

Sunday, August 25, 2019 - "Passages - Week 3" - Matt Mancinelli

Key Passages: Galatians 5:22-23, Hebrews 4:12

- Feel free to read the passage(s) out loud as a group
- Allow the group to share freely about what stood out to them from the passage or from Sunday's message

Main Ideas

- There is a difference between TRAINING and trying
  - We can get confused spiritually
  - We can't just try harder
- God is working in us and he is inviting us to participate
- "Spiritual transformation is not about trying harder, but training wisely" - John Ortberg
- Spiritual disciplines = concrete activities that I engage in order to make myself available for the work that only God can do
- This is not about "should" (we can't make God love us more, we don't earn anything)
- There are disciplines of abstinence (refraining or withholding) and disciplines of engagement (active, doing)
- 2 important notes
  - 1) God changes us GRADUALLY...like a tree/fruit (Galatians 5:22-23\_
  - 2) God changing us is INTERNAL
- What we want → defines the disciplines that we choose to participate in
- 6 examples/ideas
  - 1) 15 minutes w/ God (see below) -5 minutes reading the Bible, 5 minutes journaling/sharing, 5 minutes of prayer
  - 2) Join a d-group or c-group
  - 3) Praying scripture...the word propelling our prayers (i.e. writing down prayers in Bible for kids)
  - 4) Secrecy (generosity, kindness without telling anybody)...doing something just for God
  - 5) Fasting (abstinence can help with sins of commission...addiction etc.)
  - 6) Silence (we have access to unlimited information all the time so this one is easy to miss)
- Ask God, "What do I want?"
- Ask God, "Is there a discipline that will help me to get to what I want?"

Questions (Feel free to use all of these, some of these, or none of these)

1. What has been your experience with spiritual disciplines in the past?
2. When was a time that you participate in what God was doing? What happened?
3. How have you seen God change you gradually over weeks, months, or years?
4. As you ask God what is he revealing that you want? For your life, for your relationship with Him?
5. Of some of the examples of disciplines Matt talked about, what is most intriguing to you and why?
6. What is God inviting you into as a result of this passage or sermon?

**\*\*15 Minutes with God Reading Plan-**

Mon: Ruth 3 Tues: Ruth 4 Wed: Jude 1 Thurs: Micah 1 Fri: Micah 2

Songs from the weekend: [You Are Good - Israel Houghton] - [Joy - Vashawn Mitchell] - [Goodness of God - Bethel Music] - [Waymaker - Sinach] - [Downpour - Norflette Shumake] - [Great I Am - New Life Worship]