

The background image is a photograph of a minimalist interior space. It features a light-colored, textured wall and a matching floor. A bright light source from the right creates a strong, vertical beam of light and a long, dark shadow on the wall and floor. The overall mood is serene and contemplative.

The Practicing the Way Course

Six Forces that form us:

Habits - The things that we do regularly.

Relationships - The people we know and spend time with.

Stories We Believe

Environment - We become like the place we live.

Experience - What is done to us.

Time

“For God knows that when you eat
from it your eyes will be opened, and
you will be like God, knowing good
and evil.”

—Genesis 3v5

“When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened...”

—Genesis 3v6-7

“Do not conform yourself to this age.”

“Be transformed.”

“Though outwardly we are wasting away, yet **inwardly we are being renewed day by day.** For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.”

—2 Corinthians 4v16-18

Discussion, Prayer, and Sharing

1. What's one "bell you can't unring" - a formative moment or experience that significantly shaped who you are today?
2. Looking at the six forces of formation (Habits, Relationships, Stories, Environment, Experience, Time) - which one do you think has had the most power in forming you, and why?
3. Where in your life right now are you most tempted to "conform yourself to this age" rather than be transformed by God? What does that look like practically?
4. What would it look like for you to take one step this week toward "renewing your mind" instead of conforming to the pattern of this world?