

## Session Two - Self-Effort

23rd January

**1. Reflect back**

- Did seeing yourself as a disciple, rather than a believer, of Jesus make a difference during the week? Briefly share any highlights.
- Was there anything from Sunday's message which you found particularly inspiring or challenging?

**2. Review the teaching**

There are 2 questions: Who are you becoming? How are you becoming? Aim is to be more like Jesus. And we need to take responsibility for ourselves, owning our own journey. See Heb12v2

Jesus works in us Phil 1v6 *He who began a good work in you will bring it to completion.*

It's all about GRACE - the "unmerited favour and goodness of God." The response? Phil 2v12-13 *work out your salvation with fear and trembling, for it is God who works in you...*

God's extravagant love in Jesus leads us to worship with our lips and our lives.

How to become more like Jesus:

**1. Spend time with Jesus.**

Don't be too busy. Find inner peace from Jesus who loves us. Choose our priorities.

Consider language, time, money, people.

Find others who know and love Jesus and spend time with them.

Consider developing prayer, silence and solitude. (Harder for some than others).

**2. Do the things Jesus did.**

Consider the Great Commission (Matt 28v18-20) esp. *"obey everything I have commanded you."*

Being obedient is a battle, may feel like we're losing our autonomy but we are obeying the Christ who loves us: our names are on his palms (Isa 49v19); he rejoices over us with singing (Zeph 3v17).

Jesus said: *"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."* The second is this: *"Love your neighbour as yourself."* There is no commandment greater than these. Mark 12v30-31

Consider Matt 25v31-40, especially v40 *"whatever you did for one of the least of these brothers and sisters of mine, you did for me."*

Hence Emmaus Road being involved in social justice and transformation.

Finally, spending time in Jesus' presence helps us burn brightly. We can't give out what we don't take in.

**3. Realise the value**

- What hinders me from spending time with Jesus? How can I be less busy?
- How do I divide my time between being with friends in the world and "family" in the church? Which is more important?
- Do I consciously prioritise my activities, or do I just go with the flow?
- Thinking of Mark 12v30-31: One command is God-ward, the other is outward. Which is the easier to obey? Why?
- What can we as a Collective do toward social justice and transformation?
- What one spiritual discipline am I going to commit to for the coming week? Silence, solitude, prayer, fasting, nature, meditation, worship?
- *Celebration of Discipline* by Richard Foster and *Spirit of the Disciplines* by Dallas Willard are recommended reading. Can I commit to reading one of these classics?