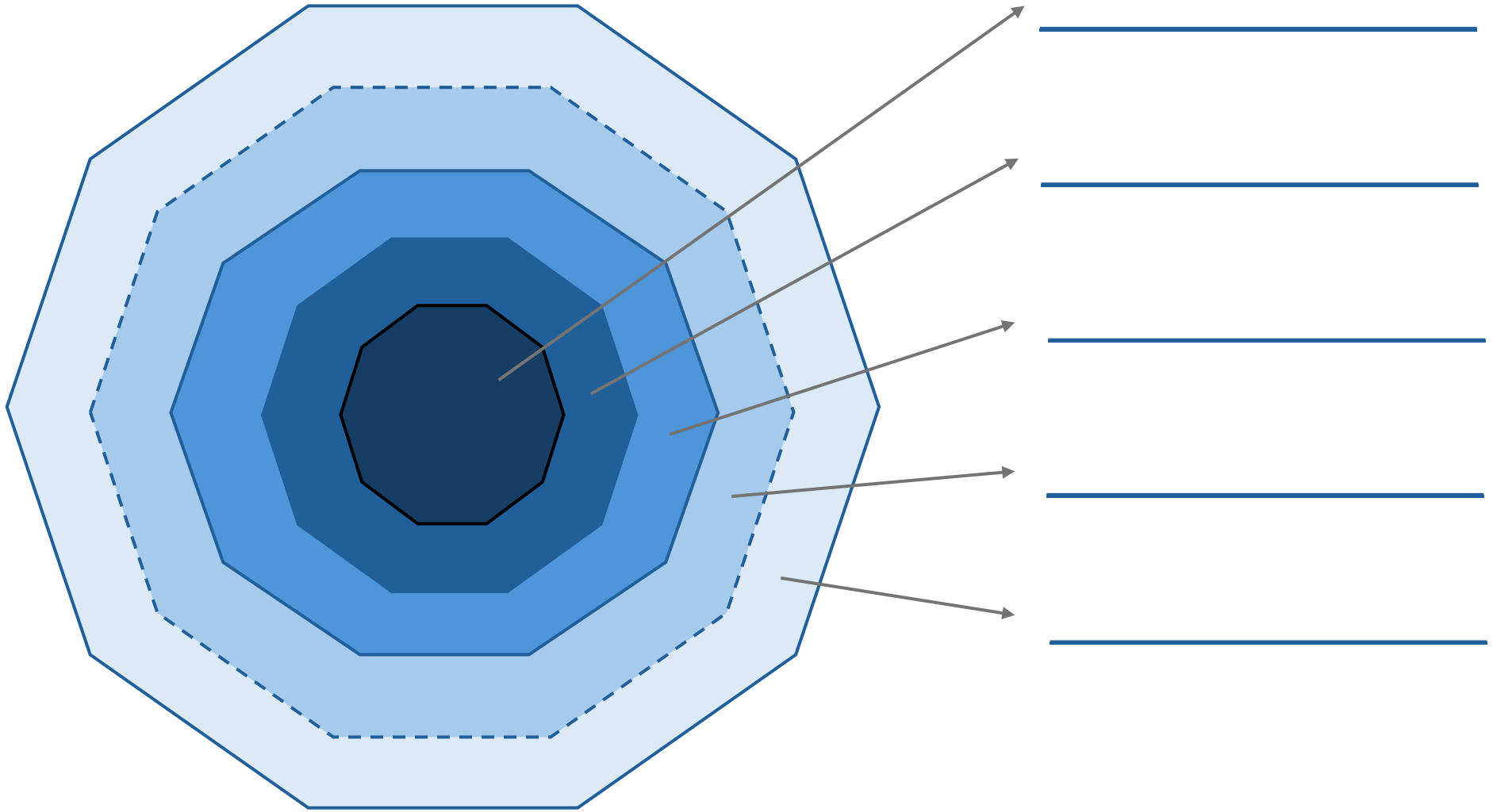


The Entire Human Self

The Whole Picture



Relationship Journey - Following Jesus



Relationship Journey...

ORIENTATION



Re-Orienting Your Life
One Category at a Time

