

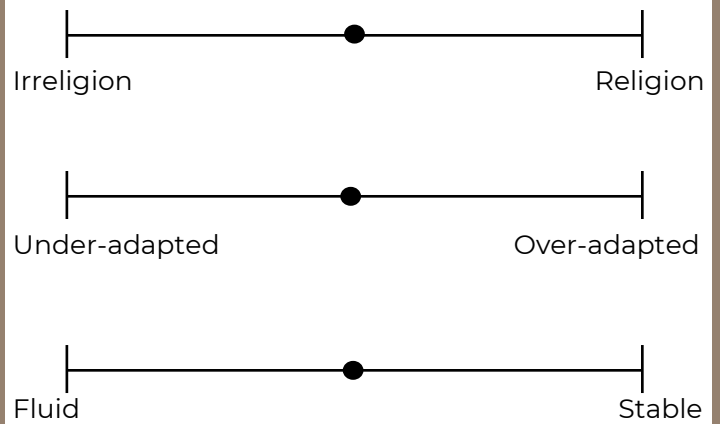
Exercise 1



Gospel Inventory - How good is my good news?

What is the Gospel?

Where do you land on Tim Keller's 3 spectrums?



Your personal favorite themes/stories from the bible:

How can you share His story?

Teaching - Part 2

Spiritual Maturity is the goal of Spiritual Formation and it's achieved through Spiritual Discipline

- Spiritual Formation: Transformative power of Agape over a lifetime
- The cumulative effect of a comprehensive lifestyle
- Spiritual Disciplines: Channels of gracious transformation

And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.

(2 Corinthians 3:18)

"God the Holy Spirit takes the initiative through various means in cooperation with our response to transform us into the likeness of Christ in service to others for the glory of God"

(J.K. Jones' definition of Spiritual Formation)

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

(Matthew 11:28-30)

"The disciplines are God's way of getting us into the ground; they put us where he can work within us and transform us. By themselves the spiritual disciplines can do nothing; they can only get us to the place where something can be done."

(Richard Foster, Celebration of Discipline, pg. 7)

Exercise 2



Agape Inventory - Loving with all my heart, mind, strength and soul

What does it mean to have a **heart enamored** by the gospel?

What does it mean to have a **mind illuminated** by the gospel?

What does it mean to **devote** our **strength** to the gospel?

What does it mean to have a **soul integrated** by the gospel?

How do I take the invitation to Spiritual Formation seriously?

Growing through **Grace**:

Growing through **Good**:

Growing through **Glory**: