



# Countercultural Practices

*Week 1: Who Are You Becoming | Teacher: Libin Abraham*

*Sermon Questions for 6.29.2025*

## Opener

When was the last time you had a good amount of free time? What did you do with it?

## Read

Romans 8:28-29; 2 Corinthians 3:18; Matthew 6:1-2, 5, 16; Mark 2:27; 1 Corinthians 4:17

## Main Points

1. The middle part of our definition of discipleship is, "Actively depending on the Holy Spirit as he transforms us from within into Christ's likeness."
2. Different life stages brings different questions: (a) Childhood: identity and imagination - what do you want to be when you grow up? (b) Teen Years: achievement and potential - what are you good at? (c) Young Adult: career and status - what do you do for a living, where do you work, when are you getting married? (d) Adulthood: responsibility and busyness - how's work, what are you doing to stay busy? (e) Later Life: character and legacy - how will you be remembered?
3. No matter that stage of life you're in, the question that matters most is "Who am I becoming?"
4. Spiritual practices are: (a) not for public accolades, (b) not our masters; they are our servants, (c) not in opposition to grace but in partnership with it, (d) not about addition, but are about subtraction and intentionality.
5. Choose the practices you most need right now.
  - a. Practices of Abstinence: solitude, fasting, sabbath.
  - b. Practices of Engagement: prayer, service, generosity, Scripture, community, witness.

## Engage with God in a Group

- Which practices do you struggle with the most? Which one(s) seem to come more naturally for you?
- Are the habits and rhythms of your life conducive to you becoming more and more like Jesus in your daily life?
- Which practice do you think you need more of in this season of your life?
- When you look at your calendar, what are some things that God may be inviting you to subtract to cut down on busyness?

## Bottom Line

Jesus assumes to be normal what we often view as optional.