



## **Breathe: Foundations**

Romans 6:13

### Preparation

In advance of your LIFEgroup discussion this week Pastor Jake asks you to do a bit of preparation. In talking about the foundations of spiritual formation it is apparent that each believer plays a conscious role in growth and ultimately transformation. Although the Spirit of God ultimately molds us and forms us more into the image of Jesus, this process does not occur without our efforts and commitment. So, what is our role in transformation?

Take some time to read the story of Abraham and his confrontation with the prophets of Baal in 1 Kings 18. We learn some real truths about our responsibility and the Lord's responsibility in this passage. There are clearly some things that only God can do and one of them is transform our bodies into the likeness of Christ. The Bible teaches it is not by our works but by the Lord that we are saved from ourselves and from eternal separation from God (Eph. 2:1-10).

What role did Abraham play in the Lord's work?

What did Abraham do in preparation for the movement of the Lord?

How does this example apply to our spiritual growth and maturity?

Just as Abraham exercised specific practices in preparation for the magnificent power of God to be realized and recognized, through his life we also must be committed to disciplines which prepare us for the movement of God in our lives. The sacrifice we offer is ourselves (Romans 12:1) and the preparations are disciplines of inhaling and exhaling.

Read Galatians 6:9-19 and 1 Corinthians 15:58. What are some results from our commitment to spiritual disciplines?

The above scriptures are expressions of our commitment to spiritual growth and vitality. Often we simply start with the expression instead of walking the journey towards maturity which results in the expressions. The journey towards maturity is rooted in spiritual disciplines which transform our natural responses from sinful to righteous.



**Based on Pastor Jake Larson's  
sermon from November 16, 2008.  
(Listen online at:  
[www.arcadechurchonline.com](http://www.arcadechurchonline.com))**

**ARCADECHURCH**

November 16, 2008  
Jake Larson, Lead Pastor  
Breathe: Foundation

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**Starter:**

Share a moment or experience of significance in your relationship with Jesus where you felt intimately connected to God.

**Deeper:**

Read Mark 5:25-34. In this passage we read about a woman, who had “an issue with blood” for many years, transformed by Jesus. What was the woman’s role in the transformation and what was Jesus’ role?

It seems as we position ourselves to be close to Jesus our lives will be transformed, healed, rescued from the decadence all around us. Why do you think it is important that Jesus singled out this woman to teach a lesson about faith?

Read 1 Timothy 4:14. The power of touch is recognized in Paul’s teaching specifically the laying on of hands. What is the result of the laying on of hands in this passage?

**Application:**

Brainstorm with your LIFEgroup ways in which you can position yourself closer to the proximity of Jesus this week. Commit yourself to a spiritual discipline this week which will specifically confront some of your struggles to be more like Jesus.

Pray with one another for the courage and desire to wade through the chaos around you to touch the garment of Jesus.