

Freely & Lightly



SHOW NOTES / REFERENCES

Author References:

[James Brian Smith- The Good and Beautiful God-](#)

-Transformation happens through soul training. It's not that we don't want to change or that we're not trying to change. The problem is that we are not training. We've never been taught a reliable pattern of transformation.

-What if God is not mad at you? What if God were actually a God who responds to us with absolute delight regardless of how we look or feel or what we have or have not done right? The only possible response would be to feel absolute delight in return.

Dallas Willard- *Life Without Lack*

Rush Limbaugh- *Talent on loan from God*

Larry Warner-*Journey with Jesus*

David Brenner- *Surrender to Love-* Neither knowing God nor knowing self can progress very far unless it begins with a knowledge of how deeply we are loved by God. Until we dare to believe that nothing can separate us from God's love, nothing that we could do or fail to do, nor anything that

could be done or has been done by anyone else to us. We remain in the elementary grades of the School of Christian Spiritual Transformation. Genuine transformation requires vulnerability. It is not the fact of being loved unconditionally that is life changing. It is the risky experience of allowing myself to be loved unconditionally.

A.W. Tozer-**“What comes into our minds when we think about God, is the most important thing about us.** Worship is pure or base — as the worshiper entertains high or low thoughts of God. For this reason the gravest question before the Church is always God Himself, and the most portentous fact about any man is not what he at a given time may say or do — but what he in his deep heart conceives God to be like. It is impossible to keep our moral practices sound and our inward attitudes right, while our idea of God is erroneous or inadequate. No religion has ever been greater than its idea of God. Worship is pure or base — as the worshiper entertains high or low thoughts of God. We tend by a secret law of the soul, to move toward our mental image of God... Were we able to extract from any man a complete answer to the question, **“What comes into your mind when you think about God?” we might predict with certainty the spiritual future of that man...** A right conception of God is basic not only to correct theology, but to practical Christian living as well. There is scarcely an error in doctrine, or a failure in applying Christian ethics — that cannot be traced finally to false and ignoble thoughts about God.”

Westminster Shorter Catechism - Q: what is the chief end of man? A: Man's chief end is to glorify God, and to enjoy him forever.

Julian of Norwich- “The greatest honor we can give Almighty God is to live gladly because of the knowledge of his love.”

Scripture:

Matthew 22:37- Jesus replied: “'Love the Lord your God with all your heart and with all your soul and with all your mind.’

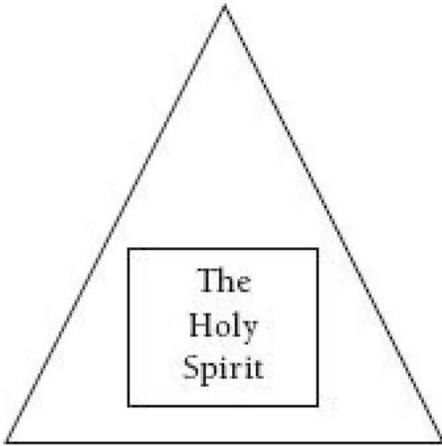
Colossians 3:1-17- Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. **2** Set your minds on things above, not on earthly things. **3** For you died, and your life is now hidden with Christ in God. **4** When Christ, who is your^[a] life, appears, then you also will appear with him in glory. **5** Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. **6** Because of these, the wrath of God is coming.^[b] **7** You used to walk in these ways, in the life you once lived. **8** But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. **9** Do not lie to each other, since you have taken off your old self with its practices **10** and have put on the new self, which is being renewed in knowledge in the image of its Creator. **11** Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all. Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. **13** Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. **14** And over all these virtues put on love, which binds them all together in perfect unity.

15 Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. **16** Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. **17** And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Matthew 23:13- “Woe to you, teachers of the law and Pharisees, you hypocrites! You shut the door of the kingdom of heaven in people's faces. You yourselves do not enter, nor will you let those enter who are trying to.

Psalms 23

Adopting the Narratives
of Jesus



Engaging in
Soul-Training Exercises

Participating in
Community