

# the **DRIFT** *formed*

## Day 1—Read Galatians 6:7-10

### *Doing*

God created us to do. Our bodies were made to move. Our minds were created to think logically and solve problems, to create and to dream. From the scripture we read that the place in our heart that we work from determines whether we reap destruction or eternal life. Working *in step with the Holy Spirit* as opportunities arise reaps a harvest.

What does your heart look like when you're working? Do you find joy and peace? Or do you become embittered? Consider the things you do and figure out whom you're trying to please. Include some of the following typical Christian practices in which you may be working with the wrong frame of heart. Ask God for help in getting your heart on track.

- Praying for others
- Scripture study
- Planning
- Serving
- Obeying
- Working
- Playing
- Relationships with a shared purpose

## Day 2—Read Galatians 3:1-3; 4:6; 5:16

### *Being*

Being can sometimes be hard to define. When we talk about being, we're talking about sitting with God and just being together. If you've ever been on a long road trip with someone, you know that during that journey you can talk for hours or you can be silent. You can laugh and you can be vulnerable. You can be wholly yourself. Imagine being on a road trip with God. Your togetherness looks like different things at different parts of the journey, but you're still together. That's being.

Consider some of the ways that you're present with God. What brings you the most joy and peace? Do you use some of the following methods?

- Quiet prayer
- Meditation
- Thinking
- Rest
- Singing
- Journaling
- Scripture meditation
- Silence
- Sabbath
- Relationship for its own sake
- Worship

## Days 3&4—Meditate on Galatians 3:1-3

### *Balance vs Rhythm*

Using the bullet point activities from days 1 & 2, write out what your typical week looks like. For example, Sunday for some people looks like worship in the morning and relationships with a shared purpose (small group) in the evening. Monday is praying for others in the morning, singing during the day, and Scripture meditation in the evening. And so goes the week. What does your week look like? Take some time to lay it out and see where you are.

Here's the question to ask yourself at this point: Are you stronger at doing or being? Do you teeter totter back and forth in extremes, sometimes crashing on the other side? Or have you found a rhythm of doing a little and being a little each day? If you tend to live on a teeter totter, how did you find your way there and how can you plan differently to develop a rhythm?

## Day 5—Meditate on Galatians 4:19-20

### *Christ Formed in You*

Just as the Apostle Paul desired for Christ to be formed in the Galatians, Jacob's Well has a vision to journey together to know and become like Jesus. At Jacob's Well we're passionate about helping you learn to become a self-feeder. A self-feeder is a person who is intrinsically motivated by the Holy Spirit's power instead of the pastor's persuasion! As knowledgeable as pastors may be, they're NOT the source to fulfill every spiritual need - no person or ministry is. Only the Holy Spirit is able to fill that role. A self-feeder knows how to evaluate where he/she is emotionally, physically and spiritually while seeking direction from the Holy Spirit.

- Do you have an intentional plan to be a self-feeder? Have you thought about finding a rhythm of doing and being this week?
- Who is on that journey with you? Having someone else hold you accountable to a rhythm makes the bumps in life much more manageable.

## Next Steps

Recommended reading:

*The book of Galatians*

*Practicing the Presence of God* by Brother Lawrence

*The Good and Beautiful God* by James Bryan Smith

*The Life You've Always Wanted* by John Ortberg