

Lent at



Rhythms of Grace

Life Group/Personal Study Notes

Rhythm 1...I will seek to be transformed into the likeness of Christ.

Read... 2 Corinthians Ch3 v 17 - Ch 4 v 7 and John Ch15 v 1-8

(If you are taking part via a life group you might find it useful to have read these passages ahead of your gathering - jot down from the readings; links with the topic of thought for the week; anything new you have learnt; anything that you don't understand or disagree with or anything the Holy Spirit speaks to you about and personal thoughts. If you are using this

Being Transformed

"A rabbi's apprentice rarely left his teacher's side for fear that he would miss a teachable moment. He watched his rabbi's every move, noting how he acted and thought in any given situation... A disciple's deepest desire was to follow his rabbi so closely that he would start to think, and act, just like him...When Jesus said 'Come, follow me' (Matthew 4:19), Jesus wasn't just inviting people for a walk down to the beach; he was calling them to **imitate** his way of life"

(Steve Chalke, Apprentice: Walking the way of Christ)

"We at ReSource have long been convinced that being a Christian disciple is not so much about what you know as about whom you are becoming. It's not about information, as much of western theology and practice would like to persuade us: it's about radical **transformation** by the Holy Spirit of God - transformation in the individual, the local church and the community it serves, living beautifully in every part".

(Martin Cavender)

For Reflection.....(20 mins)

With the quotes on the previous page in mind

- How does the description of first century disciples match up with your own view of being a Christian?
- What challenges you (and the church) about this definition?
- Two different concepts are described here 'imitation' and 'transformation'. What is the difference between them? Which do you think is a more accurate description of how we 'become like Christ'?

What does scripture say?...(30 mins)

Picking up on this theme - 'is it imitation or transformation?' God's work or ours? Either split into two different groups to look at the following passages - group 1 looking at the first set, and group 2 the second; or distribute the readings amongst your group; or working alone; divide a piece of paper into two halves. On one side, write down "what **we** are to do" and on the other side "what **God** does."

2 Corinthians 3:18
Psalm 51:6-12
Galatians 5:22-26
John 15:1-4

Ephesians 4:20-5:1
Colossians 3:1-14
2 Timothy 2:22

Feedback and together try and come up a description of how we become like Christ.

Chat...(15 mins)...Discuss Hebrews 10:24-25. How can we as a life group/as individuals "spur one another on" to be more Christ-like disciples?

Live it Out and Pray...(25mins)

In small groups look at the "Live it Out 1" exercises and encourage one another to select one (or something of your own choice) to commit to for the next week. These exercises help us with our side of becoming more Christ like (the imitating). Pray for each other that by God's grace we will be transformed (God's part in the process) from the inside as we open ourselves to Him. Where possible/appropriate share what you are committing to with others in your group so that you can "spur each other on" and journey together.

We are called to do the temporary outer work (imitation), for God to pour His grace in, which will do the inner and lasting work of transformation.