



Small Group Notes

Text:

Luke 6:39-40 & 43-45

Title:

An introduction to spiritual formation

Further scriptures:

2 Cor. 3:16-18

1 Thess. 4:1-3 & 7-8

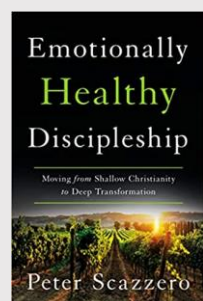
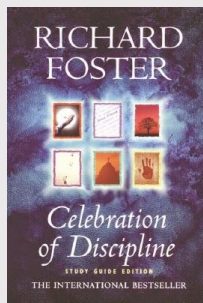
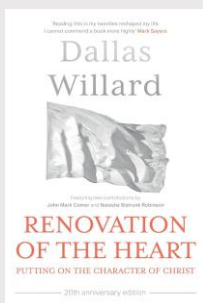
Phil. 2:12-15

Proverbs 4:23

Gal. 4:19

Matt. 7:13-14

Eph. 3:19-20



Last Sunday we began thinking about the second goal of discipleship, to become like Jesus. We called this process of growing in Christlikeness 'spiritual transformation.' We thought about what it was, why it was important, and how we can grow and change.

Reflect

1. What most impacted you from the passage or from the preach?
2. What do you understand by the term 'spiritual transformation'? Is this a new concept for you? How do you feel about it?
3. 'We are all being formed into something – the question is what?' What do you think about this? Do you agree / disagree and why?
4. What does Luke 6:45 tell us about our hearts?
5. Why is spiritual transformation important? How does it lead us to experiencing abundant life?

Respond

1. What are the biggest things forming and shaping you at the moment, other than Christ and his teaching?
2. Do you believe that change is possible? Why can we be confident in this? (Look at Phil. 2:12-15 and Eph. 3:19-20).
3. What is our role to play in our spiritual transformation?
4. What do you think are the barriers to spiritual transformation in Christ?

Practice

Take some time, if you haven't already to complete the Transform: Spiritual formation questionnaire. Share your experiences and reflections with the group. What most resonated / impacted you? What areas of character do you think God wants to grow you in?

Further reading

Renovation of the heart, *Dallas Willard*

A Celebration of discipline, *Richard Forster*

Emotionally Healthy Discipleship, *Pete Scazzero*