

Basic Anatomy for Spiritual Formation – Part 2 of 2

“Body and Soul”

Discussion Questions

1. John shares the pattern of “Cue”, “Behavior”, and “Reward”, and the method of finding alternate behavior that provides the same reward. Give an example from your life where this might be helpful. In other words, what habit would you like to change that might benefit from this pattern?
2. John talks about “Dis-integration” of the soul where instead of harmony between our will, mind, body, relationships, soul, and God; we have sin causing us to hide our willful sin from the mind through rationalization and then disguising my face so you won’t know how I really feel about you. This results in dis-integration of the soul. Discuss your thoughts about this.
3. John’s final summary is of a “Lost Soul” and he quoted Matt. 16:26. Share your thoughts about this description of a lost soul. Does it resonate with you?
4. What is your takeaway from this session?

Notes:

Key Points:

- The main thing you and God get out of your life is the person you become.
- Sin always causes the dis-integration of the soul.
- The double-minded person can never be satisfied because of the multitude of internal conflicts.

