

A glowing lightbulb is held in two hands, palms up, against a wooden background. The lightbulb is illuminated, casting a warm, yellow glow. The hands are positioned symmetrically around the bulb, with fingers slightly curled. The wooden background has a vertical grain pattern.

Spiritual Formation

the process of becoming Christ-like

Dolf Odendaal

How does spiritual transformation work?



A battle rages...



²¹ So I find this law at work: although I want to do good, evil is right there with me. ²² For in my inner being I delight in God's law; ²³ but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me.

Romans 7: 21 – 23 (NIV)

We **underestimate** the power of...

1. The sinful nature in us



2. The redemptive power of Christ in our lives



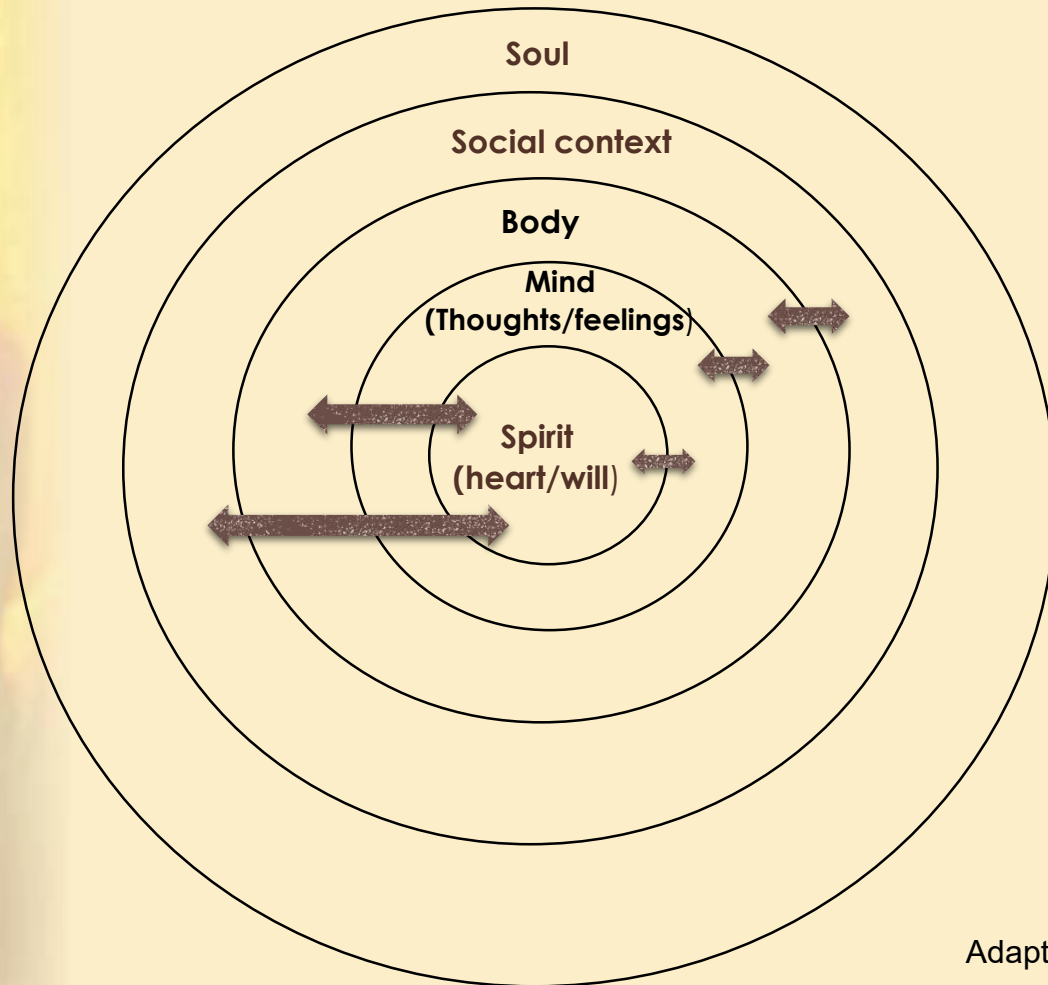
Life in our mortal bodies?

- ▶ ¹¹ And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also **give life to your mortal bodies because of^e his Spirit who lives in you.**

Rom 8:11

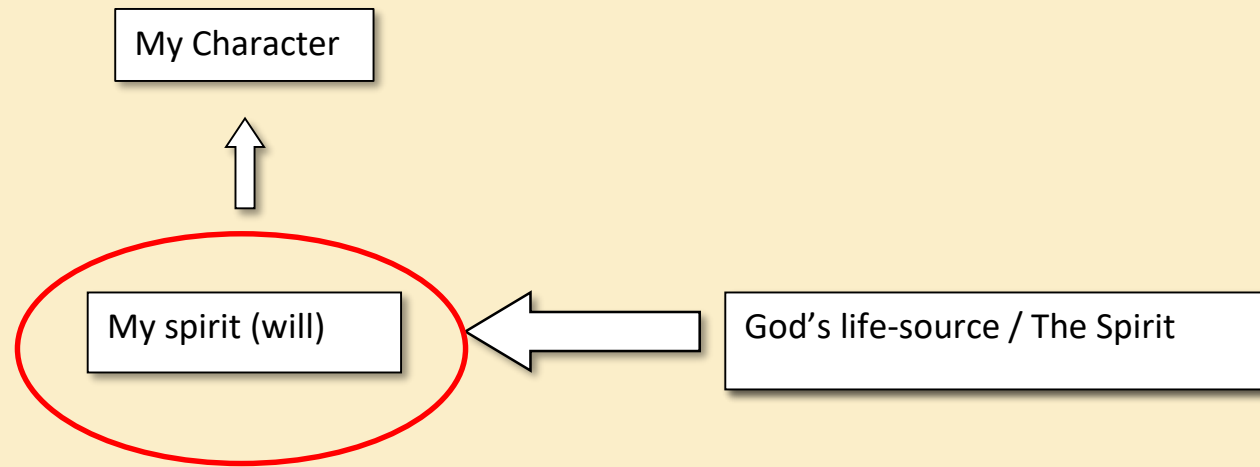


Basic components of a human



Adapted from Dallas Willard's *Renovation of the heart*

Spiritual transformation



Spiritual disciplines

Disciplines of abstinence



Disciplines of engagement





Spiritual disciplines

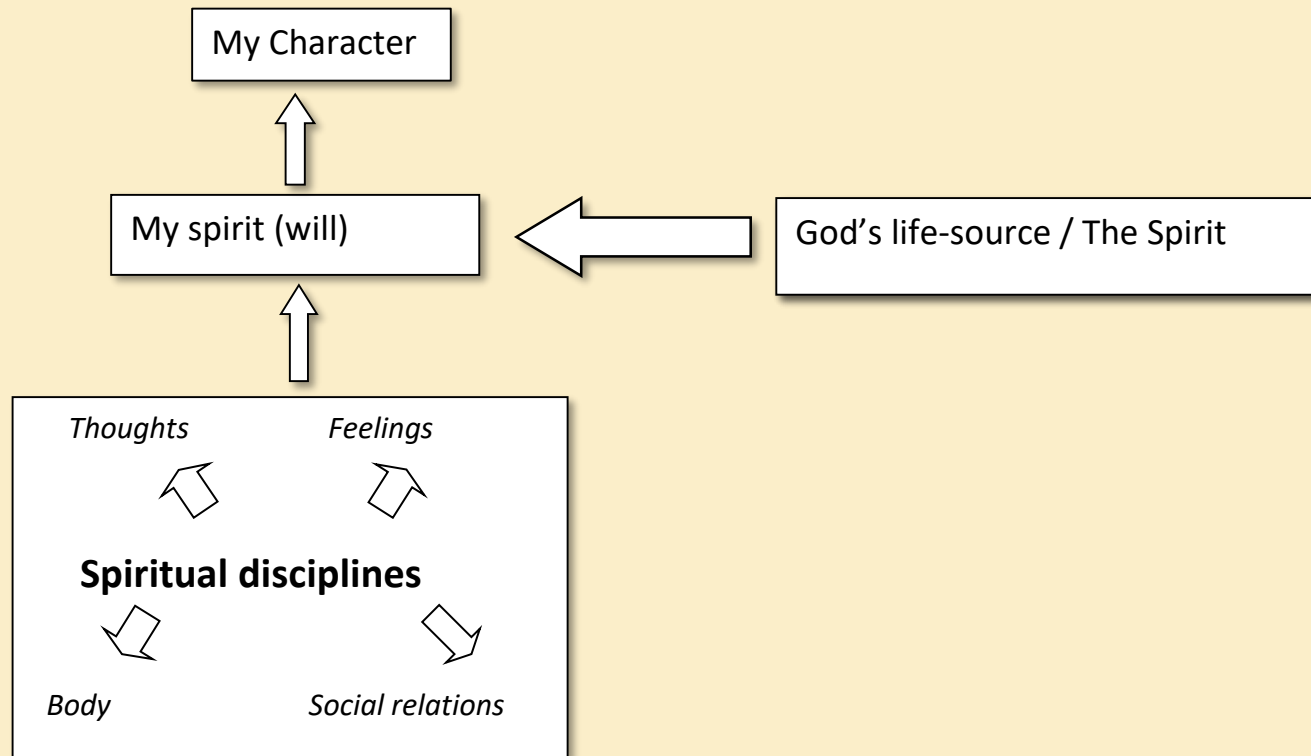
Disciplines of abstinence

1. Solitude
2. Silence
3. Fasting
4. Frugality
5. Secrecy


Disciplines of engagement

1. Study
2. Worship
3. Celebration
4. Service
5. Confession
6. Submission

Spiritual transformation



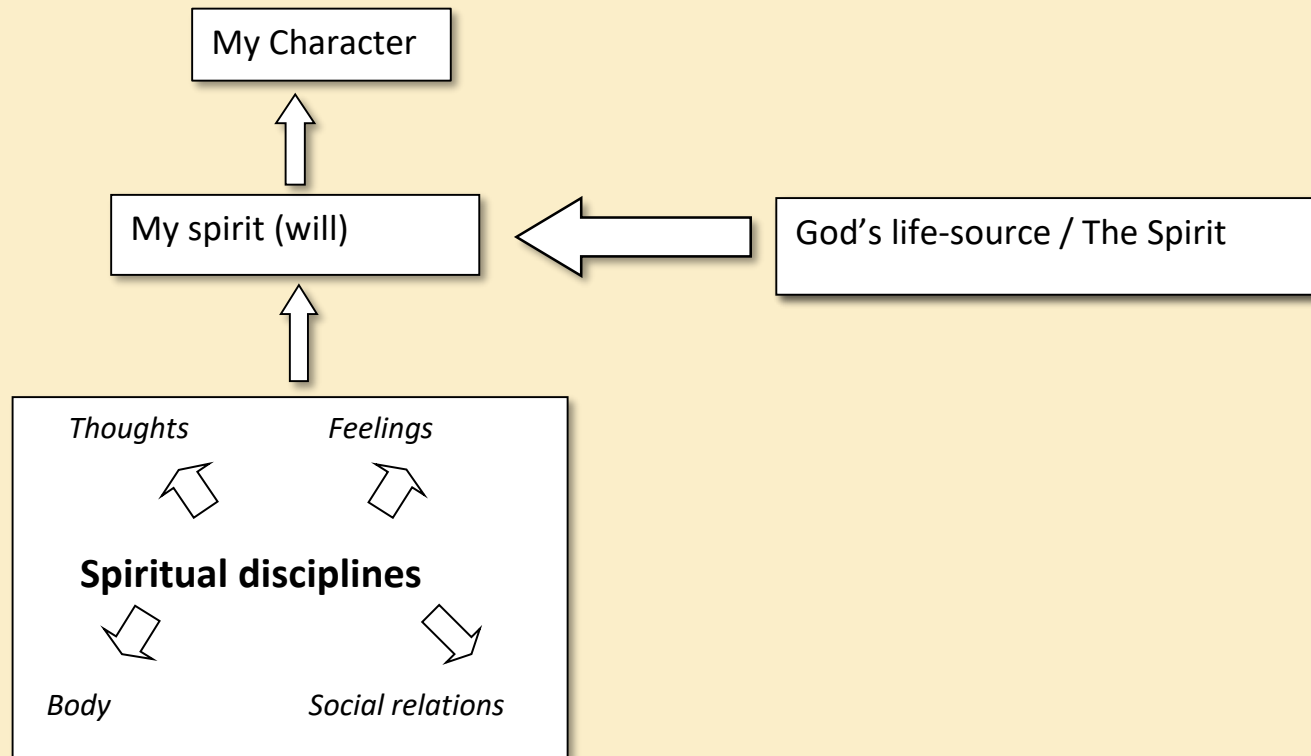
Adapted from Dallas Willard's *Renovation of the heart*.



Formation of the character

Not trying, but training

Spiritual transformation



Adapted from Dallas Willard. *Renovation of the heart*.

The path to Christ-likeness

God's Spirit + habitual Godly choices =



Living by the Spirit – a fresh look?

- ▶ ⁵ Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. ⁶ The mind governed by the flesh is death, **but the mind governed by the Spirit** is life and peace. ⁷ The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. ⁸ Those who are in the realm of the flesh cannot please God.

▶ Rom 8: 5 - 8



Acknowledgments

Prof. Dallas Willard

