

# An Invitation to Transformation



Intimacy with Jesus

## To grow a new relationship

- Learn & find out about each other
- Talk and listen to each other
- Be with each other

# Spiritual Disciplines

- It's not about the discipline itself but what it facilitates: intimacy with Jesus
- It's about RELATIONSHIP with Jesus
- It's about DISCIPLESHIP to Jesus

## Luke 9:23-25

Then he said to them all: “Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will save it. What good is it for someone to gain the whole world, and yet lose or forfeit their very self?”

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# Why spend time with God?

- Jesus did it!

## Mark 1:35

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

## John 15:5-9

“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. If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples.

“As the Father has loved me, so have I loved you. Now remain in my love.”



# Why spend time with God?

- Jesus did it!
- To remain in HIS love and HIS feelings for us
- To glorify Him
- To show that we are His disciples

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“As the Father has loved me, so have I loved you. Now remain in my love.”

## John 15:9,11

“As the Father has loved me, so have I loved you. Now remain in my love... I have told you this so that my joy may be in you and that your joy may be complete.”

## John 14:27

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

# Why spend time with God?

- Jesus did it!
- To remain in HIS love and HIS feelings for us
- To glorify Him
- To show that we are His disciples
- **To be filled with His love, joy and peace**

## 2 Corinthians 3:17

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. 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.

# Why spend time with God?

- Jesus did it!
- To remain in His love and HIS feelings for us
- To glorify Him
- To show that we are His disciples
- To be filled with His love, joy and peace
- **To become more like Jesus!**

# How do we spend time with God?

- SOLITUDE: being with God

## Psalm 46:10

“Be still, and know that I am God.”

## How do we spend time with God?

- SOLITUDE: being with God
- SCRIPTURE: getting to know God

### John 8:31-32

So Jesus said to the Jews who had believed him, “If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free.”



# How do we spend time with God?

- SOLITUDE: being with God
- SCRIPTURE: getting to know God
- PRAYER: talking to & listening to God

## **Mark 1:35**

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

## **Luke 6:12**

One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.

## **Colossians 4:2**

Devote yourselves to prayer, being watchful and thankful.

# How do we spend time with God?

- SOLITUDE: being with God
- SCRIPTURE: getting to know God
- PRAYER: talking to & listening to God
- FASTING: getting closer to God

## Luke 4:1-2

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.

The devil said to him, “If you are the Son of God, tell this stone to become bread.”

Jesus answered, “It is written: ‘Man shall not live on bread alone.’”

## Deuteronomy 8:3

“...man does not live on bread alone but on every word that comes from the mouth of the Lord.”

# Fasting

- Shows us we need God more than food
- Makes space in our bodies to be filled with the power of the Holy Spirit
- Helps realign our disordered appetites
- Makes space for God to move in our weakness

# An Invitation to Transformation

**Which spiritual discipline do you want to  
grow in this year?**

Solitude, Scripture, Prayer, Fasting, others

**What's blocking you from doing it?**