

FORMATION

THE ART & SCIENCE

OF HOW WE CHANGE

VOLUME IV: MISSION

PRACTICE GUIDE

THE IMPORTANCE OF PRACTICE

So many of us want to change, but simply don't know how to kickstart the process. We are plagued by grand visions of the type of people we could be—the type of people we *want* to be—we just don't know how to get there.

That's where a little something called practice comes in. Practice helps us bridge the gap between who we want to be, and who we are. Between what we *know* and who we *become*. *Practice* is what the Holy Spirit uses to make us into who we were supposed to be all along.

In the words of author James K.A. Smith, the things we *do*, do things *to* us. So this booklet is intended to help you practice. And our prayer is that the Spirit uses it to accomplish what only he can accomplish.

*Whoever hears these words of mine and puts
them into practice will be like a wise man who
built his house on the rock.*

– Jesus

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HABIT AUDIT

Instructions: The following chart is intended to help you examine and evaluate your habits. In the first column, write down any activities that you participate in on a daily or almost-daily basis (think: the things you do more often than you don't). In the second column, write down anything you think that habit *reveals* about what you love and value. In the third column, write down if you think that habit is making you *more* like Jesus, or *less* like Jesus, and how.

Habit	What does it reveal about what I value?	Does it make me more or less like Jesus? How?

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ADDRESSING THE ANGST

Instructions: The following questionnaire is designed to help you identify and address any hesitations you might have about sharing your faith. Answer each question as honestly as you can, and allow your LifeGroup to help you process through it all.

How freely do you talk about Jesus with those who don't yet follow him?

Not freely at all 1 2 3 4 5 Very freely

How would you characterize the primary reason you are hesitant?

Inability

I want to talk about Jesus, but don't know how to do it.

Insecurity

I want to talk about Jesus, and have some ability to do it, but I'm not confident enough in my ability to do it well.

Intimidation

I want to talk about Jesus, but I'm nervous about what people would think of me if I did.

Indifference

If I'm completely honest, I simply have no desire to talk about Jesus with others.

What help or engagement do the Scriptures speak into that reason? For instance...

- For *inability*, spend some time exploring ways that the early followers of Jesus shared the truths of their faith, and take note of their methods.
- For *insecurity*, take note of some of the ways the Holy Spirit gives us confidence in sharing our faith.
- For *intimidation*, take note of God's promises to be with us as we share our faith.
- For *indifference*, take note of the motivations and exhortations in Scripture for sharing our faith.

What would it look like to live in freedom from this particular hesitancy?

Write out a brief prayer (1-2 sentences) that addresses your particular hesitancy with the truths of Scripture. Consider committing it to memory so you can pray it before and during conversations you may have with people about Jesus.

NEIGHBORING CHART

Instructions: The following chart is a way of visualizing the relationships you build with other people in your life. It may help to envision it as the street you live on, your floor of your apartment building, or your network of cubicles at work. Or, it may just help to view each box as a different person you know who doesn't follow Jesus.

However you approach it, this is where you can jot down things you learn through friendship with that person. As time goes on, the goal is to move from a more surface-level friendship with them, to a deeper one.

Here's how it works:

- In Section A, write down each person's name.
- In Section B, write down some surface-level details you've learned about that person (i.e. "works as a lawyer downtown," "Pittsburgh Steelers fan," "moved here from California," "loves gardening").
- In Section C, write down anything you've gathered about that person's deeper aspirations in life (i.e. "wants to travel the world," "wants a big family," "wants to run for public office one day," "wants to reconnect with their birth mom").
- In Section D, write down anything about that person's worldview or belief system that you've learned (i.e. "agnostic," "indifferent towards religion," "burned by the Church," "grew up Catholic," etc.)

A	B	C	D	A	B	C	D
A	B	C	D	A	B	C	D
A	B	C	D	A	B	C	D

GOSPEL BRIDGES & OBSTACLES

Instructions: The following worksheet is a way to think through specific people you are in relationship with, and consider what bridges and obstacles they may have to the gospel.

For each person you are building a relationship with, start off by writing down a “Life Purpose” Statement for them. This is your best attempt at articulating, based on conversations and friendship with them, what that person would say that life is all about (referencing the previous week’s Neighboring Chart might be helpful).

From there, consider what “bridges” there may be within that person’s worldview to the gospel. What does a biblical worldview actually have in *common* with their worldview?

Then, consider what “obstacles” that person may have to the gospel. In what ways does a biblical worldview *challenge* or *contradict* their worldview?

And lastly, spend some time thinking through what next steps and conversations might be helpful, based on the bridges and obstacles you’ve noticed.

PERSON #1:

“Life Purpose” Statement:

Bridges to the Gospel:

Obstacles to the Gospel:

Next Steps & Conversations:

PERSON #2:

“Life Purpose” Statement:

Bridges to the Gospel:

Obstacles to the Gospel:

Next Steps & Conversations:

PERSON #3:

“Life Purpose” Statement:

Bridges to the Gospel:

Obstacles to the Gospel:

Next Steps & Conversations:

PERSON #4:

“Life Purpose” Statement:

Bridges to the Gospel:

Obstacles to the Gospel:

Next Steps & Conversations:

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DISTINCTIVENESS INVENTORY

Instructions: The following questionnaire is intended to help you evaluate the “distinctiveness” (or holiness) present in different areas of your life. For each section, attempt to honestly consider how distinct you are from the average person, and use the results to prompt personal growth and repentance in that area. The goal isn’t to be legalistic, but rather to be honest and invite the Holy Spirit’s transformation in.

INTERPERSONAL CONFLICT

What *should* the differences be, between a non-Christian and a Christian?

In what ways are *you* distinct in this area of life, currently?

What is the gospel motivation to *become* distinct in this area?

What are some practical steps of repentance for you in this area?

MONEY & POSSESSIONS

What *should* the differences be, between a non-Christian and a Christian?

In what ways are *you* distinct in this area of life, currently?

What is the gospel motivation to *become* distinct in this area?

What are some practical steps of repentance for you in this area?

WORDS & SPEECH

What *should* the differences be, between a non-Christian and a Christian?

In what ways are *you* distinct in this area of life, currently?

What is the gospel motivation to *become* distinct in this area?

What are some practical steps of repentance for you in this area?

SEX & SEXUALITY

What *should* the differences be, between a non-Christian and a Christian?

In what ways are *you* distinct in this area of life, currently?

What is the gospel motivation to *become* distinct in this area?

What are some practical steps of repentance for you in this area?

TIME & SCHEDULE

What *should* the differences be, between a non-Christian and a Christian?

In what ways are *you* distinct in this area of life, currently?

What is the gospel motivation to *become* distinct in this area?

What are some practical steps of repentance for you in this area?

WORK & CAREER

What *should* the differences be, between a non-Christian and a Christian?

In what ways are *you* distinct in this area of life, currently?

What is the gospel motivation to *become* distinct in this area?

What are some practical steps of repentance for you in this area?

MARRIAGE (IF APPLICABLE)

What *should* the differences be, between a non-Christian and a Christian?

In what ways are *you* distinct in this area of life, currently?

What is the gospel motivation to *become* distinct in this area?

What are some practical steps of repentance for you in this area?

SINGLENESS (IF APPLICABLE)

What *should* the differences be, between a non-Christian and a Christian?

In what ways are *you* distinct in this area of life, currently?

What is the gospel motivation to *become* distinct in this area?

What are some practical steps of repentance for you in this area?

PARENTING (IF APPLICABLE)

What *should* the differences be, between a non-Christian and a Christian?

In what ways are *you* distinct in this area of life, currently?

What is the gospel motivation to *become* distinct in this area?

What are some practical steps of repentance for you in this area?

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GOSPEL SIMULATIONS

Instructions: Each scenario listed below is an imagined person who you are friends with. Use the space below each scenario to process through how you might explain the gospel to them over time, using the *Creation-Fall-Redemption-Restoration* framework covered in this week's teaching.

SCENARIO #1: GREGG

Gregg is a stereotypical all-American male. He made the all-star team in baseball and football in high school. He then went to a great university and became the president of his fraternity. In college, he was the guy that all the girls had a crush on. His college experience was one great weekend party after another. Now, he's been married three years and works a very mid-level job in banking. He makes some money, but not a ton. And inside of him is an increasing disappointment that, all of a sudden life doesn't seem anywhere near as fun and exciting as it once was. He feels directionless and disillusioned.

How would you articulate the good news of Jesus to Gregg?

Creation:

Fall:

Redemption:

Restoration:

SCENARIO #2: ALICIA

Alicia grew up in poverty. But when she was seventeen, she started a company that blew up fast, and made her a very successful entrepreneur. She wants for nothing, and lives a life that many of us only dream of. But behind the scenes in her life is a crippling anxiety. She is mildly terrified that her good fortune is eventually going to run out. She feels like she has to work 24/7, and be "on" constantly, or else everything she worked so hard to build could come crumbling down. Her operating understanding is "it could all be gone in an instant."

How would you articulate the good news of Jesus to Alicia?

Creation:

Fall:

Redemption:

Restoration:

SCENARIO #3: DARRELL

Darrell is the *niciest*, and simultaneously *quietest*, person you've ever met. Darrell mostly keeps to himself, and spends a lot of time on various hobbies on his own. He works for a small engineering firm and tends to get steamrolled by other people there, because he doesn't put up much of a fight and says yes to mostly anything they ask. He knows this is happening, but doesn't feel like he knows how to bring it up with his coworkers. And if he's honest, doesn't feel like it's completely necessary to bring it up; it could risk rocking the boat with those around him. So he just puts up with it.

How would you articulate the good news of Jesus to Darrell?

Creation:

Fall:

Redemption:

Restoration:

SCENARIO #4: LORI

Lori grew up in a very broken family. Her dad was out of the picture from a very early age. Her mom couldn't manage much more than putting food on the table, and sometimes struggled to do even that. Now, as an adult, Lori has a hard time holding down a job, due in large part to her struggle with depression. Some days, it's nearly impossible to just get out of bed. Her relationships with men are generally short and dysfunctional, and end with break-ups that are emotionally devastating for her.

How would you articulate the good news of Jesus to Lori?

Creation:

Fall:

Redemption:

Restoration:



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