

# SERIES OVERVIEW

## Ridgepoint Mission & Values

**Our Mission:** We exist to help people find and follow Jesus.

**Our Values:** We aim to be real people with a real faith making a real impact.

**Target Outcomes** (desired traits) for a disciple attending Ridgepoint:

- I am pursuing a deeper relationship with God
- I am centering my identity in Christ
- I am modeling my character after Christ
- I am growing in authentic community
- I am influencing others to Christ

## This Series

The sermon series is six weeks long, and the related curriculum is seven weeks long. Session 1 is about transformation. Sessions 2-6 are the desired traits for a disciple attending Ridgepoint. You can think of transformation (Session 1) as the wrapper. If transformation is the wrapper, the desired traits are what is inside the box. As we cooperate with the Holy Spirit in following Jesus, we will live out the desired traits and be transformed. For the purposes of this series, transformation, discipleship and being formed in Christ all mean the same thing. These terms encompass the great commandments Jesus gave us: love God, love people.

**SESSION 1:** Living a Transformational Life

**SESSION 2:** Pursuing a Deeper Relationship with God

**SESSION 3:** Centering My Identity in Christ

**SESSION 4:** Modeling My Character after Christ

**SESSION 5:** Growing in Authentic Community

**SESSION 6:** Influencing Others to Christ

**SESSION 7:** Series Wrap Up (there is no sermon related to this session)

## Who Am I Becoming? Participants' Guide

There will be a printed *Participants' Guide* for each person who is in a group (or for individual devotions) that is going through the series. It will consist of this *Overview*, seven *Meeting Handouts*, *Questions for Outcomes* and *Leaders' Guide*.

## Spiritual Formation Exercises

Each week there will be several spiritual formation exercises, related to the topic, to pick from. Each group member will be asked to select one exercise or make up an exercise. The following week, the session will begin with each group member reporting how his/her exercise went.

### Why do we do spiritual formation exercises?

Simply put, we learn in a variety of ways, including action. Scholar Ken Boa says that Christian exercises are a form of "indirect preparedness." He has seen Christian exercises indirectly preparing him for discipleship moments. Think of the film *The Karate Kid* when Mr. Miyagi trains Daniel-san in the art form of karate. Miyagi teaches him household chores that double as vital karate movements. In the same way, Christian exercises indirectly train us for Christian living.

For example, fasting from food indirectly teaches us that we don't have to have what we want; it trains us to curb instant gratification. It teaches us patience. We work on that as we fast so we don't have to think about it when a tense moment requires patience. Patience will be second nature for us.

We also engage in Christian spiritual formation exercises because it helps to connect us to the Christian community. When a group of people does a common practice, it bonds them. It also allows each to teach and admonish one another in winsome ways.

## How to Get the Most out of This Course

Everyone is at a different and unique place in their faith journey. There is no cookie-cutter approach that will meet everyone where they are at. In that regard, we offer the menu below so that you can customize and determine the best way to engage with the course. As we take small steps of faith, the Holy Spirit will work within us to transform us to be more like Christ. You will get out of the study what you put into it. The table below lays out activities (disciplines) that can facilitate spiritual growth in your life. Please consider how you want to engage and come prepared to share your decision next week.

ACTIVITY	SELECT
Attend meetings and do one exercise (the minimum)	X
Read the "Handout" for the next session and answer discussion questions before the next meeting	
Listen to the sermon	
Read the <i>Going Deeper Commentary</i> and prayerfully consider the implications for your life	
Explore the other online resources (video intro for each session, <i>Transformation Stories</i> , etc.)	
Engage with others about the topic outside of group	
Luke 11:9-10 (Go to <a href="http://whoamibecoming.org">whoamibecoming.org</a> > Session 1 > Ask, Seek, Knock <ul style="list-style-type: none"> <li>• Ask God for His input and insight regarding the topic each week</li> <li>• Listen for His answer</li> <li>• Obey (take action if necessary)</li> <li>• Repeat</li> </ul>	

## Online Resources

See [whoamibecoming.org](http://whoamibecoming.org) for resources:

- *Series Overview* PDF
- *Meeting Handout* PDF (seven)
- *Going Deeper Commentary* PDF (six)
- Sermon video (six)
- *Transformation Stories* PDF and/or video
- *Christian Spiritual Disciplines with Sample Exercises* PDF
- *Leaders' Guide* PDF
- *Questions for Outcomes (Examen)* PDF
- *Participants' Guide* PDF
- *Discerning God's Will* PDF
- *Writing Your Transformation Story* PDF

## Who Can Benefit from This Series?

- The 90-minute format of the *Meeting Handout* is designed for LifeGroups or other small groups.
- The 60-minute format of the *Meeting Handout* is designed for Sunday School classes and mentoring.
- The *Meeting Handout* can also be used for personal devotions. However, the maximum benefit will be realized when engaging together with at least one other person.

The *Who Am I Becoming?* team consists of: Joe Skillen, Jeff Stukey, Matt Ehresman, Chloe Willems, Brent Warkentin, Andy Owen, Jana Hildebrandt, Elaine Jelinek, Becky Spahr, Margaret Stukey, Kim Bontrager and Steve Blasdel. Additionally, thanks to the numerous people who shared their *Transformation Stories*.