



If you missed Hannah's talk here it is <https://www.youtube.com/watch?v=9bGPKqfjinfo>

Series recap: Followers of Jesus grow by ordering your life around these 3 things

- Be with Jesus
- Become like Jesus
- Do what he did

How do we change? Transformation through *teaching* (a vision of the good life) and *practice* (aligning our loves and longings with those of Jesus).

This journey is about closing the gap between who we are and who we want to be

Eph 1:11 MSG It's in Christ that we find out who we are and what we are living for.

Questions

- How aware are you of the gap between who you are now and who you want to be?
- Knowing that it is only in Christ's love that we can achieve this, what steps are you taking, or could you take towards becoming who you want to be?

Teaching (instead of the stories we have believed)

Mark 1:14-15 After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. ¹⁵ "The time has come," he said. "The kingdom of God has come near. Repent and believe the good news!"

Jesus challenge: repent (change your mind) and believe

- Reimagination is the first step to transformation

Rom 12:1-2 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ² Do not conform to the pattern of this world, but be *transformed by the renewing of your mind*. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Question

- Using the list Hannah mentioned below if needed, what lie or lies are you believing, and how can you take these thoughts captive to obey Christ?

You feel like you are weak

- Is 40:31 but those who hope in the Lord will **renew their strength**. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

You feel like a failure

- Rom 8:37 No, in all these things we are **more than conquerors** through him who loved us.

You have been rejected

- 1 John 3:1 See what great love the Father has lavished on us, that we should be called **children of God!** And that is what we are!

You feel not important

- Deut 26:18 And the Lord has declared this day that you are his people, his **treasured possession** as he promised, and that you are to keep all his commands.

You feel like no one likes you

- Ps 17 Keep me as the apple of your eye; hide me in the shadow of your wings

You feel like you are the victim

- 1 Cor 15:57 But thanks be to God! He gives us the **victory** through our Lord Jesus Christ.

You feel alone

- Josh 1:5 As I was with Moses, so I will be with you; **I will never leave you** nor forsake you.

You think you are ugly

- Ps 139:14 I praise you because **I am fearfully and wonderfully made**; your works are wonderful, I know that full well.

You feel like you will never be healed

- Is 53:5 But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and **by his wounds we are healed**.

You feel worthless and unworthy

- John 3:16 For **God so loved the world** that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

Dallas Willard “the process of spiritual formation in Christ is one of progressively replacing... destructive images and ideas with the images and ideas that filled the mind of Jesus himself full stop spiritual formation in Christ moved towards a total interchange of our ideas and images for his”

Hannah talked about neuroplasticity

- Our minds contain not just neutral, but destructive thoughts which must be replaced with those of Jesus’
- This is called neuroplasticity. Nerves that fire together, wire together
- Once you think a thought, the more likely you are to think that thought again
- Can be very helpful, and unhelpful

Question

- **What are your thoughts about neuroplasticity and is this something you are aware of? How have you seen this worked out in your life?**

Top 5 tips to get teaching:

- Read the Bible (large chunks, and meditatively and memorising)
- Reading books
- Sitting under the teacher at church
- Podcasting (good way to listen to teachers outside of church)
- Getting a mentor (or community)

Questions

- Are there any in this list you used to struggle with but have now grown in or learnt to love?
- Are there any you want to learn to love and how can you make a small start?

Teaching

Hannah said we learn to love the right things by replacing bad habits with practice.

Matt 7:24-27 “Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. ²⁵The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. ²⁶But everyone who hears these words of mine and does not *put them into practice* is like a foolish man who built his house on sand. ²⁷The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.”

Jas 1:22-25 Do not merely listen to the word, and so deceive yourselves. *Do what it says.* ²³Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror ²⁴and, after looking at himself, goes away and immediately forgets what he looks like. ²⁵But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be *blessed in what they do.*

Jas 5:16 Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Questions

- Knowing we do not need to feel guilt and shame, that God’s kindness leads us to repentance, and Christ has set us free, spend some time in silence reflecting on if there anything you need to confess to God, or others?

Hannah mentioned we all love, the problem is loving the wrong things. She talked about the power of habits, and what the practices of Jesus can do to us.

“Because we are what we want for stop our once longings and desires are at the core of our identity, the wellspring from which our actions and behaviour flow. Our once reverberate from our heart, the epicentre of the human person. Thus scripture counsils ‘above all else, guard your heart, for everything you do flows from it’ (Prov 4:23)” James K A Smith

Jesus gave us the power to do something about these things. We can change our desires through regular habits

Practical challenge: Take a liturgical audit

- Write down all the habits and routines that make up your life
- Then make a list of the habits you and think exactly how they affect your heart
- Finally choose one bad habit, and give it up, by replacing it with something else more

Hannah said explained how we close the gap between who we are and who we want to be

- Teaching is aimed at your mind, changes what we know
- Practice is aimed at the heart, changes what we do
- Desire is down to surrendering to the HS, knowing how loved we are

Reflective question and prayer time

- Is the love of God the biggest truth in your mind today?
- Is this the reason you do what you do?