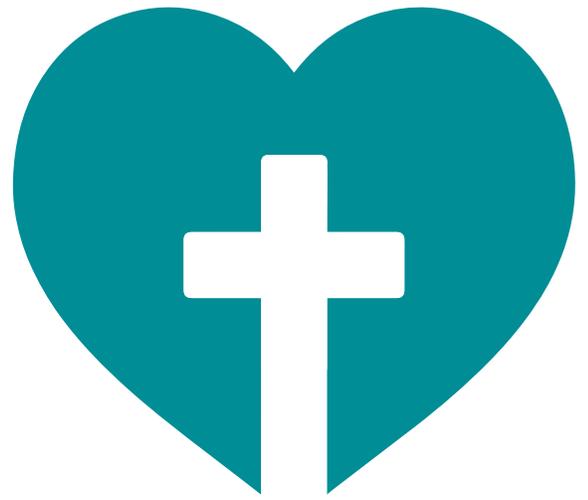




# Navigators Discipleship Tool



## How a Relationship with God Transforms Lives

The revolution of Jesus is one of character, which proceeds by transforming people from the inside through an ongoing personal relationship with Jesus. It transforms their ideas, beliefs, feelings, habits of choice, bodily tendencies, and social relations.

If Christ's people genuinely enter Christ's way of the heart, they will find a sure path toward becoming who they were meant to be.

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Since we live by the Spirit, let us keep in step with the Spirit" Galatians 5:22-23,25 (NIV).

Invite a friend and discover together how God is at work on the inside of your lives. Use this resource as a starting point for this conversation and a way to encourage and challenge one another in your relationship with Jesus.

**Step 1:** **Ask God to help you think of a situation in which you wish you had behaved differently.** This might be a specific conversation with a certain difficult person or, more generally, how you treat others when you're delayed.

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**Step 2:** **What sort of heart would you like to have in these situations?** Dream big: a heart that is patient, kind, not self-seeking or easily irritated (see 1 Corinthians 13:4-5)? What actions would flow from such a large heart? Close your eyes and picture yourself in that situation with this kind of renovated heart.

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**Step 3:** **Compose these dreams and desires as a prayer.** Ask God to help you walk out these qualities you've dreamed about. If you're afraid that your needs won't get met or that you'll be walked on, share this concern with God and ask him for courage. Picture yourself in these difficult situations as one who is confident and secure (see Amos 5:24).

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**Step 4:** **Share your dream with someone.** Choose someone who may be with you in the situation and who can support your dream.

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For more on how God is renovating your heart you can purchase *Renovation of the Heart in Daily Practice: Experiments in Spiritual Transformation*, by Dallas Willard and Jan Johnson at [navpress.com](http://navpress.com) or calling our publishing partner, Tyndale House, toll free at 1-855-277-9400.