

SHIFT



the life we are meant to live



January 3rd, 2016

Living In Jesus

1. Reject the FALSE NARRATIVE:

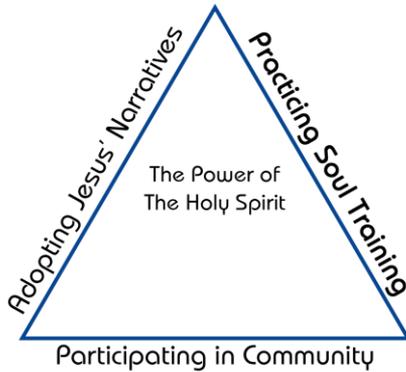
Pleasure At All Costs

Though they know God's righteous decree that those who practice such things deserve to die, they not only do them but give approval to those who practice them. - Romans 1:32 (See vs. 18-32)

2. Embrace the JESUS NARRATIVE:

Sin is Ugly; Virtue is Beautiful

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. ⁹ What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you. - Philippians 4:8-9 (ESV)



A Life Well Lived

Matthew 7:24-25

1 . THE GOOD LIFE HONORS CHRIST.

"Everyone then who hears these words of mine..."

2. THE GOOD LIFE PRACTICES OBEDIENCE

"...and does them..."

3. THE GOOD LIFE VALUES PERSISTENCE

"...will be like a wise man who built his house on the rock."

4. THE GOOD LIFE NEVER FAILS

"And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock."

I Will Shift by...

- Memorizing **Philippians 4:9**.
- Rejecting the value system of our culture and embracing virtue.
- Practicing persistent obedience.
- Founding my life on the Rock of Jesus Christ.

WALK THE TALK

A Growth Group Guide

1. Think about a movie or a book that stirred and inspired you. What was it about the story that brought out these feelings of inspiration?
2. Share about a person that you want to be like. What is it about them that you want to emulate?
3. Name a virtue (courage, kindness, compassion, persistence, etc.) that you wish you had more of in your life. Why is this so important to you?
4. What keeps us from being the kind of people that we want to be?
5. Read Romans 1:18-32, which describes the spiritual tailspin of a sinful lifestyle. Does this describe our culture? According to the text, what begins this tailspin?
6. Read Matthew 7:24-27. What is the only difference between the two types of people Jesus is describing? Note that Jesus describes the second type as "foolish." What is your definition of "foolish"? Discuss how Jesus views foolishness as a lack of obedience rather than a lack of intelligence. What does this tell us about how God deals with us?
7. Name one area of your life where you would like to be more obedient to God. Spend some time praying for each other for this.

SOUL TRAINING – WRITING A LETTER TO GOD

A Personal Transformation Exercise

The Principle:

When was the last time you talked to God and told Him exactly what you were thinking? Do you see your prayer time as an opportunity to be completely transparent? Prayer is not just talking to God about the current situations in our lives, admitting our mistakes, and asking Him for things. God has created us to dream, to hope, and to set goals. When we engage with God about our hopes and dreams, we allow Him to engage back and help direct our path.

The Plan:

This week, write a letter to God that begins with “Dear God, the life I want most for myself is...” The rest of the letter will complete this opening statement (or prayer). You may want to acknowledge the mistakes you have made, but try to describe, in the rest of your letter, what a “good and beautiful life” would look like for you. Will it involve changing old narratives and habits? Feel free to dream big. Let God in on your greatest hopes.

Be sure to keep this letter in a safe place. You will likely want to read it at least once a year to be reminded of the vision you and God have for your life. Let it be a guide and an inspiration. If you feel comfortable, you may share it with someone you trust. If you are working through this material with one or more people, you may want to share your letter with them, but you are not required to do so. This can be a great encouragement for the group, should you choose to share.