



September 3, 2023

Kevin Sneed

Romans 12:1-2

1. At the beginning of his sermon, Kevin addresses the unsettled nature of the times we live in. He poses this question: *“how do we remain faithful to Jesus in times of unsettledness?”* Why might it be important, and even encouraging, for us to reflect back on church history and tradition when considering this question?
2. In his book *The City of God*, Augustine draws out the metaphor of two cities - two co-existent realities, or loves, that vie for our allegiance. The first is the City of God, built on the love of the self at the expense of God. The second is the City of Man, which is built on the love of God at the expense of the self. What are some ways that you have personally seen and experienced the tension between these two ethos/realities?
3. Read Romans 12:1-2 aloud. Spend a moment as a group reflecting on verse 1. The whole of our spiritual life begins in view of God’s mercy. How does this challenge the myth that “we are the author of our own story”? Why is this particularly encouraging as we consider the process of spiritual formation?
4. Kevin described the path of discipleship as “getting what we understand in our minds about Jesus into our very muscle memory.” How does this challenge our modern understanding of the “spirit” and the “body” and of spiritual life - that all that really matters is our “internal world”?

5. Kevin said that in order to understand what it means to offer our bodies as a living sacrifice, we must remember that *“God is interested in every part of our existence.”* Do you believe that God cares about every area of your life - laundry, school work, relationships, church, work, etc.?
6. A rule of life is different from “rules”, or a “to-do” list for our lives. What is the purpose of a rule of life? How can a rule of life help us to offer bodies, and every part of our lives, to God?
7. We all have a rule of life - we each have a set of daily habits, routines, and rhythms that play a role in our formation. Kevin challenged us to consider how intentional we really are about what our rule of life is. Giving yourself immense grace, how are your habits shaping you more (or less) into Christlikeness?
8. Kevin shared three thoughts, or encouragements, for us to consider as we seek to take our formation seriously and organize our lives around a rule of life. Is there one in particular that resonates with you, or serves as a much-needed reminder? How might this community group encourage you and pray for you in this?
 - a. A rule of life flows from the gospel
 - b. A rule of life is a trellis for our soul
 - c. A rule of life is a rule that bends