

Week 1: “Discernment: It Begins with Transformation”

Scriptures:

- Psalm 131
- Isaiah 55:1-3, 8-9
- 1 Corinthians 2:6-16
- John 10:1-14, 22-30
- Hebrews 4:11-16
- 2 Corinthians 3:14-18

Sermon Text Questions: Romans 12:1-5

- In what ways and for what reasons are we so easily and quickly conformed to the image of this world?
- We can't transform ourselves into the image of Christ, but we can create a posture and conditions where we make ourselves available and personal transformation can take place. What does that look like? How do we do that?
- What stands in the way of personal transformation?
- Reflect on the connection between spiritual transformation and discernment. In what ways can you agree or not that personal spiritual transformation is a prerequisite to discernment?
- What is the difference between engaging the Scriptures for gaining information, preparing to speak, proving a point and engaging scripture for spiritual transformation?
- How have you experienced the ease and the difficulty of engaging spiritual practices on a regular basis?

Reflection Questions:

- In what ways do Scripture and prayer play a role in your own personal and spiritual transformation?
- How is God speaking to you through Scripture? What kinds of things is He saying?
- What spiritual practices are you engaging on a regular basis that provide space for the voice of God to speak through the Word to bring transformation?
- How have you experienced personal and spiritual transformation through Scripture and prayer?
- What might you want to commit to in the next three weeks and beyond that would create a space for you to receive God's Word in a way that would lead to transformation?

PRACTICE: *Engaging Scripture and Prayer for personal transformation*

Choose and set apart time for silence three days this week. Choose a short segment of Scripture to engage. Each time, sit in silence for two minutes to clear your heart and mind. Entrust things to the Lord for safe keeping while you trust Him and come before Him. When you are still, read the Scripture slowly several times over. Listen deeply and intently. As you read, pause, and receive with open hands what you are hearing. What is the Lord saying? What is he saying to you? What is he bringing forward for you? Sit with it. Pray slowly and purposefully what you are hearing in the Scripture. Ask God to let it take root in you. Record in writing what you are hearing from him so you can remember. After this week's three instances, take another time to sit in silence a fourth time, reviewing what you heard throughout the week. How has it impacted you? Where do you sense movement in your spirit, your heart, your mind? Ask God to show and tell you what He wants you to know or do because of this time with Him. Reflect on your experience and share what you experienced with someone else. (*See resource of Lectio Divina on landing page.*)