

## Session 2: Renovation of the Heart:

### “Unstuck: What Holds Us Up in Progressing Toward Becoming Like Jesus?”

As you listened to the video, what did you think? How did you feel? What questions do you have?

#### Renovation Questions

##### 1. John 14:10-11:

“Do you not believe that I am in the Father and the Father is in me? The words I say to you I do not speak on my own authority, but the Father who dwells in me does his works.”

What does it mean for you to believe that Jesus is in the Father and the Father in Jesus? 🤔

How does this understanding of their relationship influence your own relationship with God? 🌱

In what ways do you see God's works manifesting in your life through your relationship with Jesus?

##### 2. Romans 8:29:

“For those whom he foreknew he also predestined to be conformed to the image of his Son.”

What does it mean to you to be “conformed to the image of his Son”? 🧩

How can you actively participate in this process of transformation? 🔄

What are some characteristics of Jesus that you find challenging to embody? Why? 🤔

##### 3. Matthew 11:28-30:

“Come to me, all who labor and are heavy laden, and I will give you rest.”

What burdens are you carrying that you need to bring to Jesus? 🛒

How do you interpret the promise of rest that Jesus offers? What does that rest look like in your daily life? 🛏️

What steps can you take to surrender your worries and trust in Jesus' invitation? 🧘

##### 4. Philippians 1:6

“And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.”

What does it mean to you that God is actively working in your life? 🔧

How can you cultivate a sense of hope and patience as you wait for God to complete His work in you? ⌚

In what areas do you need to remind yourself of God's faithfulness and commitment to you? 🙏

#### Takeaway

**Understanding Christlikeness:** Embracing the journey of becoming like Jesus is not about self-effort but about a deep, transformative relationship with God.

**Mutual Indwelling:** Just as Jesus was in the Father and the Father in Him, we are invited into that same intimate relationship, which can change our lives.

**Hope in Transformation:** Recognizing that our struggles do not define us, but rather our connection to God through Jesus is what leads to true transformation and peace.

**Reflect on the Invitation:** Each verse reminds us of our deep connection with God and His ongoing work in our lives. Consider how you can lean into this relationship to experience transformation and rest.

**Encouragement:** Trust that God is committed to your growth and transformation and take comfort in the promise that you do not walk this journey alone. Embrace the invitation to come to Jesus and find peace.