

Sunday, May 12, 2019 - "Expanding the Capacity of Your Soul" - Stacey Lemanski, M.D.

Key Passages: 2 Corinthians 3:7-18, 2 Corinthians 4:6-7, James 3:9

- Feel free to read the passage(s) out loud as a group
- Allow the group to share freely about what stood out to them from the passage or from Sunday's message

Main Ideas

- 2 Corinthians 3:7-18
 - Moses met with God in the Old Testament and his face was radiant from being in God's presence...but the radiance would fade
 - We are transformed to be **more and more** like Jesus (it doesn't fade, it grows)
- 2 Corinthians 4:6-7
 - We are carriers of the greatest treasure know to man. We carry God's presence
 - We are called to reflect the glory of our father
 - Ever-increasing: not called to stay the same but to become more like Jesus
- What is glory? God's greatness, beauty, splendor, reflection. The sum total of all of his attributes. His absolute separateness and supremacy
- What is the soul? mind, emotions, will (head, heart, gut). Immaterial part of is in need of transformation so we can reflect the glory of God.
- We're all on a journey to expand the capacity of our souls
- Three ways that we can expand
 - 1) Learning PATIENCE
 - Our perception of time is different than God's (Moses on the mountain was long to the people, they rotund away quickly in God's perception)
 - Learning to wait patiently does something in us
 - In the waiting, God exposes what is truly in our hearts
 - Whatever we are waiting for or desiring becomes subordinate to the desire for intimacy with God
 - ****Feel free to go back and watch the livestream of the service to see Stacey Lemanski's demonstration of the Breath Prayer****
 - 2) Giving HONOR
 - Honor = to regard someone with great respect (James 3:9)
 - We're all made in God's image → we're called to honor ALL PEOPLE
 - "If you don't learn the heavenly principle of honor, you may forfeit your highest calling" - Stacey Lemanski
 - 3) Growing in HUMILITY (humility = a right view of ourselves, not insecure and not prideful)
 - Pride = a foolish and irrationally corrupt sense of personal value, status or accomplishments
 - God OPPOSES the proud but gives GRACE to the humble (Grace is God's favor and power)
- Tools for transformation
 - Pay attention (where is the Spirit inviting you to be transformed?)
 - Practice the presence of God (breath prayer etc.)
 - Renew your mind (neuro-pathways: highways of negative thought/talk. Romans 12)

Questions (Feel free to use all of these, some of these, or none of these)

1. Where in your life is the Spirit inviting you to be transformed?
2. What does it mean to you that you are called to reflect the glory of God in an ever-increasing way?
3. How has god showed you to wait patiently for Him?
4. Give an example of a time you gave honor to someone or that someone gave honor to you?
5. How is God asking you to grow in humility?
6. Of the tools for transformation, which one seems like the best for you to focus on right now? Why?
7. What is God inviting you into as a result of this passage or sermon?

****15 Minutes with God Reading Plan-**

Mon: Hosea 1 Tues: Hosea 2 Wed: Hosea 3 Thurs: Hosea 4 Fri: Hosea 5

Songs from the weekend: [Lion and The Lamb - Bethel Music] - [The Way (New Horizon) - Pat Barret] - [Your Ways - Grace Original] - [Surrounded (This Is How I Fight My Battles - Upper Room]