



Week 14: February 18, 2020
Renovation of the Body

"Spiritual formation is the process of forming the inner world in such a way as we take on the character of the inner being of Christ which in turn produces outer evidence of Jesus' life and teachings. Thus the body is at the center of the spiritual life--as the container and the barrier to conformity to Christ. Can our body become our ally in Christlikeness? It can and it must."

Dallas Willard, *Renovation of the Heart*

Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it. Shortly before dawn Jesus went out to them, walking on the lake. When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear. But Jesus immediately said to them: "Take courage! It is I. Don't be afraid." "Lord, if it's you," Peter replied, "tell me to come to you on the water." "Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?" And when they climbed into the boat, the wind died down. Then those who were in the boat worshiped him, saying, "Truly you are the Son of God.

Matthew 14:22-33

His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires. For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins.

2 Peter 1:3-9

Small group questions:

1. Who is one person you've sought to imitate over the years? Why?
Who's imitating you these days? Why?
2. How has God been inviting you to go deeper recently? Have you obeyed? How do you hear the voice of God?
3. What interferes with your willingness to respond to his invitation?
4. Willard describes the body as both the container *and* the barrier to conformity in Christ. In what ways has your body served as a barrier?
5. Fill in the blank: For me, saying "Yes and" to God would involve _____.

MESSENGER
Fundraiser Dinner

FRIDAY, MARCH 6
Cocktails 6:30pm / Dinner 7pm
Touchdown Club, Folsom Field
theannexboulder.com/messenger-dinner