

Journey of the Soul - Part 4
Help in Growing as a Disciple
I Tim. 4:7-8; 1 Cor. 9:24-27
Oct. 3rd, 2021

I. Two TEXTS about TRAINING. (I Tim. 4:7-8; I Cor. 9:24-27)

- A. STORIES shape the HABITS of our LIVES. (I Tim. 4:7)**
- B. The dual NATURE of spiritual GROWTH. (I Tim. 4:7; Phil. 2:11-12)**
- C. The IMPORTANCE of our INTENTION. (1 Cor. 9:24-27; 2 Pet. 1:3-7)**
- D. The link between SPIRITUAL and PHYSICAL. (1 Cor. 9:27; Gal. 5:17; Mk. 14:38)**

This week we take two small snippets of texts from Paul to focus in on the challenging relationship between what God does and what we do as we seek to grow as disciples.

1. Kid's Question: What is the hardest thing you have ever done? Did you train for it?
2. How would you describe the way that we work with God in our transformation? Who is most responsible? Who initiates? How does it practically work itself out?

II. Understanding the WHOLE of who we ARE. (Ps. 139:14)

- A. A MODEL of the SOUL. (Mk. 12:29-31)**
- B. The power of BODY, MIND, and RELATIONSHIPS. (Rom. 6:6-7,12-13; Rom. 7:5-6, 22-25)**
- C. GRACE and POWER energize TRANSFORMATION. (Eph. 2:4-5)**
- D. This PROCESS takes TIME. (Lk. 8:15)**

One of the biggest challenges to our progression in the "Journey of the Soul" is our unawareness of our own nature. We need to see how sin corrupts our actions, and also how we can surrender to grace in order to be changed.

3. What did you think about the model of the soul that Jeff presented? Does it make sense to you? What questions did it raise for you?
4. What are the habits of your body, mind, or relationships that are the most challenging to you as you seek to live more like Jesus? How can you begin to address those?
5. How easy is it for you to give yourself time to change? Are you more patient with others or with yourself? Why is that?

III. A PRACTICE plan for DISCIPLESHIP. (Col. 3:1-17)

- A. Live GROUNDED in the GOSPEL story. (Col. 3:1-4)**

- B. Do OFF the SPOT training. (Col. 3:5-11)**
- C. Prioritize INTENTION and COMMUNITY. (Col. 3:12-14)**
- D. Give GRACE and TIME to yourself and OTHERS. (Col. 3:15-17)**

Before every basketball practice I write down a plan to help us use the time wisely. The same thing is important as we seek to work with God in our own healing and transformation. There are several things we can do to help prepare ourselves to receive the grace of God is a full and complete way...thus opening ourselves to transformation.

6. What are some specific ways you can keep your life grounded in the gospel story?
7. What is one area of life where you could practice “off the spot” training? How might that look?
8. What specific ways can you intentionally lean into community as a way to support your own journey of the soul?