

The Good and Beautiful God

Chapter 1 “What Are You Seeking?”

As part of your devotions, I invite you to include the following scriptures that make a strong connection with our chapter this week about spiritual formation, about changing from the inside out. Read each passage slowly and write down a word or phrase that catches your attention. Pray in faith about what God has brought to your attention and consider the suggested ponder “stop, think and let His Word sink in” questions. Who is God revealing Himself to be?

JOHN 1:38-39 Imagine Jesus asking you the question, “What are you really looking for” and then consider what you hope will make your life good, secure, and meaningful.

PSALM 27:4 Ponder if you asked God for your deepest desire, your “one thing”, what would it be?

MATTHEW 6:31-33 Ponder what your time, attention, worry, and energy reveal that you are seeking first.

PSALM 42:1-2 Ponder what your soul thirsts for and where you go to satisfy that thirst.

PHILIPPIANS 3:7-14 Ponder what it would mean for “knowing Christ” to become the organizing desire of your life.

Now return to Jesus’s first question to His first disciples, “What are you seeking; what do you want”? What would you honestly say to Him today? Do you have a favorite bible verse that speaks of your motivation to follow Jesus?

SOUL TRAINING

Our deepest desires are revealed by our habits, how we organize our lives; and one surprising exercise is sleep. Sleep forces us to acknowledge that we are not in control. God’s gift of sleep becomes a way for us to learn dependence and limits in a world exhausted from producing, solving, managing, and controlling. Psalm 127:2 “In vain you rise early and stay up late, toiling for food to eat—for He grants sleep to those He loves.” Jesus slept during a violent storm in Mark 4:38, reflecting trust in His Father’s care. Every night we practice trusting God with the world, our worries, and our unfinished tasks. Sleep is a perfect example of our discipline and God’s grace to change us from the inside out.

Ponder how sleep might become an act of faith rather than simply a physical need. Does your attitude about sleep need to change to better align with God Who is trustworthy?

Our author suggests journaling as a way to help you remember and hold on to your reflections as you go through this discipleship study on spiritual formation.