

CROSSFIT

The 3 Gifts of Integration

Open in prayer.

Pastor Derwin said as royal priests, as the body of Christ, God wants us to grow so that we can be effective and have joy and purpose. However, there are three things that will undercut our ability to grow as disciples if we allow them to distract us.

- Moving too fast.
- Anchoring ourselves in the wrong things.
- Getting trapped in illusions.

God gives us three gifts of integration to transform these behaviors.

- The gift of slowing down.
 - Read Luke 10:38-42.
 - As you read this passage, what insights do you gain from their (Mary and Martha) responses to Jesus?
 - Discuss the following statement by Pastor Derwin, “Our inner person has to slow down enough to focus on Jesus and to center our lives on Him and His work of grace on our behalf.”
 - Discuss the following statement, “The active life in the world for God can only properly flow from a life with God.” (Peter Scazzero, *Emotionally Healthy Spirituality*, page 50)
 - Read and discuss John 15:5. What are some ways you can slow down?
- The gift of anchoring in God’s love.
 - Read Ephesians 3:16-19.
 - Discuss the following statement, “Christianity is not about our disciplined pursuit of God, but about God’s relentless pursuit of us—to the point of dying on a cross for us that we might become His friends.” (Peter Scazzero, *Emotionally Healthy Spirituality*, page 53)
 - What kind of negative words do you speak over yourself and why is this negative to your discipleship?
 - How does being loved by God in Christ, and having a new identity in Christ, help you love yourself correctly? (Read Galatians 2:20)
 - Discuss the following two statements made by Brennan Manning:
 - “My deepest awareness of myself is that I am deeply loved by Jesus Christ and I have done nothing to earn it or deserve it.”
 - “Define yourself radically as one beloved by God. This is the true self. Every other identity is an illusion.”
- The gift of breaking free from illusions.
 - Read John 15:5.
 - Discuss the following statement, “The world is filled with illusions and pretense. We convince ourselves that we cannot live without certain earthly pleasures, accomplishments, and relationships. We become ‘attached’...We attach our wills to the belief that something less than God will satisfy us.” (Peter Scazzero, *Emotionally Healthy Spirituality*, page 57)

Soul-tattoo: Practice the Sabbath and contemplate on the Three Gifts of Integration.

- Taking a sabbath is not taking a day of misery. What is something that you delight in and that energizes you?
- Taking a sabbath allows you to stop for one day each week to rest, to delight in God's creation, and to take care of yourself.
- Taking a sabbath anchors you in a posture of "being" instead of "doing".

Close in prayer.