

## Questions for Reflection and Discussion

### Week 2: A Vision for Transformation

1. What stood out to you from the message this past Sunday? Was there anything that seemed timely or relevant to you? Was there anything that made you uncomfortable or with which you disagreed?
2. Read Matthew 4:17. In the message on Sunday, we considered three (of many) ways in which our hearts and minds can be opened to Jesus' "kingdom of heaven consciousness" (a consciousness "from beyond"):
  - Contemplation
  - Community
  - Adversity

Have any of these been helpful in experiencing transformation in your own life? Which of them has been most helpful for you? Which one(s) do you feel challenged to engage with more? What are other ways you have experienced a transformation of consciousness or fresh awareness?

3. Read Romans 12:1-2. How would you describe some of the "patterns of this world" that have potentially transformative influence on us? To what degree do you feel you might have adapted to any of these personally?
4. Read Matthew 11:28-30 in The Message version of the bible. In what ways do you feel "tired or burned out"? What do you feel is at the root of this and how might the passage help you in this regard?
5. Some people describe the above passage as Jesus inviting us to become his apprentices. What does apprenticeship in the way of Jesus mean to you personally? What could "unforced rhythms of grace" look like for you? What do you need to do to engage more fully in this?
6. If it feels more appropriate, feel free to break into groups of 2 or 3 for this question. Read Galatians 5:22-23 and share which of these human qualities ("fruits of the spirit") feels like your greatest challenge right now. In the message on Sunday, we reflected on some of the components of a process of transformation. This is not a linear list, nor is it definite or exhaustive but share about which of them could be most helpful to you right now in your own journey of transformation: Love, honesty, letting go, practice, asking for help, time.

After discussing this, spend some time praying with and for one another.

## **Practice for the week: Walking the path of transformation**

This week take some more time personally to reflect on the last question above. In quietness, open your heart to God and allow God's love and acceptance to permeate you. Let go of any feelings of failure or self-rejection. Remind yourself that you are on a journey, and that journey is not over yet, so you have all kinds of transformative opportunities and possibilities ahead of you.

Then, in the same posture of openness, reflect on the areas of your life where you feel you most need to change. Just be honest with yourself in this atmosphere of God's love. What kind of person do you long to be? Where do you most need Jesus' help?

With Sunday's message and your group discussion in mind, now reflect on how you could strengthen your apprenticeship to Jesus. What new "unforced rhythms of grace" do you need to pursue? What lapsed ones do you need to revive? Reflect on the components of transformation again (love, honesty, letting go, practice, asking for help, time) and determine which of these (or others) are ones you especially need to engage with.

After this reflection, take a moment to outline the action steps you are going to take. It might help to write this down in a journal or share it with a trusted friend.