

# How God Transforms Us

Training vs Trying  
Pastor Joshua Brooks

## 1) Who transforms you into the person God created you to be?

- “May \_\_\_\_\_ Himself, the God of peace, sanctify you through and through. May your whole spirit, soul, and body be kept blameless at the coming of our Lord Jesus. The One who calls you is faithful and \_\_\_\_\_ will do it.” (1 Thess 5:23-24)

## 2) A Recipe for Spiritual Frustration

- Hear a sermon
- Get \_\_\_\_\_
- Commit to try \_\_\_\_\_
- Start out well
- \_\_\_\_\_
- Feel \_\_\_\_\_ and guilty
- \_\_\_\_\_ up

## 3) Spiritual Growth

- Not about \_\_\_\_\_ harder
- But about \_\_\_\_\_ wisely

→ “\_\_\_\_\_ yourself in godliness.” (1 Tim 4:7)

## 4) Paul’s Spiritual Growth Advice

- “Everyone who competes in the games goes into strict \_\_\_\_\_.” (1 Cor 9:25)

## 5) Which Spiritual Practices?

- Incorporate those spiritual practices that \_\_\_\_\_ need in order to look like, love like and live like \_\_\_\_\_.

## 6) What is God’s Endgame for us?

- “For those God foreknew He also predestined to be \_\_\_\_\_ to the image of His Son.” (Rom 8:29)

## Next Steps

- 1) Shape your play-doh into a \_\_\_\_\_, the symbol of the One into whose likeness God wants to transform us
- 2) Relinquish \_\_\_\_\_ harder for \_\_\_\_\_ wisely
- 3) Identify one sin/growth area and commit to a corresponding spiritual \_\_\_\_\_