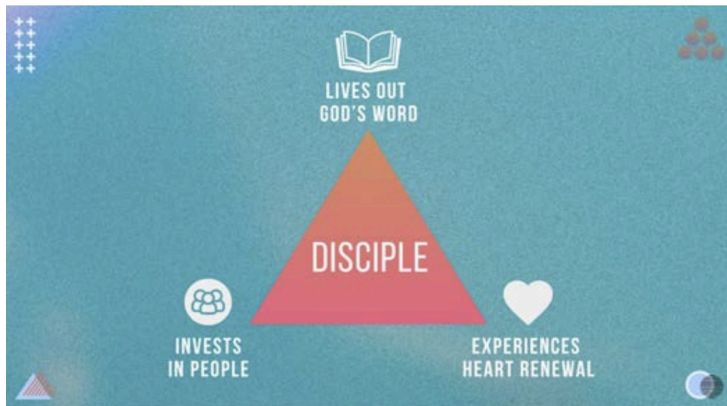


## DiscipleSHIFT - Experiences Heart Renewal | Week 4



### Introduction

1. We have defined a disciple as “A transformed follower of Jesus.” The image above illustrates three key areas of a disciple of Christ. Today, we discuss what it means for a disciple to experience heart renewal. Why is this significant? If someone attempts to live out God’s Word and invest in people, but their heart is not regularly renewed, what happens to such a person?

### Study

2. What does it mean to “Experience Heart Renewal”? It means that God and the gospel are regularly transforming you from the inside out. Below are four thoughts on Experiencing Heart Renewal. Discussion questions are italicized. Tip: You will not have time to discuss all questions thoroughly. Allow enough time for questions III & IV.

#### I. Experiencing Heart Renewal comes down to

- How do you view God?
- How do you view what God thinks of you?

Zephaniah 3:17 The LORD your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love;

A major reason why we struggle with experiencing heart renewal is because our view of God is distorted and we have a distorted understanding of how God views us in Christ.

*Discuss: How do you view God? How do you view what God thinks of you?*

#### II. Experiencing Heart Renewal entails dying

- Dying to how you view yourself.
- Dying to how others view you.

Galatians 2:20 I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

\_\_\_\_\_ needs to die from what \_\_\_\_\_ (i.e. self, spouse, kids, co-worker, friend, etc.) thinks of \_\_\_\_\_.

*Discuss: How would you fill in this statement? Whose opinion might matter more than God’s?*

#### III. Experiencing Heart Renewal comes from living out your identity as a child of God in Christ.

John 14:18 I will not leave you as orphans...

Romans 8:15 For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, “Abba! Father!”

Do you live as an orphan or a child of God?

*Discuss: Take 3 minutes to fill out the chart below. (You may not finish and that is OK!) How do you live with an orphan mindset?*

#### IV. Experiencing Heart Renewal results in Joy

In Galatians 4:15, the Apostle Paul expresses his concern for their faith. They, as children of God, seemed to have lost their joy. He essentially asks, “What has happened to your joy?”

Cheer up! You are worse than you think!

Cheer up! The gospel is far greater than you can imagine!

Cheer up! God’s Spirit works in your weakness!

Cheer up! God’s Kingdom is far more wonderful than you can imagine!

- Jack Miller

*Discuss: Does your heart rejoice because of the gospel, because you are a child of God? How do you need to preach the gospel to yourself?*

### Prayer

- Share how you can grow in experiencing heart renewal and pray this for one another.
- Pray for heart renewal for Redeemer as we seek to make disciples who make disciples everywhere.

» Diagram **Orphans or children of God?**

Read through the characteristics of an “orphan” in the left column below. Check off the tendencies you recognize in yourself and underline words or phrases that most apply to you.

In the right-hand column are the Son/Daughter counterparts to each Orphan characteristic. Use the Son/Daughter descriptions as goals to reach for during the course and beyond.

**The Orphan**

I will not leave you as orphans... (John 14:18)

- Feels alone. Lacks a vital daily intimacy with God. Is full of self-concern.
- Anxious over felt needs: relationships, money, health. “I’m all alone and nobody cares. I’m not a happy camper.”
- Lives on a succeed/fail basis. Needs to “look good” and “be right.” Is performance-oriented.
- Feels condemned, guilty, and unworthy before God and others.
- Has little faith, lots of fear, lots of faith in himself: “I’ve got to fix it.”
- Labors under a sense of unlimited obligation. Tries too hard to please. Burns out.
- Rebellious. Resists authority. Heart is hard. Is not easily teachable.
- Defensive. Can’t listen well. Bristles at the charge of being self-righteous (thus proving the point).
- Needs to be right, safe, secure. Unwilling to fail. Unable to tolerate criticism. Can only “handle” praise.
- Excessively self-confident or self-loathing. Discouraged, defeated. Lacks spiritual power.
- Tends toward an “I can do it myself!” attitude. Is strong-willed, driven.
- Unbelieving effort. Relies only on his gifts to get by in ministry.

**The Child of God**

But he has given us the Spirit of sonship and by him we cry, ‘Abba, Father!’ (Rom 8:15)

- Has a growing assurance that “God is really *my* loving heavenly Father.”
- Trusts the Father and has a growing confidence in his loving care. Is being freed up from worry.
- Learning to live in daily, conscious, partnership with God. Is not fearful.
- Feels loved, forgiven, and totally accepted because Christ’s merit really clothes him.
- Has a daily *working trust* in God’s sovereign plan for her life as loving, wise, and best. Believes God is good.
- Prayer is the first resort: “I’m going to ask my Daddy first.” Cries “Abba, Father!”
- Has strength to be submissive. Has a soft (broken and contrite) heart. Is teachable.
- Open to criticism since she *consciously* stands in *Christ’s* perfection, not her own. Is able to examine her unbelief.
- Able to take risks and even fail, since his righteousness is in Christ. Needs no “record” to boast in, protect, or defend.
- Confident in Christ and encouraged because of the Holy Spirit’s work in her.
- “I can do all things through *Christ* who gives me strength!”
- Trusting *less* in self and more in the Holy Spirit—a daily, conscious, reliance.

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<p><input type="checkbox"/> Tends to be ungrateful. Is complaining, bitter. Has a critical spirit. Tears down others.</p>	<p>Relies on the Holy Spirit to guide the tongue. Praises, edifies, gives thanks, encourages.</p>
<p><input type="checkbox"/> Tends to point out what is wrong. Is often dissatisfied about something.</p>	<p>Not blind to wrong, but chooses instead to focus on what is good and lovely.</p>
<p><input type="checkbox"/> Gossips (confesses <i>other people's</i> sins). Needs to criticize others to feel right. Has the "gift of discernment."</p>	<p>Is able to freely confess his faults to others. Is finding that he is often wrong. Is eager to grow.</p>
<p><input type="checkbox"/> Tends to compare himself with others—leading either to pride or depression.</p>	<p>Stands confidently in Christ. His self-worth comes from Jesus' righteousness, not his own.</p>
<p><input type="checkbox"/> Feels powerless to defeat the flesh. Has no heart-victory over pet sins, yet has lost her sense of being a "big sinner."</p>	<p>As she rests in Christ, she is seeing more and more victory over the flesh. She sees herself as a "big sinner."</p>
<p><input type="checkbox"/> Relatively prayerless. Prayer is a last resort. Prays sometimes in public, seldom in private.</p>	<p>Prayer is a vital part of the day, not confined to a quiet-time. Loves to talk to the Father.</p>
<p><input type="checkbox"/> The Bible's promises of spiritual power and joy mock him. "What has happened to all your joy?"</p>	<p>God's promises of power and joy are beginning to describe him.</p>
<p><input type="checkbox"/> Boasts. Points out her own accomplishments for fear that someone might overlook them.</p>	<p>Finds that Jesus is more and more the subject of her conversation. She boasts in her weaknesses.</p>
<p><input type="checkbox"/> Concerned about building a record of deeds that needs noticing and defending.</p>	<p>Christ's righteousness is his "record" so he stands complete in him.</p>
<p><input type="checkbox"/> Wishes people would see things her way. Needs to be in <i>control</i> of situations and other people.</p>	<p>Becoming Christ-controlled. Loves others in power of the Spirit, not in strength of her sinful nature.</p>
<p><input type="checkbox"/> Looks for satisfaction in positions, possessions, or pacifiers (idols). Something other than Jesus makes him feel worthy, worthwhile, or justified.</p>	<p>Christ is his meat and drink. God truly satisfies his soul. "[A]nd having him, I desire nothing on earth."</p>
<p><input type="checkbox"/> Lacks passion to share the gospel, since her Christian life is not really good news. Tends to be motivated by obligation or duty, not love.</p>	<p>Has a desire to see the lost come to know Jesus the way she does. Shares the gospel, even when not under the outward pressure of a program.</p>

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