



THE
WAY
HOME

BEHOLD YOUR KING
A SERIES IN LUKE 19-24

How do we change?

1) Change your narratives (story):

Deep change doesn't happen simply by jamming the right information into our heads. It requires connecting new ideas, and God's vision for our life, with the life we presently live. This involves identifying the narratives that drive our hearts towards the story – our vision for the good life – that we long for.

We are storied creatures. We interpret events, dreams, memories, hopes, disappointments, loves – all through narrative. There are family, cultural, and religious narratives that impact who we are. These narratives run our life, unconsciously. And they are difficult to identify, and often remain unchallenged until we die.

Change happens as we begin to identify the narratives that drive us and the stories we tell ourselves, and measure them against Jesus' narratives and what God says about who we are.

2) Practice new habits:

Habits of the heart, or spiritual disciplines, are activities that engage our whole body – our heart and mind and strength. They are training exercises that help us to do what we presently cannot do by sheer effort or willpower (1 Corinthians. 9:25; 1 Tim. 4:7-8; 2 Tim. 2:5).

A great exercise is to identify the bad habits in our life, reflect on what those habits reveal about the narrative that's driving our life, then replace them with new habits.

For example:

Deforming Habit	False Narrative
Wake up exhausted again because I never go to bed on time	I am not a creature; I am infinite. My body will be fine. I am a god.
Look at work emails on my phone before getting out of bed	Being too busy is normal, and maybe even desirable. To stay important, I need to stay busy, and that means being late all the time.
Even when I sense my life is getting out of control, when the best word to describe my life is "scattered" or "busy", resist restricting technology use or work schedules.	To limit myself is to restrict my freedom. And I'm not fully human without my freedom of choice in every moment. The good life comes from choosing what you want.

3) Participate in Christian community:

We were made for community. We are made in God's image, and since God dwells in a perfect community of love (Father, Son, and Holy Spirit), we too share a yearning to be part of something bigger than ourselves. Sometimes our tendency is to approach growth as an individual exercise, but while our growth is our responsibility, our growth is most profoundly impacted by others.

4) Rely on the Holy Spirit:

Just as it's the Holy Spirit who opens our eyes and hearts to receive Christ as Lord, it's the work of the Spirit in us to form us into the character of Christ.

"And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit." - 2 Corinthians 3:18



[This diagram is copied from James Bryan Smith, The Good and Beautiful God, pg. 24]

Habit	What is it	Jesus/NT
Solitude/ Silence	Solitude means withdrawing in order to be with God. This is a deliberate decision to attend to the presence of God and reflect on how we can live more authentically from our relationship in Christ.	Jesus often withdrew to solitary places to be with God in silence and prayer (Luke. 4:42; 5:16; 6:12)
	Silence is a companion to solitude – we turn off our phones, get away from noise, and quiet ourselves in God’s presence. Disconnecting from other voices and noise brings us back to who we are before God and stillness helps us to remember, “I am not what I do.”	
Rest	Rest means we stop doing what we would normally consider “work”. (This was historically the “Sabbath” - one day a week, but it can be shorter or longer than that).	Jesus instructed that it’s lawful to do good on the Sabbath (Matthew 12:8, 12)
	Rest helps us to remember our limits and that my life doesn’t always need to be about getting things done. I’m free to play and enjoy God’s creation for its own sake.	
Fasting	Fasting involves abstaining from certain things like food or drink or technology. This helps to free us from having to have what we want. It trains us so that our bodily desires need not rule our life.	Jesus fasts in the wilderness (Matthew 4:2, 4) Paul fasts before he makes important decisions (Acts 14:23)
	Frugality means refraining from grasping for money or possessions to satisfy our desires for comfort, status or luxury. Simplicity means avoiding having our life cluttered with unnecessary busyness and events that distract us from our purpose in Christ. Frugality helps us to be content with what we have (even to be generous – to give stuff away!) Simplicity helps us to be good stewards of our time and to prioritize what’s most important.	Jesus warns about a life cluttered by the need for things (Matthew 13:22; 1 John 2:15-17)
Study/ Meditation	We read and study God’s word and meditate on the truths of Scripture.	Jesus meditated on Scripture (Matthew 4:4, 7, 10)
	This helps us to remember who God is, and who we are in Christ, and to become aware of God’s presence and work in our life.	
	You might start a Bible reading plan, commit to memorizing Scripture, and keeping a journal of your reflections. Finding someone to share this with gives the opportunity to mutually support one another through prayer.	

Habit	What is it	Jesus/NT
Thankfulness	We give thanks to God for his goodness to us, for the true joy that comes from him, and his gifts of grace in every season.	Jesus tells his disciples to rejoice that their names are written in heaven (Luke 10:20)
	This frees us from defining life according to our circumstances and helps us to imagine what God might be doing in and through us. This might also include giving thanks for others and speaking encouragement to them.	Jesus promises his disciples a joy that will never be taken away (John 16:22)
Service	We look for opportunities to meet the needs of others by laying down our rights and desires to please ourselves and instead give generously.	Jesus' posture was that of a servant – and he instructed his disciples to do the same: “By this everyone will know that you are my disciples, if you love one another.” (John 13:35; Mark 10:45)
	Serving together brings into the joy of being caught up in something bigger than ourselves.	
Hospitality	Hospitality involves inviting people into your space and being a faithful presence in their space.	Jesus taught about how our hospitality reflects God's (Luke 14:12-14, 15-23)
	Hospitality is a great opportunity to build connection with non-Christian friends, and to “merge universes” (i.e. Introduce your non-Christian friends to your Christian friends)	
Prayer	In prayer we enjoy God's presence and come before his throne of grace to speak honestly from the heart, confessing sin, and asking God to meet our needs – and those of others.	Jesus spent time with God in prayer (Matthew 14:23; Luke 3:21; 5:16; 6:12)
	This helps us to rest in our God who knows all things and who is in control of all things. It helps us to be honest with ourselves before God. Praying with others is a great way to build friendships that are centered on God.	Our posture in prayer is that of a child speaking to our Father (Matthew 6:9)
Presence	What it is: Putting away the distractions of technology, like phones, so that we can be present and connected with the people we love.	Jesus is never distracted - he is responsive and attentive to people and their needs (Mark 1:23, 29, 32)
Community	What it is: Meeting together as family to encourage and serve each other and prepare our hearts to hear from God through prayer and in his word. We do this as we gather together as church on Sunday. Also as we meet together in Growth Group.	The early church met together regularly as an expression of their fellowship with God. (Acts 2:42-47)

Determine your goal – Commit to habits

Habits are a means towards growth, they train us and form us to be the people God has made us to be. So it is important to begin with the end in mind – to have a vision for the kind of person you could be under God, and to write down a goal that is concrete and specific. Remember that change takes time, so your goal needs to be realistic. You might ask someone you trust to reflect if they think your goal is realistic. Once you’ve set a goal, consider committing to one habit that seems a natural fit for who you are, and also one other habit that will stretch you a little.

Take some time to reflect on these questions below. Pick a time where you can slow down your thoughts, and where you can be silent and sit still. Pick a place that is quiet. Pray to God, and ask him:

- Where am I most tempted? What idols are taking root in my heart?
 - Where do I feel disconnected? Distracted?
 - Where do I have struggles in my relationships with others?
 - What habits do I need to replace because they’re deforming not transforming?
1. Set a goal: Reflect on your own life with God...where might God be challenging you to grow?
 2. Write down your intention...how would you like to grow?
 3. What are the means (habits) to help you grow?

For example,

‘I think God wants me to stop taking responsibility for things I can’t control.’

‘I intend to become a person who doesn’t need to take control of everything’

‘By habits of daily solitude and silence, where I’m resting my heart in the presence of God, and daily journaling where I write down my thoughts and feelings to better understand what triggers my anxiety.’

I think God wants me to:

I intend to:

By:

NOTES



Recognising the **King** Luke 19:28-48

Read Luke 19:28-48

Reflect on the talk and the passage.

HEAD

1. What are the 3 responses to Jesus that we see going on in this passage? (verses 37-38; verses 39 & 47; verses 45-46).

HEART

2. Discuss how these 3 responses to Jesus can be seen in today's world.

3. Spend a few minutes individually reflecting on your own heart response to Jesus. If you feel comfortable, share with your group where you are encouraged, and where you struggle.

PRAY

Pray for each other out of Q3. Pray that God gives you clarity over application in the coming questions.

HEART HANDS

4. Discuss what our lives should look like if we profess to have a disciple's response to Jesus.

5. Refer to the list of habits at the front of the book. Which habit do you need to work on this term in order to build your resilience as a disciple of Jesus?

Habit:	I think God wants me to:	This week I will:

PRAY

**It's good to be
prayerful in
everything we do.
This is a place to list
prayer points for:**

Your own journey

**The members of
your Growth Group**

**Your group's Cross
Culture Connect
Partner**

**Your unbelieving
friends and family**

NOTES



Rejecting

the

King

Luke 20:1-19

Read Luke 20:1-19

Reflect on the talk and the passage.

HEAD

1. Discuss the motivation for how the tenants treated, first the servants, then the owner's son? What would have been a right motivation?

2. Discuss the motivation for how the religious leaders respond in this passage (especially verses 20:6, 19)? What would have been a right motivation?

HEART

3. Spend some time reflecting on your motivations for how you treat your walk with God. Do you have things you fear losing, or things you reach for? If you feel comfortable, share with the group where you are encouraged, and where you struggle.

PRAY

Pray for each other out of Q3. Pray that God gives you clarity over application in the coming questions.

HEART/HANDS

4. Discuss how the sacrifice of Jesus for us can shape a right response to God in our day to day life.

5. Discuss one way you have seen your habit of the heart start to take shape over the last week? What's been challenging? What's been encouraging?

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3 Interrogating the King Luke 20:20-21:4

Read Luke 20:20-21:4

Reflect on the talk and the passage.

HEAD

1. The religious leaders try to trap Jesus with 2 questions (20:22 and 20:33).

What trap did they try to set?	What was Jesus' response?

HEART

2. Compared to the hypocrisy of the proud religious leaders, the widow shows incredible humility and generosity (21:1-4).

How do you feel noticing both how this widow is oppressed at the hands of these wicked leaders, but also seeing her humility and generosity?

3. Disciples of Jesus must beware the danger of hypocrisy – as seen with these religious leaders in their pretence of religion, while idolizing their position and power (21:45-47). Jesus calls us to be people of integrity – which means examining both the idols of our hearts, and our behaviour towards others (which also reveals our idols).

Spend a few minutes reflecting individually on the idols of your heart, and your behaviour towards others. Where might Jesus be challenging you to grow integrity?

4. Discuss in the group ways you can sometimes try to question Jesus, in order to push your own agenda for these idols.

PRAY

Pray for each other out of Q3 and 4. Pray that God gives you clarity over application in the coming questions

HEART/HANDS

5. Discuss one way you have seen your habit of the heart start to take shape over the last week? What's been challenging? What's been encouraging?

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4 Standing with the King Luke 21:5-38

Read Luke 21:5-38

Reflect on the talk and the passage.

HEAD

1. Jesus paints a pretty alarming picture in this passage. What do you think his reason is for telling this to his disciples? (verse 8-9, verses 14-15, verses 34-36)

HEART

2. We live in an anxious age. Stop and take a moment to reflect on how the things going on around us in the world – our media consumption, our use of time and energy – are a distraction to living for Jesus. If you feel comfortable, share with the group what you find distracting or worrying.
3. Re-read verses 14-15 and 18-19. How do these verses change how you view the things you listed in question 2?

PRAY

Pray for each other out of Q2-3. Pray that God gives you clarity over application in the coming questions

HEART/HANDS

4. Discuss how you will live this peace out in your life.

5. Discuss one way you have seen your habit of the heart start to take shape over the last week? What's been challenging? What's been encouraging?

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5 Meal with the King Luke 22:1-38

Read Luke 22:1-38

Reflect on the talk and the passage.

HEAD

1. Satan is mentioned twice in this passage (verse 3 and 31). What is the warning Luke is trying to give us in these verses? What comfort can we take from verse 32?

2. Re-read verses 24-30. What is the command Jesus gives us here?

HEART

3. Take a moment to reflect on a time you chose to turn your back on Jesus. What was going on in your heart? If you feel comfortable, share some of your reflections with the group.

4. In verse 32, we see a foretelling of Jesus forgiving and restoring Peter. Discuss in the group how you feel knowing that in those moments of weakness, you can always return to God and find forgiveness and restoration.

PRAY

Pray for each other out of Q3-4. Pray that God gives you clarity over application in the coming questions.

HEART/HANDS

5. What is one way you can serve others in your life?

6. Discuss one way you have seen your habit of the heart start to take shape over the last week? What's been challenging? What's been encouraging?

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Pray like
the **King** Luke 22:39-53

Read Luke 22:39-53

Reflect on the talk and the passage.

HEAD

1. In the events leading up to Jesus' arrest and death, Luke paints a clear picture of the cosmic nature of these events. Re-read 22:3, 31, 43, and 53. What pointers do we see here of the cosmic battle going on?
2. What are the 3 responses to this cosmic battle that we see play out in the Garden? (verse 42, 45, and 49-50)

HEART

3. Spend some time reflecting on which of these 3 responses you tend towards. If you feel comfortable, share with the group where you are encouraged and where you struggle.
4. Discuss in your group ways you can stand firm in your faith, and not deny Jesus as the king of your life. What does it look like in your day to day?

PRAY

Pray for each other out of Q3-4. Pray that God gives you clarity over application in the coming questions.

HEART/HANDS

5. Discuss one way you have seen your habit of the heart start to take shape over the last week? What's been challenging? What's been encouraging?

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Denying the King Luke 22:54-23:25

Read Luke 22:54-23:25

Reflect on the talk and the passage.

HEAD

1. In this passage we see first Peter, then the religious leaders, and then the rulers of the day, denying Jesus as the rightful king. How do each of them deny Jesus in their own way?

Peter (verses 54-62)	Religious Leaders (22:66-23:2)	Herod and Pilate (23:13-21)

HEART

2. List some ways we see how people today deny Jesus in each of these three ways

Peter	Religious Leaders	Herod and Pilate

3. Behind each of these responses is a heart response. Take a few moments to reflect on what might be going on in your heart when you act in a way that denies Jesus as King over your life. If you feel comfortable, share with your group where you are encouraged and where you struggle.

4. Discuss in your group (or break up into pairs/triplets) what it means to pray with confidence. And what does it look like to submit to God's will in all (re-read verse 42).

PRAY

Pray for each other out of Q3-4. Pray that God gives you clarity over application in the coming questions.

HEART/HANDS

5. Discuss one way you have seen your habit of the heart start to take shape over the last week? What's been challenging? What's been encouraging?

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Behold the **King** Luke 23:26-56

Read Luke 23:26-56

Reflect on the talk and the passage.

HEAD

1. In this passage we see different people responding to Jesus. Who are they and how do they respond?

HEART

2. From the responses identified in question 1, how do you feel when people respond to Jesus in these same ways? How can we accept their responses well?
3. In verse 45, the temple curtain tears in two. How do you feel when something you have been depending on is torn in two or torn away?
4. The crucifixion is the event on which our faith rests, after this everything is different. Reflect on this culmination. What is it like to understand the significance of the cross?

PRAY

Pray for each other out of Q2-4. Pray that God gives you clarity over application in the coming questions.

HEART/HANDS

5. Discuss one way you have seen your habit of the heart start to take shape over the last week? What's been challenging? What's been encouraging?

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Behold Your King

Luke 24:1-53

Read Luke 24:1-53

Reflect on the talk and the passage.

HEAD

1. Look back through Luke 24 and identify all the times that events are linked together. Why might Luke be showing us the links back to scripture & the life of Jesus?

HEART

2. The women went to the tomb and found it empty. Talk about this scene. Why is it important for us to deeply understand what is happening here?

3. Verses 13-35 share a story of guys walking along a road and chatting. What is happening here?

4. Last week we saw that the temple was changed forever with the tearing of the curtain. Luke finishes with the believers returning to the temple with great joy, praising God. Our place of safety is no longer a place, but the person of Jesus? How does that make you feel?

PRAY

Pray for each other out of Q2-4. Pray that God gives you clarity over application in the coming questions.

HEART/HANDS

5. Discuss one way you have seen your habit of the heart start to take shape over the last week? What's been challenging? What's been encouraging?

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**Living
Church.**

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