

Week 1 Handout

[Handouts are for further thought and reflection. You may want to add pages to your *Transformed Lifebook* where you can jot your thoughts]

Please use the handout to reflect more on growing deeper. Look at the Scriptures, answer the questions as best as you can. I have included a simple bibliography among the 100s of books available and will add more as we go through the next few months.

Think about what Dallas Willard says about nondiscipleship and jot some reactions to his thoughts:

“**Nondiscipleship** costs abiding peace, a life penetrated throughout by love, faith that sees everything in the light of God’s overriding governance for good, hopefulness that stands firm in the most discouraging of circumstances, power to do right and withstand the forces of evil. In short, it costs exactly that abundance of life Jesus said he came to bring (John 10:10” (Dallas Willard).

- **Reflect on:**
- **1 Corinthians 9:24-27**
- **1 Timothy 4:7-10**
- **Hebrews 5:14**

Klaus Issler says, “. . . we must make some lifestyle changes to know God more deeply” (31).

Reflection Questions

1. What are some reasons I fear giving my life completely to God?
2. Which areas of my life am I most reluctant to surrender to God?
3. In what ways have I experienced the heavy burden of “trying” to remain in control of my life?
4. Am I spiritually “inauthentic”?
5. Am I becoming judgmental or exclusive or proud in my spirituality?
6. Am I becoming more approachable, or less?
7. Am I growing weary of pursuing spiritual growth?
8. Am I measuring my spiritual life in superficial ways, in the things I don’t do or the things I do, rather than growth in love of God and people?

Additional Reflection Passages (what does God say to you from these passages?)

- Isaiah 25:6-9

- Isaiah 26:7-9
- Isaiah 55
- Ephesians 5:14

“Awake, O sleeper,
and arise from the dead,
and Christ (the Anointed One) will shine on you.”

Bibliography

Richard Foster. *Celebration of Discipline*. San Francisco: HarperSanFrancisco, 1998.

Klaus Issler. *Wasting Time with God: A Christian Spirituality of Friendship with God*. Downers Grove: IVP, 2001.

John Ortberg. *The Life You've Always Wanted*. Grand Rapids: Zondervan, 2002.

Dallas Willard. *The Spirit of the Disciplines*. San Francisco: Harper and Row, 1988.