

Hurry makes becoming like Jesus impossible.

“To grow spiritually means to live increasingly as Jesus would in your unique place, to perceive what Jesus would perceive if he looked through your eyes, to think what he would think, to feel what he would feel, and therefore do what he would do.” – John Ortberg

When you follow the desires of your sinful nature, **the results** are very clear: sexual immorality, impurity, lustful pleasures, idolatry... [...] Let me tell you again, as I have before, that anyone living that sort of life will not inherit the **Kingdom of God**. *Galatians 5:19-21*

But the **Holy Spirit** produces this kind of **fruit** in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. *Galatians 5:22-23*

The whole goal of the spiritual life is transformation.

“He came to this world and became a man in order to spread to other men the kind of life he has—by what I call ‘good infection.’ Every Christian is to become a little Christ. The whole purpose of becoming a Christian is simply nothing else.” – C.S. Lewis

Becoming like Jesus takes time.

“Maturity cannot be hurried, programmed, or tinkered with. There are no steroids available for growing up in Christ more quickly. Impatient shortcuts land us in the dead ends of immaturity.”
– Eugene Peterson

But they delight in the law of the Lord, meditating on it **day and night**. They are like trees **planted** along the riverbank, bearing **fruit each season**. Their leaves never wither, and they prosper in all they do. But not the wicked! They are like worthless chaff, **scattered by the wind**. *Psalms 1:2-4*

Time in wordTime with others

Time in prayerTime with fasting

Time with meditationTime with serving others

Before **daybreak the next morning**, Jesus got up and went out to an isolated place **to pray**. *Mark 1:35*

Create a daily time. Create a yearly time.

Create a weekly time.

How will you give God access to your time?

Group Prep
In preparation for group, meditate on Galatians 5:19-23, listen to the weekend service message, then answer the following discussion questions.

Introduction
“To grow spiritually means to live increasingly as Jesus would in your unique place, to perceive what Jesus would perceive if he looked through your eyes, to think what he would think, to feel what he would feel, and therefore do what he would do.” — John Ortberg

Although growing spiritually is something only God can accomplish in our lives through the work of the Holy Spirit, we can create the conditions by which spiritual growth can take place. Through spiritual practices we make ourselves available for the work that only God can do, but we cannot be available for God to work if we don’t make time.

Discussion Questions
1. What is a spiritual practice? As a group, make a list of the different spiritual practices you know of and discuss how each one contributes to spiritual transformation.

2. Why can’t we hurry up and grow spiritually? Read Jeremiah 17:9. Because the human heart is inherently wicked, devoting time to the transformation of it should be of utmost importance to a follower of Christ. How are you currently making yourself available to God so he can transform your heart?

Would you say the time you devote to this is nonexistent, hurried, or transformative, and why?

3. Read Galatians 5:19-21. Paul describes the results of hurrying through our spiritual life in this non-exhaustive list. Where is there an opportunity for God to do transformative work in your life?

Read Galatians 5:22-23. How do you know you’re growing spiritually? What hurdles do you face to make yourself available to God so he can grow you into Christ-likeness?

Action Step
If you had no time restrictions, what spiritual practices would you like to engage in or try out? What can you alter about your current pace of life to give God the access necessary to transform you? What will you commit to?

My action step is _____.

I will encourage and pray for _____ to follow through, and their action step is _____.

My memory verse is _____.

This coming week, I’m praying for _____.

Outreach: Groups in Action
Big church project: Emmanuel is supporting our teachers in the community by providing them with much needed supplies for the upcoming school year. Pick up a box in the lobby and fill it with the supplies on the list. Make this a fun group project by shopping for the items and packing the boxes together.
Colombia trip support: Emmanuel is sending a team to our sister church, Exodo Church, in Cartagena, Colombia. Choose to support them in two ways: 1) Their staff would love to get notes of encouragement from Emmanuel’s American attenders. Drop your letters of encouragement off in the Impact bins by June 19. 2) Pray. There are 25 people from Emmanuel traveling and serving alongside Exodo Church. Pray for safety and direction as they assist the members of Exodo Church in community service projects.