

Glorious Transformation: One Key Ingredient for Spiritual Health

Apart from the bandit on the cross, most of us don't go straight to heaven when we are saved. Therefore, we have to engage with the process of spiritual growth and sanctification. While there is a lot of information available, and some of it is very helpful, this seminar is about one key aspect of healthy Christian living that is often overlooked: the gaze of our hearts. What is it? Why does it matter? What can we do to grow?

Peter Mead is the director of Cor Deo, a mentored study and ministry training program in Chippenham, England. Peter is on the leadership team of a church plant and teaches preaching at Union School of Theology. He studied at Multnomah Biblical Seminary before getting his Doctor of Ministry degree under Haddon Robinson at Gordon-Conwell Theological Seminary in the area of expository preaching. Peter is the author of *Pleased to Dwell*, *Foundations*, *Lost in Wonder*, and BiblicalPreaching.net, and contributed in the area of preaching to the Ministry Essentials Study Bible. He is married, with six children.

In very simple terms, all approaches to Christian spirituality point the gaze of our hearts in one of two possible directions.

I. What does your heart gaze on?

- A. By nature – “*homo incurvatus in se*”
- B. By God's grace – “a new inner relish”
 - 1. The example of John 3
 - 2. The example of John 5

II. Why does it matter?

- A. For salvation
 - 1. See John 3:14-15 (as above)
 - 2. The example of Galatians 3
- B. For growth
 - 1. The context of Galatians 3
 - 2. The transformative agenda of the New Covenant (see 2Cor.3-5)

III. What can we do to grow spiritually?

- A. Evaluate – in which direction does your spiritual strategy point your heart?

- B. Abdicate – the default “I can fix me” approach is an affront to God’s grace
- C. Incline – instead of making ourselves grow, how can we incline our hearts toward that which will stimulate growth in us?
 - 1. Bible
 - 2. Relationships
 - 3. Worship & Gratitude
 - 4. Resources

Suggested Readings:

Ferguson, Sinclair. *The Whole Christ*. Crossway, 2016.

Mead, Peter. *Galatians: The Life I Now Live*. 10 Publishing, 2015

Mead, Peter. *Lost in Wonder: A Biblical Introduction to God’s Great Marriage*. Christian Focus, 2016

Ortlund, Dane. *Edwards on the Christian Life*. Crossway, 2014

Reeves, Michael. *The Good God*. Paternoster, 2012

Reeves, Michael. *Christ Our Life*. Paternoster, 2014

Wilbourne, Rankin. *Union with Christ*. David C Cook, 2016

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