

**MORE** —  
*like* **HIM**  
— *workbook* —

# CONTENTS

<b>SESSION 1:</b> Preface and Introduction .....	<b>4</b>
<b>SESSION 2:</b> The Way of Spiritual Formation .....	<b>10</b>
<b>SESSION 3:</b> Holiness, Community, and Spiritual Gifting.....	<b>15</b>
<b>SESSION 4:</b> Abiding in Christ.....	<b>21</b>
<b>SESSION 5:</b> The Mission .....	<b>26</b>
<b>SESSION 6:</b> The Church: A Worshiping Community .....	<b>31</b>
<b>SESSION 7:</b> The Church: Graced by Baptism and the Lord's Supper.....	<b>36</b>
<b>SESSION 8:</b> The Word and Prayer.....	<b>41</b>
<b>SESSION 9:</b> The Lord's Fast.....	<b>47</b>
<b>SESSION 10:</b> Thanksgiving and Blessing .....	<b>54</b>
<b>SESSION 11:</b> Repenting and Forgiving .....	<b>59</b>
<b>SESSION 12:</b> Jesus the Healer .....	<b>64</b>
<b>SESSION 13:</b> Simplicity .....	<b>70</b>
<b>SESSION 14:</b> Stewardship of God's Resources.....	<b>76</b>
<b>SESSION 15:</b> Work .....	<b>82</b>
<b>SESSION 16:</b> Sabbath Resistance .....	<b>88</b>
<b>SESSION 17:</b> Humility and Silence .....	<b>94</b>
<b>SESSION 18:</b> Loss and Suffering .....	<b>100</b>
<b>SESSION 19:</b> Talking and Writing.....	<b>106</b>
<b>SESSION 20:</b> Remembering and Storytelling.....	<b>111</b>

# SESSION 1:

## *Preface and Introduction*

**BOOK SECTION:** Preface, Chapter 1

**PAGES:** ix–xi; 1–3

### **BIG IDEA**

Becoming more like Christ through spiritual formation requires a complete dependence on God's grace.

### **KEY VERSES**

*Ephesians 1:3–6: Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ: according as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love: having predestinated us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will, to the praise of the glory of his grace, wherein he hath made us accepted in the beloved.*

## GATHERING

Everyone can identify key turning points in their lives. Share stories of a significant event that brought change to your life and an impact or two of that change. For the purposes of this discussion do not include your conversion or new-birth experience as your significant event.

## FOCUSED TESTIMONIES AND PRAYERS

- Share testimonies of God's grace from the previous week.
- What are some ways that you experienced God's grace last week?
- What are some ways you shared that grace with other people in your life?
- Lord, guide our study by Your Spirit. Help us to cease relying on our own works and develop an even greater dependence on Your grace.

## TRANSITION

God's saving work in Christ reveals the greatest achievement of all time. In response to God's saving work disciples commit to a lifelong journey of spiritual formation.

*Spiritual formation is the lifelong personal and communal commitment to know Christ, to be remade in His image as a part of new creation, and to be on His mission. (See session 5, big idea.)*

## SESSION OUTLINE

1. Disciples depend on God's grace.
  - a. Why must disciples reject self-reliance as a means to become more like Christ?
  - b. How do you define grace?
2. God is glorified—the appropriate goal of spiritual formation.
  - a. What role does the spiritual fruit of humility play in helping disciples remain dependent on grace?

- b. What does it mean for God to receive glory in all areas of life? Consider ways you bring glory to God in your family, professional life, leisure, friendships, and ministry service.
3. Disciples must abandon normal goals of defensiveness and pain reduction if they want to mature as disciples.
  - a. Trusting God's grace and community releases us from shame and sin of the past.
  - b. Committing to being more like Christ allows disciples to remove protective barriers.
  - c. How do people use inappropriate coping strategies to deal with mental, psychological, and spiritual pain? (i.e., overreliance on medication)
4. Discuss influences that brought you to the point of conversion. Include family, friends, church members, life crises, or other external forces. How was the Spirit working through these influences?
5. Think back on the weeks and months following your conversion. What evidence of life change can you share with others? Include things such as attitudes, behaviors, life choices, and relationship changes in your discussion.

## **WRAP UP**

- Identify one or two key learning points from the group discussion.
- What steps can you take to put this learning into practice?
- How can you change your prayers to reflect a key learning point and your commitment to be transformed in the image of Christ?

## **SENDING**

Go as a grace-filled adopted child of God. He has made you

His own and placed spiritual authority in your life. Grow in grace and be salt and light to your world this week.

## **PRAYER**

- Collect prayer needs from the group. Collect and distribute these to each member of the group on a regular basis throughout the course of study via text messages, email, or closed social media group.
- Pray a blessing on group members.

## **ASSIGNMENTS**

- Pray Kingdom prayers from the group meeting and shared personal needs list.
- Journal.
- Read pages 3–6.

## **JOURNAL 1**

Reflect on God's gracious care for you and your family and friends over the last week or two. Where did you see God's grace in a very real way? What opened you to that grace wave? How did you respond?

## **JOURNAL 2**

Write about your thanksgiving for the way the Spirit continually makes your life brand new. Reflect on significant moments of God's blessings over the past few years of your life.

## **JOURNAL 3**

Consider ways God has used or can use your life story to witness to others. How have your trials and victories prepared you to care for others? How have those things that originally looked like a dark moment become places where you saw God's goodness?



