



Transformation keeps pace with contemplation

Icebreaker: If you were to adjust a selfie of yourself, to “improve” it, would you (a) give yourself bigger lips, (b) decrease the size of your nose, (c) enlarge your eyes, (d) smooth out the blemishes on your skin? Choose one!

Reflective Question 1: What one key attribute or characteristic of Jesus most impresses you (for tonight anyway – you can choose something else another time)?

Break up into pairs and discuss this question. To beef this up a little see if people can find a scripture reference to illustrate their choice. Then each person can feedback what their partner said. Ask them to remember what it was.

Scripture: 2 Corinthians 3:18

(the full scripture text from Sunday would be Exodus 34:29-35 and 2 Corinthians 3:7-18)

Introduction: Contemplation, looking carefully, paying attention to – the phrase is written in a way that means we keep on looking – not a one-off exercise. Likewise, Transformation: we are being transformed – an ongoing activity, not something that happened a while ago or which may happen sometime in the future but a daily, ongoing process of change in our inner being.

The sentence is structured to link the two activities closely together so that you could say: “Transformation keeps pace with contemplation”.

Transformation into the likeness of Christ is the inevitable result of looking in the mirror (which is Jesus) which reflects God’s likeness. We become like that which dominates our thoughts and affections.

Reflective Question 2: to what extent do you think that the attribute you most like about Jesus is seen in you? Is this how people describe you? *Doesn’t necessitate a response, just think about it.*

Reflective Question 3: you may adjust your picture “selfie” with photography tools, but you enjoy inner transformation through contemplation - so what steps can you take to better “contemplate”? *Try and get to this question (and then follow up in a few weeks’ time).*

Books (available at <https://shop.vineyardworship.org.uk/>)

Dallas Willard, Renovation of the Heart (Another deep and profound study on spiritual formation from the master philosopher and theologian who spent decades worshipping in his local Vineyard church).

Peter Scazzero, Emotionally Healthy Spirituality (Becoming a classic in helping us understand how our spirituality is linked to our emotional health. With excellent real life guidance on growing into health).

David’s sermon on this topic will be on the “Follow Me” page of “Teaching Series”.