

INSIDE OUT

Becoming the people God calls us to be, inside and out

Introduction

The series looks at what it means to **become**; changed and transformed by the Spirit as we follow Christ.

It explores the notion of “spiritual disciplines” (or spiritual practices) as a path to grow in depth and maturity. First, we must remember that inner righteousness is a gift from God to be received. Second, God bestows the gracious gift of transformation by the outpouring of his Spirit in our lives. Third, the moment we grasp this breath-taking insight, we are in danger of an error in the opposite direction. We are tempted to believe that God will do all the transformation for us.

God calls us to be transformed; the **“spiritual disciplines”** allow us to place ourselves before God so that He can transform us from the Inside Out.

Read: Romans 12: 1-3

The apostle Paul generally moves from doctrine to Christian living in most of his letters. In the letter to the Romans, Paul has explained what the Gospel is (Chapter 1-11) and he now moves to its implication (how are we meant to live it out). Romans 12:1 starts with the word “therefore” which announces the logical consequence of all that he has talked about in the previous 11 chapters.

1. What are we called **to do** (and **not do**)?
2. What will happen when we follow Paul’s appeal?
3. How is this good news for us who want to know the will of God for our lives?

Do not be conformed . . . but be transformed: “metamorphoo” (be transformed) is only used in two other contexts: the transfiguration of Jesus and 2 Co 3:18 “believers are changed into the likeness of Christ “from one degree of glory to another” by the operation of the Spirit.

Fabian gave a simple definition of discipleship:

‘Discipleship is the process of becoming who Jesus would be if he were you’.

1. How can this definition of discipleship transform your relationship with each other, your witness and your involvement with the world?

Worship is a way of living that includes “putting ourselves on the altar,” dying to oneself so that the life of God can flow through us (Romans 12:1)

1. How do you express that kind of worship in your daily life?

See Romans 12: 3-8 “Everybody is somebody is his Body,” and Romans 12: 9-21 “Marks of a Christian”

