

SERMON NOTES:



Sep. 21, 2025

Practicing the Way Pt 2
FORMATION

Pastor Mick Spann

1. Life and Change

- Life itself is a miracle — every birth and every stage of growth is a gift from God.
- The most important change is not physical, but spiritual — who we are becoming inside.
- In the Christian life this is called spiritual formation.

2. Apprenticeship to Jesus

- Last week: three aims of an apprentice of Jesus — to be with Jesus, to become like Jesus, to do as He did.
- Spiritual formation is how our inner lives are shaped toward Christlikeness (or something else).

3. Paul's Call to Transformation (Romans 12:2)

- “Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”
- Two Greek verbs:
 - συσχηματίζεσθε (syschēmatizesthe) — “to be conformed,” fashioned outwardly to the world.
 - μεταμορφοῦσθε (metamorphousthe) — “to be transformed,” inner renewal leading to outward change.
- Both are present tense — we are always being formed by something or someone.
- No neutral option: formation is happening all the time.

4. Unintentional Formation

- We are often shaped without realizing it: by culture, habits, and environment.
- We don't escape formation — the real question is who or what will form us?

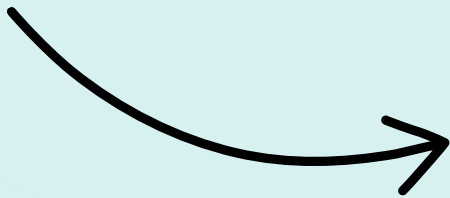
5. The Danger of Passive Formation

- Paul knew Roman culture was forming Christians in Rome (Romans 12:2).
- The same is true for us today — if we're not intentionally being transformed by Christ, we will be conformed to the world.
- Every person is being formed by stories, habits, relationships, and environment.
- Default human pattern: Work, Rest, Eat, Play, Repeat.

6. The Hope of Transformation

- Sobering: our lives are on a trajectory — becoming someone, whether we like it or not.
- Hopeful: the Holy Spirit can redirect our formation toward Christ.
- Key practice: imagine yourself at 70, 80, 90 years old — what kind of person are you becoming?
- Without Christ, default formation produces anxiety, hurry, fear, bitterness.
- With Christ, the Spirit transforms us into His image over time.

7. A Framework for Spiritual Formation



- Six primary forces that form us:
 - Habits
 - Relationships
 - Stories (narratives we believe)
 - Environment
 - Experiences
 - Cumulative time
- The Spirit can redirect these forces toward Christ.

8. Invitation to Reflection

- Attached to sermon notes = self-reflection guide (no score sheet, no pressure).
- Goal: prayerfully identify the forces shaping us.
- Guard against shame or denial — formation is not about moralism or willpower, but participation with the Holy Spirit.

