

Coming up @ TWIN CITIES

LIFE GROUPS WINTER LAUNCH
FIND YOUR LIFE GROUP TODAY!

DRIVE-THRU FOOD DRIVE
FRIDAY, January 30

COMMUNION
SUNDAY, February 1

VALENTINE'S DATE NIGHT
THURSDAY, February 12

BAPTISMS
SUNDAY, February 22

GROW UNIVERSITY
BEGINS MONDAY, March 2



twincities.church/events

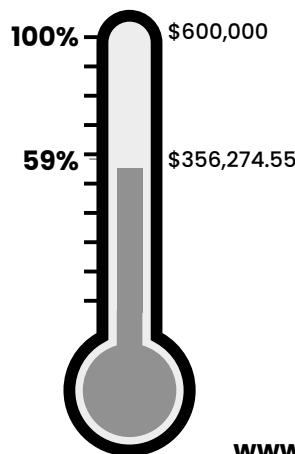
Connect with a LIFE GROUP

BROWSE THE GROUPS!
Let's be the Church together!



twincities.church/life-groups

Invest in the Future PROGRESS



www.twincities.church

We're excited to do life with you! For these & any other opportunities, scan the QR codes above or visit us in the lobby at church on Sunday mornings!

how we change

CHANGE IS WORKED FOR, NOT WISHED FOR

Eric Wayman • January 25, 2026



- **What you love in your heart has a greater influence on what you do than what you think in your mind.**

- **While new beliefs renew the mind, new practices retrain the heart.**

"You learn to love what you practice." — JAMES K.A. SMITH

MATTHEW 5:19

MATTHEW 7:24-27

JAMES 1:22

PHILIPPIANS 2:12-13

Open to continue taking notes!

My notes from Sunday's message continued...

"Grace is not opposed to effort; it is opposed to earning."

— DALLAS WILLARD

- Formation into the image of Jesus isn't something we do to ourselves; it's something that we invite Him to do to us. Our job is primarily to make ourselves available.

"Much of Christians' current disillusionment over their lack of transformation is because they have never learned their part in spiritual formation. But our job isn't to self-save; it's to surrender."

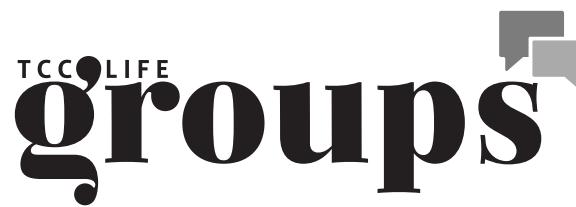
— JOHN MARK COMER

Homework this Week: Formation Audit

NEXT WEEK:
The Battle Within

Watch this message & more at twincities.church

Connect with us!
Fill out your
Connection
Card online.



For group discussion the week of January 25

This Study Guide is designed to help you apply Sunday's message. Join a Life Group and do this study together!

1. Think about something in your life that only changed once you actually started practicing it. What was it — and what finally got you moving?
2. This week's message was *Change Is Worked For, Not Wished For*. Let's read Philippians 2:12–13. Was there a part of the message that stood out to you or that God especially drew your attention to?
3. Let's read James 1:22–25. What do you notice about the warning James gives here? Why do you think it's so easy to confuse hearing with actually doing?
4. Now let's look at a story Jesus told in Matthew 7:24–27. What does this story show us about God's heart for our lives and why He cares so much about us putting His words into practice?
5. The message reminded us that new practices can slowly reshape our hearts. How do these verses show how spiritual practices can shape us? See Philippians 4:6–7, Mark 6:31–32, and Psalm 1:23.
6. What is one small, realistic practice you sense God inviting you to try this week — something you could actually do, not perfectly, but intentionally?
7. As we close, how can we pray for you this week? Is there a burden you're carrying, or a place where you need God's help as you take a next step?

6) Fruit check

What spiritual fruit do I see growing in my life right now?

Love | Joy | Peace | Patience | Kindness | Goodness |
Faithfulness | Gentleness | Self-control

What “world-pattern” effects show up most lately?

Hurry | Anxiety | Anger | Numbness | Distraction |
Shame | Isolation | Overwork | Overconsumption |
Materialism | Other:

What is one small practice to try this week?

Closing prayer (write a brief prayer out of this time):

FORMATION AUDIT

What is forming you?



How to use this guide: Choose a quiet place.
Answer honestly and non-judgmentally.
Resist giving into shame or guilt.

Invite the Holy Spirit to help you in this process:

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting. **PSALM 139:23-24 NIV**

1) What are your habits and routines?

Morning:

Midday:

Evening:

Weekend pattern:

These habits make me (circle):

More like Jesus | More hurried | More peaceful | More anxious | More present | More distracted | Other:

2) Relationships

Top 5 people I'm most invested in right now:

-
-
-
-
-

When I'm with them, I tend to be:

3) Experiences that shaped me

Key moments from my life:

How have these experiences impacted or shaped me?

Where do I still need healing?

What spiritual truths do I need to remember:

4) Environment (city/work/family/community/online)

The messages and priorities my environment reinforces are:

It tends to push me toward (circle):

Comparison | Anger | Fear | Cynicism | Hurry |
Anxiousness | Compassion | Justice | Peace | Faith |
Trust | Hope | Joy | Love | Other:

5) Stories and voices shaping me

My most influential inputs lately (media, voices, books, feeds):

Beliefs I have embraced and am living by:

About God:

About me:

About others:

About life: