



CHAPTER 1

IS THIS ALL THERE IS?

Personal Study and Reflection

Time with God

Read the Isaiah 64:8 passage at the beginning of the chapter and spend a few minutes listening to God in the context of this verse. Ask Him to guide your time of reflection and reading.

Notes from the chapter & concepts that connected

Use the space provided to jot down a few notes.

Digging Deeper with the Biblical References

Spend a few minutes reviewing the following passages. In addition, list other Biblical passages that support the concepts of this chapter. (Jot down any insights or questions.)

Ephesians 3:16-19

John 10:7-18

Reflection Questions

1. Recall your “conversion” in becoming a child of God. What tactics and situations did God initially use to get your attention? What does He use most now to draw you closer or get your attention?

Spiritual Exercise (20 Minutes)

Read Ephesians 1:3-14 reflectively. Putting aside the “foreknew or predestined” controversy for now, consider your own spiritual journey with Jesus. Read each line, one at a time, and then reflect on God’s loving process in your own life. It might be helpful to make a list or a simple chart that depicts your journey so far. What feelings emerge as you consider your story as a whole? What do those feelings tell you about yourself and your relationship with God?

Community Discussion and Reflection

Time Alone with God

Pray Ephesians 1:15-23 for yourself. Go slowly through each petition and elaborate on what you feel speaks to your own life experience. What feelings, such as joy, anticipation, fear, resistance, or doubt accompany God's desires for you? What one sentence might express how God is speaking to your particular life situation through this text right now?

Review

How has God been at work in you this week?

What did you notice that happened in you while doing the Spiritual Exercise? What did you notice about God and/or yourself as a result of the Spiritual Exercise?

Discussion

Content Review: What spoke to you personally in this introduction to the question of spiritual formation?

Clarifications: What seemed unclear or confusing in the chapter?

Challenges: In what ways was your life with God challenged and/or encouraged by the chapter?

Reflection

What next steps seem to emerge from your reflections in this chapter?

Prayer

How can the group pray for you this coming week about your relationship with God and other life issues? Take a few minutes and pray now. *(If only 5-10 minutes are available, break into groups of 2-3.)*

