

The Way part 7 “Teaching and Practice”

What is wrong with this world—it’s everyone else!

What is wrong with this world isus!

Following Jesus, discipleship, spiritual formation whatever you want to call it is about closing that gap. Here is the question--- How?

- To be with Jesus
- To become like Jesus
- To do the things that Jesus did

Followers of Christ are to be transformed into the image of Jesus.

Greek word is “Metamorphoo”

It’s not that we don’t want to change, or not trying to change, it’s that most of us don’t know how to change!

“Spiritual formation in the Christian tradition is the process by one increasingly becomes possessed and permeated by the character traits of Jesus.” – Dallas Willard

Unintentional Spiritual Formation

Overtime..... Suffering

Intentional Spiritual Formation

Teaching and Practice

Mark 1: 14-15

All of Jesus ideas around transformation was built around this much larger idea of his kingdom.

To “repent” is to reimagine your life from the good life in the Kingdom of God, and begin to live in it now.

Intentional Spiritual Formation teaching must counter the stories we believe about ourselves and the world.

Romans 12: 1-2

Paul is obsessed with the mind for the beginning of being transformed

1 Corinthians 2:16b

2 Corinthians 10:5

Colossians 3:1-2

Philippians 2:5

“The process of spiritual formation in Christ is one of progressively replacing destructive images and ideas with images and ideas that filled the mind of Jesus himself. Spiritual formation moves towards a total interchange of our ideas and images for his.” ---Dallas Willard

“Neurons that fire together wire together or stay together”

The more you think a thought the more likely you will think that thought

Neurological Mapping

Neuroplasticity

All kinds of ways to get teaching into your mind and to replace the stories we tend to live out from the lies we believe.

- Meditating on Scripture
- Sitting under teaching
- Reading good books
- Podcasting
- Studying the Bible
- Memorizing scripture

Getting teaching into your mind and imagination is the first step towards transformation, but it is not the last...

You can't think your way into Christlikeness

Information transfer alone is not enough for “transformation”

Knowing something, is not the same as doing something, and is not the same as wanting to do it!

There is a gap with what you know and what you do.

What we love in our heart has a far greater influence on what we do than what we know in our heads!

Practice

Matthew 7:24-27

James 1:22-25

The Power of practice

Key idea: “The things we do, do something to us”

Teaching counters the stories we believe and practices counter our habits. Because what we do is what we become

The Heart

Proverbs 4:23

It is not enough to know it...we have to want it...our practices give shape to our desires!

Liturgical Audit

- Write down your routines and habits
- How do you spend your week and weekends?
- Spend a few minutes day and write down all your habits and routines
- What are these habits/practices doing to your heart?

The Power of Habit

Habit Replacement

Karate Kid “wax off –wax on”