



(If you missed Mike's talk here it is <https://www.youtube.com/watch?v=r6ZgaKAzbul>)

How do we change?

Mike said we change and transform through teaching, practice and community, but all these things are also available through 'self-help' books. The difference is, Christians have access to the power of the living God and the *Holy Spirit* inside of us. We changed from the inside out

Ex 34:29-35 When Moses came down from Mount Sinai with the two tablets of the covenant law in his hands, he was not aware that his face was radiant because he had spoken with the Lord.³⁰ When Aaron and all the Israelites saw Moses, his face was radiant, and they were afraid to come near him.³¹ But Moses called to them; so Aaron and all the leaders of the community came back to him, and he spoke to them.³² Afterward all the Israelites came near him, and he gave them all the commands the Lord had given him on Mount Sinai.³³ When Moses finished speaking to them, he put a veil over his face.³⁴ But whenever he entered the Lord's presence to speak with him, he removed the veil until he came out. And when he came out and told the Israelites what he had been commanded,³⁵ they saw that his face was radiant. Then Moses would put the veil back over his face until he went in to speak with the Lord.

Questions

- Moses' physical appearance changed from spending time in the presence of God. In what ways have you seen how spending time with God has changed what you look like or act like?
- There is no set time, place, or way to spend time with God. What is your preferred way to spend time in God's presence?
- Are there any barriers which personally hinder you from spending time with God, and if so, what are they? In which ways could you ask the Holy Spirit to help you in these areas?

2 Cor 3:17-18 Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.¹⁸ And we *all*, who with unveiled faces contemplate the Lord's glory, are being *transformed into his image* with ever-increasing glory, which comes from the Lord, who is the Spirit.

Mike said that salvation (being saved by God) is God's work, but sanctification (the process of becoming more like Jesus) is a joint effort, between us and God.

Without Him we can't, without us he won't.

Questions

- If we have the Holy Spirit inside of us, and where the spirit of the Lord is, there is freedom, why do you think living in freedom can sometimes seem difficult to do?
- In what ways has the Holy Spirit, transformed who you are?
- In what ways do you want the Holy Spirit to transform who you are now?

Mike said when the Holy Spirit is active in our lives there are two things that happen. There are 'breakthrough moments' (instantaneous touching of the Holy Spirit) and 'process moments' (the slow process of change one day at a time). Both are necessary. Breakthrough moments are beautiful... but rare! Process moments are more normal, for example character growth, and they usually take time and discipline of learning to walk in step with the Spirit.

Questions

- In what ways have you experienced 'breakthrough moments' in your life?
- In what ways have you seen 'process moments' in your life?
- Are there any areas where you would love to see a 'breakthrough moment', but in the meantime could be pushing into the spirit to work on the 'process moment'?

Mike said we push into these process moments by abiding in the vine. Abiding in Jesus is the start, the middle and end of this process. The result of abiding is the fruit of the Spirit

John 15:1-6 "I am the true vine, and my Father is the gardener. ² He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. ³ You are already clean because of the word I have spoken to you. ⁴ Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. ⁵ "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

Gal 5:22-25 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ Since we live by the Spirit, let us keep in step with the Spirit.

Reflection questions and prayer (<https://www.youtube.com/watch?v=c9u4Z9y182U>)

- How does this tension between the Holy Spirit working in our lives, and us needing to be disciplined to spend time with God sit with you?
- Do you think that simply spending time with God can transform you as a person, and why or why not?
- Are there any areas of your life you want the Holy Spirit to move in and are there any areas of your life you feel like you need to move in?
- Spend some time either together as a group or alone in prayer, allowing the Holy Spirit to minister to you
- Prayer: Holy Spirit come into my life. Holy Spirit come into my heart. Holy Spirit do what you need to do in my life. Amen