

Formed From The Inside Out The Inner Life That Shapes Our Faith



A Heart Under Construction Various Passages

Sermon Notes | Jeff Randleman | March 1, 2026

Train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

– 1 Timothy 4:7-8 (ESV)

How to Foster Spiritual Growth:

Move in God's direction – Ephesians 4:22-24; 2 Corinthians 5:17

Learn God's ways – Joshua 1:8

Apply it to your life – Ephesians 6:13

Reflect it in your life – Psalm 119:7; Proverbs 27:19

Share it with others – 2 Timothy 2:2

Spiritual Disciplines:

Journaling:

Solitude:

Slowing:

Lectio Divina:

Fasting:

Memorization:

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Matters for Reflection and Discussion:

1. What are some practical ways a person can begin "turning toward God" when they don't feel spiritually strong or motivated?
2. Why do you think spiritual growth often begins with willingness rather than understanding?
3. Can you share a time when God reshaped one of your assumptions, instincts, or expectations? What was that experience like?
4. What does it look like for truth to move from something we admire to something we actually live by?
5. In what ways does inward spiritual growth eventually become visible outwardly?
6. Which is harder for you personally: learning God's ways or applying them in daily life? Why?
7. How can spiritual transformation naturally influence others without feeling forced or performative?
8. What is one simple step you could take this week to say "yes" to God's invitation to grow?
9. Review the suggested spiritual disciplines we discussed. Which of these have you experienced? How did that go? Which of these might be something you'll try? What else could you add to this list?