

# How God Transforms Us

One Size Doesn't Fit All (1 Samuel 17)

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## Diversity in the Body of Christ

- “Now the Body is not made up of \_\_\_\_\_ part, but \_\_\_\_\_.”  
~ 1 Corinthians 12:14

## What does Saul want David to Wear?

- “Then Saul dressed David in his \_\_\_\_\_ . He put a coat of armor on him and a bronze helmet on his head. David fastened on his sword over the tunic and tried walking around, because he was not used to them.” (v38-39a)

## How Does David Respond to Saul?

- “I cannot go in these,” he said to Saul, “because I am not used to them.” So he took them \_\_\_\_\_. Then he took his staff in his hand, chose five smooth stones from the stream, put them in the pouch of his shepherd’s bag and, with his sling in his hand, approached the Philistine. (v39b-40)

## How Does the LORD work thru David (without Saul’s armor)?

- “So David triumphed over the Philistine with a \_\_\_\_\_ and a \_\_\_\_\_; without a sword in his hand he struck down the Philistine and killed him. (v50)

## Into Whose Image does God want to transform you?

- a) Your pastor
- b) Your small group leader
- c) The person you look up to
- d) \_\_\_\_\_ (Romans 8:29)

## Next Step

1. Pick up the Spiritual Practices hand-out in the lobby - and ask God to help you \_\_\_\_\_ those practices He wants you to \_\_\_\_\_ for size.

# ONE SIZE DOESN'T FIT ALL

*(Spiritual Practices of Trinity Staff and Board)*

- Intentionally reflecting on the finished work of Jesus on the cross, basking in the good news that, in Christ, I am forgiven, free, filled with His Spirit, a child of God, and an heir in His Kingdom!
- Practicing silence and solitude.
- Listening to the Bible, podcasts of sermons, or worship songs while doing chores or exercising.
- Drawing or painting my prayers.
- Meeting regularly with a small group to confess sin, share struggles, be accountable, grow together and pray for each other.
- Engaging in listening prayer in which I ask God to speak to me and then write down any impressions or words I sense. And then weigh what I sense I'm hearing against the Scriptures.
- Using my phone to listen to the Bible on the 'You Version' Bible app (it's free).
- Reading the Scriptures and books by Christian teachers who help me understand more of who Jesus is and what it means to follow Him.
- Meeting with a counselor who is helping me get un-stuck and set free in Christ.
- Listening to and singing along with Christian/worship music.
- Reading old hymns (not singing) and meditating on the words. Also looking at the author/story behind the hymn. (ex: J Newton: Amazing Grace, Fanny Crosby: Face to Face, H Spafford: It is Well)
- Mentoring someone. Explaining to others what God has taught me helps to reinforce His lessons.
- Confessing my shortcomings—sharing my weaknesses and failures with God and others so that I can receive His grace, forgiveness and healing.
- Listening to the Bible, worship music, or praying while driving. (And doing it with my eyes open!)
- Praying and reading scripture with my spouse or a fellow believer.
- Planning a one-day personal prayer retreat.
- Reading a verse of the Bible over and over again, letting the Word really sink in.
- Carrying a nail around in my pocket as a way of remembering the cross during the day.
- Journaling my prayers so that my mind stays focused on what I'm praying – instead of drifting.
- Studying the Bible with commentaries.
- Praying the scriptures (i.e. Philippians 1:9-11; Colossians 1:9-11; Ephesians 1:15-20, etc.)
- Reading the Bible together as a family—taking turns, allowing our children to lead in the study.
- Going on a prayer walk—praying for neighbors or talking to God about whatever is on my heart.
- Memorizing strategic Bible verses to help with my daily struggles/temptations.
- Fasting from a meal or from activities (television, internet, etc.) – to spend that time in the Word and/or to focus on prayer.
- Participating in an in-depth Bible study with others. This provides accountability and allows me to learn how others are applying the truth of Scripture in their lives.
- Reflecting on the attributes of God, i.e., God is Light, God is my salvation, etc.
- Reading one of the Psalms out loud – praising God for Who He is.
- Volunteering to serve at the church or with a local ministry or charity.

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*(Spiritual Practices of Trinity Staff and Board)*

- After making my “To Do” list for the day, asking God to prioritize it.
- Inviting friends over for fun and fellowship, thanking God for the gift of others on the journey.
- Praying the ACTS acronym – Adoration, Confession, Thanksgiving, Supplication
- Choosing simplicity for a season—refraining from making any purchases beyond the necessities, eating simple foods, etc. – so as to grow in my appreciation for all that God has given me.
- Reading the Bible out loud.
- Praying for government leaders and political issues.
- Learning to appreciate God through His creation. Taking a walk in a park or simply sitting and watching a sunrise, giving thanks and praise to our Great Creator and Life Sustainer.
- Setting aside fifteen minutes for a time of thanksgiving, thanking God for everything I can think of.
- Memorizing the Word: in the car on the way to work, having a verse on an index card on your bedside table, or using The Bible Memory App on your phone.
- Doing “flash prayers,” where I see someone—anyone—and then silently pray for that person.
- Writing out my confessions in a journal. One of the best ways for me to get back on track after wrongdoing is to confess and repent of the things I have done or left undone.
- Keeping and enjoying the Sabbath, setting aside the day for rest and recreation, and allowing myself permission to do nothing, absolutely nothing.
- Receiving the sacrament of Communion.
- Setting aside an hour for “holy leisure,” when I can nap on a couch, lie in a hammock, or relax with a cup of coffee – giving God thanks for the gift of rest and relaxation.
- Allowing the Holy Spirit to become part of my prayer life, asking Him to intercede for me when I cannot find words to express my prayers.
- Putting on the “spiritual armor of God” (Eph 6:10-17), listing out the different pieces of armor and asking the Spirit which one I need most at this time.
- Weekly worship – Sunday services!
- Studying a particular topic or theme in the Bible – using a concordance to find and read verses related to the topic I want to study.
- Spending an afternoon or evening working at a local shelter or soup kitchen.
- Helping or blessing a friend in need, maybe even anonymously.
- Encouraging someone by writing a letter, using Scripture as the primary source of encouragement.
- Reading a chapter of the Bible before falling asleep or falling asleep to scripture, so the last thing on my mind is God’s word.
- Talking about my faith in Jesus Christ with someone – who knows or doesn’t know Jesus. Explaining the gospel to someone helps reinforce its glorious truth to my heart (Philemon 6).
- Reading prayers written by others – from a devotional book (Valley of Vision, Every Moment Holy)
- Playing the piano – specifically hymns or sacred arrangements
- Creating a playlist of songs that God has used in my life over time. Listening to them reminds me of God’s faithfulness through various seasons and trials.