Habits of the Heart: Doing the Stuff #1
Becoming Who He Says You Are

**Today:**
(Journaling and prayer) Dr. Bekker pointed out that, according to 2 Corinthians 3:18, spiritual formation impacts three areas of your life: your relationship with God, your relationship with yourself, and your relationship with others. Use these thoughts and questions to focus your journaling and prayer.

1. A.W. Tozer once said, "What comes into our minds when we think about God is the most important thing about us." Lay yourself bare before God and reflect on the reactions and feelings you have when thinking about Him. Ask yourself, "Are there any distortions in my image of God?"

2. The word for "image" in 2 Corinthians 3:18 is the Greek word for "icon," which originally meant "window." God's purpose is for us to be windows through which His love and truth shine. Ask yourself, "Are there any distortions in my self-image that keep me from living honestly and transparently with myself?"

3. Dr. Bekker said, "Community is the only environment in which change happens." Ask yourself, "What unrealistic expectations or harsh judgments do I have regarding others?" (Besides showing a need to live generously and graciously, your answer may also indicate insecurities in your self-worth, which needs to be rooted in God. This may direct you back to #2 above)

**Weekly Activity:**
Find two people who you are close to and ask them to spend a week paying attention to the way you speak about yourself. You may want to remind them a couple of times over the week. When the week is finished, ask them to share and pray with you about things that may not be the truth of Christ in your life.

**Remember:** God's presence does not require absence of sin! He is present in every chaotic and dark situation, ready to bring order and holiness, just as in Genesis 1:2. Our hope and salvation rest on His readiness to step in and act on our behalf.