



Being Transformed
Akierra Back, Austin Loud, and Lakin King
“Practice”
July 20, 2025

Key Verses: Matthew 7:24-27; Romans 12:1-2; Luke 6:46-49

Key Thought:

As we surrender our lives to Jesus and put His words into practice,
He will transform us to become like Him and preserve us through even the worst of trials.

Points to Consider:

- Matthew 7:24-27 – Akierra Back: More than just hearing the words of Jesus, it is obeying them that will enable us to persevere through even the worst of trials.
 - i. The difference between the wise person and the moronic person is whether they made decisions according to how their lives would be impacted by the worst of trials.
 - ii. The “sand” is any foundation we choose instead of Jesus.
- Romans 12:1-2 – Austin Loud: While conformity to the world is natural for us, being transformed into people of love, like Jesus, requires that we intentionally surrender our entire lives as an offering to God.
 - i. John Mark Comer’s definition of intentional spiritual formation is “the process of becoming people of love through deepening and intentional surrender to and union with Jesus.”
 - ii. How do we exercise intention in spiritual formation? We practice the “means of grace,” which are “divinely appointed practices through we may receive God’s grace.” Examples are prayer and fasting, reading the Bible, and observing a Sabbath.
- Luke 6:46-49 – Lakin King: Rather than seek to limit our exposure to suffering, we should seek to rely on Jesus, who has the power to transform our suffering (which is inevitable) into a means of grace.
 - i. We often treat the words of Jesus as mere suggestions, not as the words of our Lord.
 - ii. Our culture often treats “storms” of suffering as if they were abnormal.
Yet, suffering is a normal part of life in this world.
 - iii. Practice in spiritual formation is about receiving God’s strength— not expanding our own.

Discussion Prompts:

- Reflect on a time you experienced a severe trial. → How did you weather the “storm”?
- What is your primary strategy in coping with suffering? Do you more so seek to limit your exposure to suffering, or do you more so rely on Jesus— as expressed in putting His words into practice?
- Do you feel that you are more so being conformed to the pattern of this world, or being transformed into a person of love, like Jesus Christ?
- How can you exercise intention to be transformed, and not conformed?