

spiritual adult

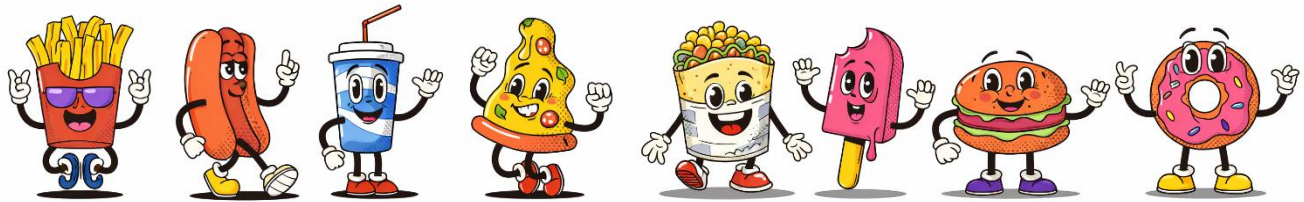
DISCIPLE ME

TRACK 4: MISSIONAL LIVING

BECOMING MORE LIKE JESUS

ICEBREAKER: Snack Attack Identity

We've all heard the saying, "you are what you eat." So, let's have a little fun with that idea. If you actually became whatever you ate the most this week... what would you turn into?



- What does your "food version" say about your week?
- If what you consume shapes what you become... what else in your life might be shaping you right now?

STUDY: WHO ARE YOU BECOMING?

As we grow spiritually, becoming like Jesus moves beyond just personal growth - it becomes about purposeful formation. We're not simply becoming better versions of ourselves; we're being shaped into people who represent Jesus to others in the way we live, speak, and act.

That means our character matters, our choices matter, and our influence matters. At this stage, Spiritual Adults know that God isn't just working in them - He wants to work through them. In fact, this is what the Apostle Paul said about what God is doing in us:

For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. - Romans 8:29

When we hear the word "predestined," it can feel confusing because our minds immediately jump to questions like, *Does this mean everything is already decided? Do we even have a choice? Is this about fate?* But Paul's focus here isn't on debating free will versus control - he's pointing us toward something much more encouraging and purpose-filled.

Looking at the original language helps bring clarity. The word translated "**foreknew**" (προέγνω – *proegnō*) is more than just knowing about someone ahead of time; it carries the idea of relational knowing - of choosing in advance to love. This isn't cold awareness, but personal, intentional relationship.

The word “**predestined**” (προώρισεν – *proōrisen*) means to decide beforehand or mark out a destination. It’s like setting a direction or defining an outcome ahead of time - not forcing behavior, but establishing the goal.

And the word “**conformed**” (συμμόρφους – *symmorphous*) means to be shaped into the same form as something else, like clay being molded. It points to an ongoing process of transformation over time.

So, Paul’s point isn’t that God controls everything you do. His point is that God has already decided what He is forming you into - and that is the image of Jesus. A clearer way to hear this verse might be that *God has already decided that your life is meant to look like Jesus.*

This isn’t a crazy or foreign idea to the scriptures. The New Testament is littered with passages that communicate that this is God’s goal. Take a few minutes to read a few of them now:

John 20:21

2 Corinthians 5:20

Matthew 5:14-16

Philippians 2:3-5

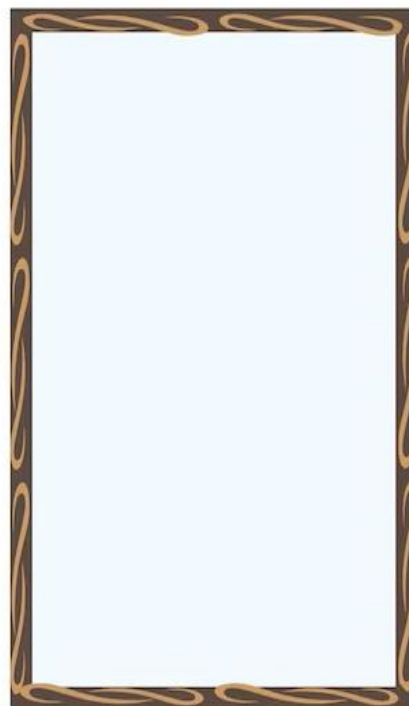
ACTIVITY: MIRROR THE MASTER

Becoming like Jesus isn’t just something we believe - it’s something we begin to reflect. Take a few minutes to read the passages below and then **write down 4–6 qualities** you see in Jesus in the image of the mirror.

Matthew 11:28-30 Mark 10:45 Matthew 9:36 John 13:13-15

Next, honestly evaluate your own life: where do you see those qualities showing up, and where are they missing or inconsistent? Rate each one from 1–5 based on how evident it is right now.

From there, identify the one area with the biggest gap and circle it. Be honest with yourself and with each other about where you need to look more like the Master. The goal in reading the scriptures isn’t just to admire Jesus - it’s to align your life with His in a way that begins to impact others.



CHALLENGE: THE COMPANY YOU KEEP

You’ve heard it said that “you become who you spend your time with”, so this week take a moment to evaluate who - and what - is shaping you. Identify the main influences in your life, including people, content, and voices, and ask whether they are forming you more into the image of Jesus or pulling you away from it.

Then make one intentional shift by adding a positive influence and adjusting one that may be leading you off track. At your next gathering, share with your discipleship partner(s) what choices you’ve made about what you allow to influence you, and who you want to become.