

SERMON NOTES:



Sep. 28, 2025

Practicing the Way Pt 3
FORMATION 2.0

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The Struggle We All Know

- Many of us want to be like Jesus but feel stuck.
- We try hard, but habits, wounds, and temptations hold us back.
- It's not that we don't want to be like Jesus. It's that we don't know how.
- Jesus anticipated this:
- "The apprentice is not above the rabbi, but everyone who is fully trained will be like their rabbi." (Luke 6:40).

Remember from last week - Formation Happens to Everyone

- Spiritual formation isn't just a Christian thing — it's a human thing.
- We are always being formed by:
 - Our habits, relationships, the stories we believe, and our environment
- Romans 12:2 — "Do not conform...but be transformed by the renewing of your mind."
- Formation in Christ = counter-formation. It means swimming in a completely different current.

Four Ways to Counter-Form Our Lives

1. Counter Habits with the Practices of Jesus

- Culture's habits (social media, endless scrolling, distraction) deform us.
- Jesus gives us new practices: prayer, sabbath, fasting, solitude, generosity, scripture, community, service, witness.
- Practices = scaffolding for transformation.

2. Counter Relationships with Christian Community

- Relationships shape us deeply.
- Bad company forms us away from Christ.
- Community in Christ = place of encouragement, challenge, healing, forgiveness.
- Yes, church is messy — but it's where love is learned.

3. Counter False Stories with the Truth

- Media, culture, and even family history can feed us false narratives.
- What we dwell on shapes our brains and our hearts.
- Jesus tells a better story: the Kingdom of God.
- Romans 12:2 — renewed mind.
- Philippians 4:8 — think on what is true, noble, right, pure, lovely.
- Scripture rewires us. God's Word gives the true story to live by.

4. Counter Environment with the Holy Spirit

- God Himself must be our environment.
- Spirit is the center of transformation — without Him it's just self-help.
- With Him we are renewed, healed, set free.

Transformation takes Time and often includes Suffering

- Jesus compared growth to trees, vines, crops — slow but steady.
- Eugene Peterson: “A long obedience in the same direction.”
- Romans 5:3–4 — suffering produces perseverance, character, hope.
- Suffering is not wasted: it can refine us into Christlikeness.

Where Does Transformation Happen?

- Not in some perfect monastery life, but in our real, messy lives:
 - Kids at 5:30am.
 - Traffic.
 - Work stress.
 - Pain, fear, uncertainty.
- This is our monastery.
- Jesus meets us in the chaos and even suffering of ordinary life.

A Practical Step

- Begin the day with Scripture, not with phone, TV, or news.
- Psalm 1 — the one who delights in God's Word is like a tree planted by water.
- Daily prayer + scripture = good soil for growth.

The Invitation

- Nobody becomes like Jesus by accident. So lean into him.. Be with Jesus, Become Like Jesus and Do as He did.
- Picture: Kayaking — there is no point in paddling like a crazy person down the river. Rather, a wise person will paddle into the main current, and stay there. The current will guide us down the stream. But we need to stay in it to benefit from its power.
- Let's maneuver ourselves intentionally into the current of the Holy Spirit. And allow God to transform us into the image of Christ.

Animated Explainer Clip:

How the Way of Jesus counters the formation forces of our world



The Practice of Daily Scripture Tutorial Video



For this session, you might like to read:

“Goal #2: Become like him,” in Practicing the Way by John Mark Comer, pp. 64-117.

