



FORMATION



March Teaching Series

An aerial photograph of a mountain range, likely the Himalayas, showing a deep valley with a river. The mountains are covered in snow and partially shrouded in mist. The overall color palette is a range of blues, from deep navy to light sky blue.

Living in the Last Days

Week 4

Reflect

Take some time to process together as a group on last week's practice:

- How did you start practicing what we talked about last week?
- How was your experience in your practice?
- Where did you feel God most present and distant this week?

Overview

This week we are reminded that we are living in urgent and significant times. In **1 Peter 4:7–10**, we are told that “the end of all things is near,” not to create fear, but to awaken focus in how we live. God is actively preparing His people to become His holy bride, and that preparation happens through spiritual formation—being transformed day by day into the likeness of Christ.

In a world filled with distraction and noise, we are invited to return to **a life of fervent prayer**, learning to quiet our hearts, enter God's presence, and depend on the Holy Spirit who helps us even when we don't know how to pray. At the same time, this passage calls us to live differently in our relationships and in community. We are invited to **love deeply by choosing forgiveness**, especially in a time when offense is common and love can easily grow cold. And beyond that, we are called to **serve faithfully with the gifts God has given us**, recognizing that we are not meant to grow alone but as part of a spiritual family being built together.

Reading

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I Peter 4:7–10 NIV

7 The end of all things is near. Therefore be alert and of sober mind so that you may pray. 8 Above all, love each other deeply, because love covers over a multitude of sins. 9 Offer hospitality to one another without grumbling. 10 Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.

Romans 8:26–27 NIV

26 In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. 27 And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

Discussion

When you hear the phrase “the last days,” what comes to mind?

Have you ever experienced not knowing what to pray? What did you do?

How do you personally experience the Holy Spirit helping you in prayer?

What do you think it means that “love covers a multitude of sins”?

Have you ever experienced freedom after forgiving someone?

What gifts or strengths has God given you? How are you currently using them to serve others?



Practice

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Choose One area they want to grow in this week:

- **Prayer** - Pray in the Spirit 5-10 mins daily or when you feel you cannot pray
- **Forgiveness** - Ask someone close to you: "Have I hurt you in any way recently?"
- **Serving** - Serve in a Ministry (Ask About Love Crew) or encourage someone intentionally

Notes on Praying in the Spirit:

Praying in tongues is a gift of the Holy Spirit given to those who ask, flowing from a deep desire and dependence on God. As Romans 8:26–27 teaches, the Spirit helps us in our weakness and intercedes for us when we do not know how to pray, even with wordless groans. This makes praying in the Spirit a personal and powerful way to connect with God, especially when words fall short. We can simply ask God to fill us with His Spirit and help us pray, whether in our own quiet time or with others who can support and pray with us. If you have questions, your leaders are there to guide you.

Further Resources

Video: FormationTeaching Series - Abbalove Church

Book: Practicing the Way - John Mark Comer

Book: Invitation to a Journey - Robert Mulholland

Book: The Ruthless Elimination of Hurry - John Mark Comer





How We Want to Change

www.abbalovechurch.com