



February 23, 2025

Kevin Sneed

Exodus 34:29-35

Referenced Scriptures:

- Exodus 34:29-35
- 2 Corinthians 3:7-18
- Jeremiah 31:31-34
- Ezekiel 36:24-27

Key Takeaways:

- Transformation through Christ is possible for every believer. Life with Jesus is more than an instant saving, and more than forgiveness - God desires for us to be transformed and become more like Christ.
- Transformation is passive (ish). True transformation comes through the work of the Holy Spirit, not our own efforts.
- Transformation is active (ish). God will not coerce or force us to change. However, we are not in control of our transformation. Our role is to yield/open our lives to the work of the Holy Spirit.
- Transformation is incremental. God is slowly, over time transforming us and conforming us to the image of God. This is a deep transformation, an utter and radical transformation of the essence of who we are (nature and character).

Possible Icebreaker:

How would you have answered the following question: *What do you want to be when you grow up?*

Prompts for Discussion:

1. Spend some time briefly revisiting the passages for the week - **Exodus 34:29-35** and **2 Corinthians 3:7-18** - by reading them aloud together. What initially stands out to you about the passages? Is there anything surprising, confusing, or challenging in these verses?
2. What is your initial reaction to the idea that transformation is possible in your life? How did this week's sermon challenge or deepen your understanding about spiritual growth?

3. Kevin reminded us that as we contemplate the glory, goodness, and presence of God, the Spirit begins to transform our inward being. What might it look like for you to practically create space in your life to contemplate the Lord's glory?
4. Has there been a time when spiritual habits (silence and solitude, Sabbath, etc.) have accidentally hindered you from opening your life up to the Holy Spirit? How might we distinguish when we are doing them (the habits and practices) for our own purposes or our own hearts and when we are allowing them to be means by which we organize our lives around Christ?
5. Kevin shared that transformation is both passive(ish) and active(ish). Dallas Willard in the *Great Omission* wrote that "Grace is not opposed to effort, it is opposed to earning. Earning is an attitude. Effort is an action." What stands out to you from this quote? How do you see both the passive and active nature of transformation playing out in your own life?
6. Is there an area in your life that you sense the Holy Spirit wanting to transform in you right now? Is there an area in your heart or your life where you are longing for the slow, yet deep and rich internal work of the Holy Spirit? What would it look like to yield this area of your life to Him?
7. How might Kevin's reminder that transformation is incremental be an encouragement to you?

Take-Home Challenge:

Spend some time throughout the week contemplating (beholding, imagining, meditating on) God's glory, goodness, and presence. Invite the Lord, too, to reveal to you areas in your heart and life that need the deeper, internal healing work of the Holy Spirit. You may find the prayer of Examen (see the guide below) to be a helpful guide for your time with the Lord.

At the start or end of your day, depending on what best fits your preference, schedule, and season of life, spend five or ten minutes practicing the Prayer of Examen. The goal of this practice is to become more aware of God's presence in our lives and be open and attentive to the ways that the Holy Spirit might be guiding us and inviting us to adopt a more intentional rule of life.

Replay - What happened today? (1-2 Minutes)

Think back over the last day. Allow the last 24 hours to replay in your mind as if they are scenes from a movie. Actively think through the events from the day, the interactions with people,

moments of stress, and grace. Allow your mind to wander over the situations you've been in and to notice the details. Avoid justifying or rationalizing; the intent is to observe and remember.

Rejoice - Where did I experience grace today? Where was I particularly aware of God's presence? (1-3 Minutes)

Begin to review those moments from your day again but through the lens of recognizing God's movement and presence.

Which feeling, in particular, was activated most strongly? Give a name to those particular feelings: joy, depression, anger, delight, contentment, hope, shame, regret, confusion, disgust, compassion, doubt, gratitude, etc.

Spend time wondering with God about those reactions:

"Why did I feel that so strongly?"

"Does this strong reaction reveal my faith in God or a lack of it?"

Repent - Where did I feel emotional pain today? Where did I sin? (1-2 Minutes)

Take one of those strong emotive experiences from your day and offer it to God. Be honest with Jesus about what "caused" this strong affective response in you, and try to name accurately which particular feeling it was that you felt.

If you cannot identify a cause, ask God to reveal what may be the source. Be open to confronting your shadow side and your culpability.

Resolve - How might I live differently today if need be? (1-3 Minutes)

Finally, ask God to help in changing those patterns or experiences that brought pain and sin in your life.

You may need to seek forgiveness, ask for direction, share a concern, express gratitude, or resolve to make changes and move forward. Allow your observations to guide your responses. Communicate with God about how you want to live differently.