

1) Dr. Todd Hall mentioned three approaches to spiritual transformation that taken on their own will ultimately fail. First is the Nike approach, "just do it," whereby we try to defeat sin, cultivate virtue, do the right things, and be a good kid. The second is the intellectual approach, whereby we try to study ourselves into closeness to God, thinking that by knowing more we will love more. The third is the emotional high approach, whereby we think that if we can generate enough feeling (worship music, find a "passion" for ministry, etc.) we will be spiritually transformed. **As you look back at your history, which of these approaches have you relied upon most? How has that worked out for you? Take minutes to explore this with God?**

2) Dr. Hall concluded that all of the approaches above will only be helpful if you open yourself to a fourth approach: relational transformation. If the goal of spiritual transformation is to love God and love neighbor, we can finally only be transformed by God's love. We must be "loved into loving." **Take 10 minutes and talk to God about what you think of that idea. How easy is it for you to receive love from Him and from others. Are there events or relationships in your past that make opening up to that love difficult? Is there a particular place in your heart that you've help apart from God's love, choosing (unconsciously) to somehow get what you need on your own ("just doing it," "being smarter," or trying to find adrenaline rushes to feel "spiritual" or at least numb the pain)? is God inviting you to receive his love more deeply or more particularly in an area of your heart or memory?**