



Trans-form Notes

Palm Sunday

Reflect: (Spend time with God thinking about these statements or questions)

- ❖ Take some time to read and meditate on Matthew 21:1-9 and 27:15-26.

Interact: (Discuss the following questions with your group, some friends, or just you and God)

- ❖ Glyn spoke of “Undulation” or the peaks and valleys of one’s spiritual journey. Where are you right now? Where have you been? Share some of your peaks and valleys with each other.
- ❖ Read Psalm 40:1-10. Look at this passage to distinguish - What is God’s responsibility? What is our responsibility?
- ❖ What do you learn about your “journey” from this passage? How do you identify with what David expressed?¹
- ❖ Read Philippians 1:6. Do you feel the need to be in control of your own journey? How does it feel to not take a passive role in your spiritual formation but a cooperative role with God? What does a cooperative role look like on a daily basis?
- ❖ Thinking of your Christian life as a journey or process instead of a destination... Where are you in your spiritual journey right now? How has this been a process over time? Take note of how all of the areas of your life have contributed to being in this place.²
- ❖ Unmet expectations of God can form our journey towards “Christ-likeness”. What expectations are you holding on to? Can you still trust God even if “X” never happens? If a certain job or living situation doesn’t work out, are still able to delight in God’s tremendous love for you?³

- ❖ Read Romans 7:18. Part of unmet expectations, may be those expectations we have of ourselves. We don’t always have what it takes to change and grow on our own. In what areas of your life have you felt unable to grow?
- ❖ Read Colossians 1:21-22. What does it mean to be reconciled to God? Do you currently feel reconciled or distant from God? Do you feel like God wants to be near to you? Why or why not?

Apply: (Look for ways to apply at least one concept to your life)

- ◆ If your desires or expectations are the idol of your soul, consider how you could begin to give that up. Try saying this prayer and see if you’re on the journey of it being authentic: “I trust you, O God. I want to simply rest in your life as you give it to me. Show me how to be at peace, even when others who are less deserving seem to do better than I do. Help me look to the heavens and exclaim, ‘ Surely goodness and mercy will follow me all the days of my life. I’m thrilled to dwell in your house, O God, forever.’”
- ◆ Another way to just focus on God without an agenda or expectations is through a practice called *Centering Prayer*. In centering prayer you just use a word like Lord, Jesus, King, or Love that redirects you to God every time you have a distraction. So every time a thought comes to mind gently recite the word and return to God. This is a way of being silent when silence is very difficult. Try this for 20 minutes or so.
- ◆ Pray Psalm 139: *Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.* Invite God to shine the spotlight of his Holy Spirit into our soul:
Are there any attitudes I have that are wrong?
Am I holding grudges against someone?
Is there someone I need to forgive?
Is there someone I need to apologize to?
Are there evil thoughts in my mind? Am I wishing bad things to happen to someone, instead of leaving justice in the hands of God?
Is there lust, sexual fantasy, wrong thinking that is out of control and growing in its influence over me?
Are there areas of my character that I need to submit to God? My anger, my impatience, my judgmental spirit?

¹ Michael Bischof, *Journey in Community*

² Ibid

³ Jan Johnson, *Renovation of the Heart in Daily Practices*