

PRACTICING THE WAY

Key Scriptures

John 14:6	John 14:15–17	John 15:4–5	Matthew 11:28–30	Matthew 7:24	John 13:35
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We Are All Being Formed

- Every person is being formed—whether we realise it or not
- Formation happens spiritually, emotionally, relationally, neurologically, and morally
- Our habits, pace, anxieties, phones, and life experiences are shaping us

Key Question:

Not “*Am I being transformed?*” But “*Who—or what—is forming me?*”

- We admire Jesus, sing about Jesus, believe in Jesus
- But are our lives being **formed by Jesus?**

Jesus Is “The Way”

John 14:6 (NLT)

“I am the way, the truth, and the life...”

- Before the word *Christian*, believers were called **followers of the Way**
- Jesus is not just a guide *to* God — He **is God in the flesh**
- God created humanity as **Imago Dei** (image-bearers)
- Humanity is flawed, broken, selfish — and yet there is no “Plan B”

Jesus fulfills what we could not

- The Law was good, but could not transform hearts
- Jesus comes to fulfill the Law and **write it on our hearts** (Jeremiah)
- He offers a new way to be human — formed by love, compassion, justice, and inclusion

Jesus Offers an Extraordinary Life

John 10:10

“I have come that they may have life, and life abundant.”

- The word *abundant* (Greek: *perissos*) means:
 - Exceeding the usual
 - Extraordinary
 - Remarkable

Jesus doesn’t offer just survival — He offers flourishing





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Transformation Comes Through the Spirit, Not Striving

John 14:15–17

- Obedience still matters — but now it flows from relationship
- The Holy Spirit empowers us to live this life
- Shift from external rules → internal transformation

This is not perfectionism

- It's connection
- It's participation
- It's becoming more like Christ through the Spirit

Abiding Is the Source of Fruit

John 15:4–5

- We are branches, Jesus is the vine, He provides the nutrients we need to produce healthy fruit
- Fruit comes from **remaining**, not striving
- We are producing fruit right now — the question is *what kind?*

Fruit can look like:

- Peace
- Healthy relationships
- Love for others
- Sharing good news
- A life that blesses others

Jesus Invites Us to Apprenticeship, Not Just Belief

Matthew 11:28–30

- Jesus invites the weary and burdened
- “Take my yoke... learn from me”
- *Learn* = apprentice

In the first century:

- Following a Rabbi meant:
 - Be with them
 - Become like them
 - Do what they do

Jesus didn't say:

- “Agree with me”
- “Say a prayer and wait for heaven”

He said:

“Come, follow me.”



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Following the Way Requires Intention, Not Just Inspiration

- We live in an age of endless spiritual content
- Inspiration is good — but inspiration alone does not transform

Matthew 7:24

“Anyone who listens to my teaching and follows it is wise...”

- Practice is the bridge between belief and becoming
- Grace is not opposed to effort — it is opposed to earning
- We cooperate with grace through intentional practices

The Practices of Jesus Shape a Life Like His

Jesus practiced:

- Prayer
- Solitude
- Sabbath
- Fasting
- Community
- Alignment with God’s will

These practices are not legalistic rules

- They are relational habits
- They keep us connected to God
- They slow us down enough to notice God
- They shape us into Christlikeness

Transformation Is Slow, Hidden, and Often Unimpressive

- We expect instant results
- Jesus describes the Kingdom as a process
 - Seeds growing underground
 - Yeast working through dough

Practices work over time

- Peace through God’s presence is immediate and becomes more tangible over time
- Long-term rewiring of desires and loves
- One day we look back and realize — our life has shifted

Hurry Is the Enemy of Spiritual Life

- Hurry destroys love, listening, and presence
- Jesus was never rushed
- He embraced interruptions and obscurity



Slowing down is spiritual wisdom

- Time with God multiplies peace
- God's time restores and energizes us

Community Is Essential to Practicing the Way

- Jesus never practiced alone
- He lived, travelled, and ate with others

Community provides:

- Encouragement
- Accountability
- Grace
- Growth

Isolation leads to stagnation but transformation happens in community and connection

The Goal Is Love, Not Perfection

- Practices are not about earning God's love
- They make space to **receive** God's love
- The goal is not to be impressive — but connected

John 13:35

“By this everyone will know that you are my disciples, if you love one another.”

The Invitation

Jesus' invitation still stands:

“Follow me.”

Questions to reflect on:

- Are our habits aligned with our hopes?
- Is our pace aligned with love?
- Is our schedule aligned with our values?

This is not about trying harder — but training wisely
Not about more activity — but deeper connection

Invitation:

- Slow down
- Abide
- Practice
- Become

