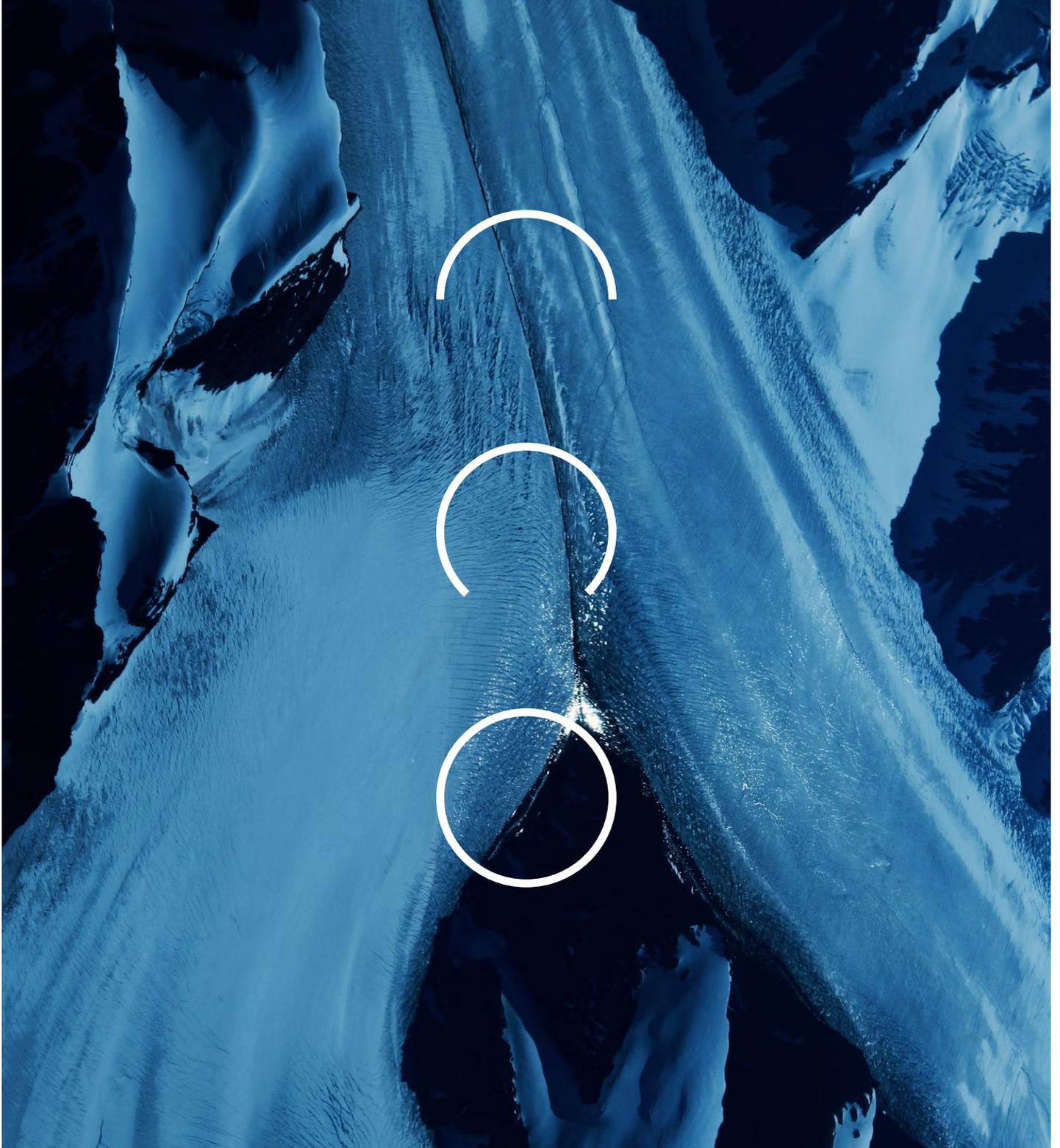




# FORMATION



March Teaching Series

An aerial photograph of a mountain range, likely the Himalayas, showing rugged peaks and a deep valley. The scene is dominated by shades of blue and white, suggesting snow and high-altitude terrain. A river or stream flows through the valley, reflecting the light. The overall mood is serene and majestic.

# A Theory of Change

Week 2

# 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

We are exploring one of the most common questions in the Christian life: **Why is it so hard to change?** Many followers of Jesus find themselves stuck in the same patterns of sin, frustration, or spiritual stagnation, even when they genuinely want to grow. In our reading, Apostle Paul reminds us that **transformation begins not with our effort but with God's grace**, which makes us alive in Christ. Throughout Christian history, believers have recognized that our lives are shaped by three powerful forces— **the devil** (deceptive ideas), **the flesh** (disordered desires), and **the world** (a culture organized without God). Here is a simple theory of change rooted in the way of Jesus: real transformation happens when we intentionally rearrange our lives around **truth** (teaching), **habits** (spiritual practices), and **relationships** (community). As we place ourselves in these rhythms, the Holy Spirit slowly forms us into people who reflect the love and life of God.

# Reading

## Ephesians 2:1–5 NIV

*1 As for you, you were dead in your transgressions and sins, 2 in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. 3 All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. 4 But because of his great love for us, God, who is rich in mercy, 5 made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.*

# Discussion

What is something you tried to change about yourself but found very difficult to change?

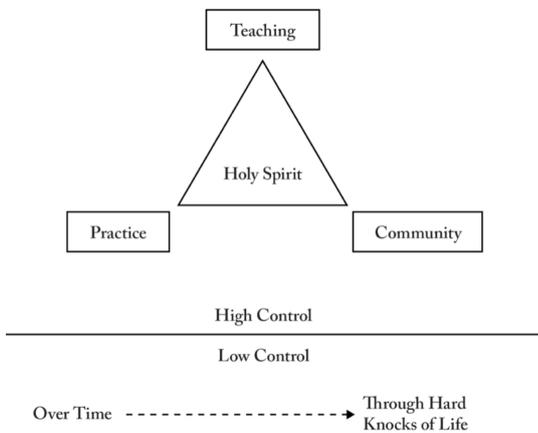
What are some lies about God, yourself, or life that people commonly believe today? Have you ever noticed a lie shaping your thinking or decisions?

What is one pattern or desire you have seen God slowly transforming in your life?

How do you see culture shaping people's desires today? What cultural messages do you feel pressure from the most?

Which spiritual practice has helped you grow the most in your relationship with God?

## INTENTIONAL SPIRITUAL FORMATION



### Reflection:

1. Identify what deceptive ideas, disordered desires and normalized ungodly values are at work in forming you.
2. How are you rearranging your life to counter the 3 enemies of the soul and follow Jesus intentionally? Get practical.

### Notes:

Be patient with the process as you explore your inner life with God. If you noticed a repeating pattern or you have been feeling stuck in a certain cycle of addictions, hurtful character traits, brokenness from your family of origins, or a lie that feels so blinding – know that Jesus wants to heal and change you! Begin this week with being honest about it, intentionally rearranging rhythms in your life and seeking out help from your community.

## 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](http://www.abbalovechurch.com)