

So You Went To WCC This Year?

By Charles W.

How was it? I heard it was really great. Now a month has passed since the conference. Your life has probably settled back down to a predictable routine. So, has your life changed as the result of WCC 2010? Has it made tangible differences in your life? How?

Whether or not you are making visible progress, you will likely agree that making real, lasting changes is very difficult. For this reason, I want to share some insights that I believe will facilitate spiritual transformation in your life; present some tools to help you process and reflect; and provide some practical steps for first timers for whom the whole concept of a "World Christian" is still somewhat foreign. Alumni can also benefit from these tips.



Some Insights about Spiritual Transformation

De-clutter your life

Real change is impossible if no margin exists in your life for solitude, contemplation, and prayer. Deep transformation starts from the "inside out", and without time and space – physical and mental – to spend with the Lord, any effort will be short lived. Most of us are way too busy. (See Psalm 46:10; Isaiah 30:15a)

Match your rhythm of life

Understand your rhythm of life and establish a plan that fits it. Different rhythms are needed for the various kinds of lifestyle pace and quality of inner life. Set aside time hourly, daily, weekly, monthly, quarterly, or annually to work on spiritual transformation, and start with what makes sense to you now. Higher frequency events need lower intensity or else you will burn out. (See Ecclesiastes 3:1)

Find a community

To live and thrive in a community, you need three types of relationship – a Paul, a Timothy, and a Barnabas. You've

probably heard of this concept already. You want someone older to learn from, someone younger to influence, and a peer for mutual encouragement. (See John 13:35, Galatians 6:1-5)

Live by grace

When you find yourself stressed out trying to maintain a certain standard or reach a self-imposed goal, it's time to back off and remember why you are doing this. Living by faith also means living by grace and believing that God will finish His work in you. (See Ephesians 1:1-14, 2:8-9, Philippians 1:6)



Remember what you prayed about at the conference.

Some Tools to Help You Process and Reflect

Be still and be loved

Before letting our pervasive performance-driven culture conform you to commit to life-transforming disciplines, start by focusing on what God has done in your life so far. This is a proper place to begin all of our endeavors. The point of this reflection is to recapture our first love and avoid the performance trap that is driven by guilt or obligation. Remember, "inside-out" transformation begins with knowing and experiencing God's love for you. Here are some questions to guide your meditation:

- *How did the Gospel reach you?*

- *Who did God use to shape you into the person that you are today?*

- *In what ways has God loved you?
How have you experienced His love?*

Stay in this place of awesome wonder of God's love for you as long as you need until your heart is filled with love and gratitude.

Life Wheel Centered on Lordship

Using the wheel in Figure 2 and assign each section a category that when considered as a whole represents your total person. For example, some categories are: *Career/School, Health, Finance, Significant Other/Romance, Family/Children, Parents, Friends, Ministry, Recreation/Leisure, etc.*

Assess yourself in each category by asking the question, *Is Jesus truly the Lord of this area, _____ (fill in the blank) in my life?* The center of the wheel has a value of 0 (least submissive to His Lordship) and the outer edge 10 (most submissive). Shade in the slice of each area to where you think you are. Draw a new outer edge by connecting all the numbered assessments on the wheel. (See Fig. 1)

This new outer perimeter serves as a visual of your life in terms of the Lordship of Jesus. It might look bumpy at first, but work on making your wheel as round and as big as you can.

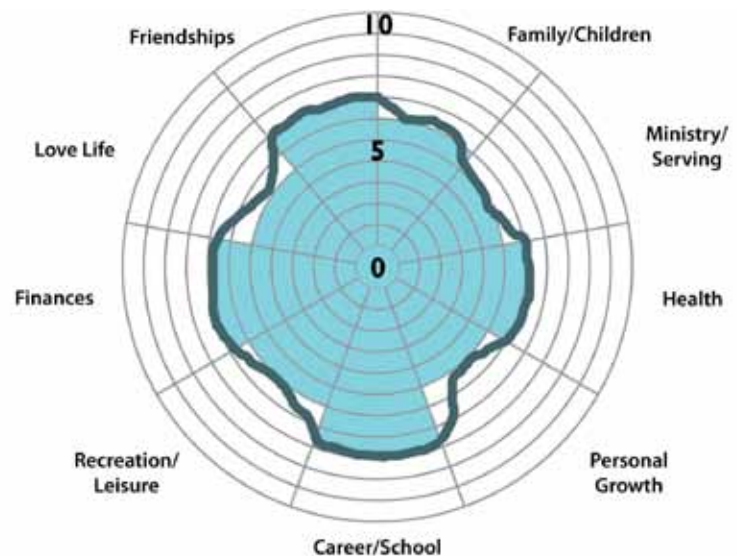


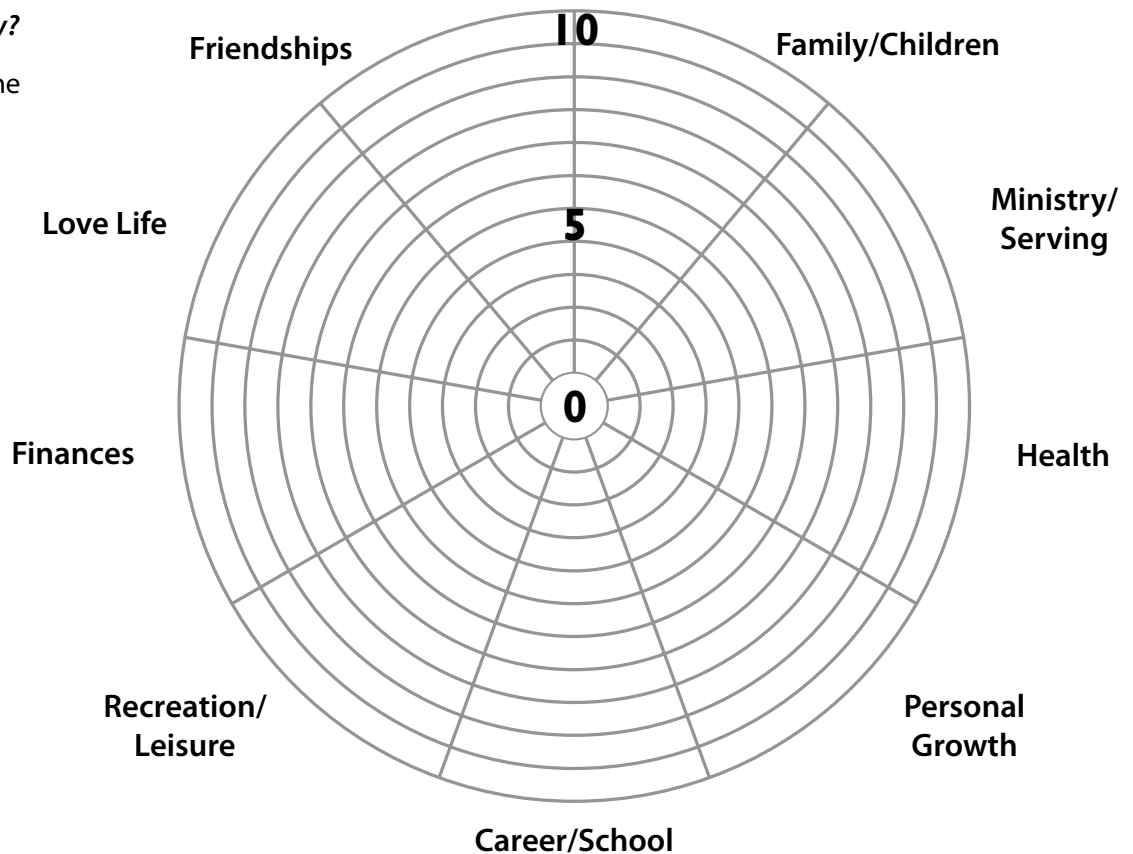
Fig. 1: Example of a completed life wheel. The wheel will look bumpy at first, but we are to work on getting it as round and big as we can.

Hone into a category and ask yourself these questions:

- What does greater Lordship look like in this area _____
(fill in the blank)?
- What is the blockage?
- What do I need to repent of?
How can I live differently?

Fig. 2: Print out and complete your Life Wheel focused on the Lordship of Christ. Feel free to rename categories to better represent your life.

The larger and rounder the wheel, the faster and smoother the ride! Use Pastor John Lo's grid (pictured below) to help you examine core issues and work on confessing, repenting, and declaring the opposite. This is essential to restoring your Spirit-filled life in Christ.



Blockage	Specifics	Repent of	Meant for
Comfort	E.g., want to be in nice places	Bowing to fear of suffering	Being with the least of these
Self-Reliance	E.g., want to do it my way	Fear of dependence	Freedom from worry & perfectionism; See God do stuff
Safety	E.g., antibacterial or helicopter living	Fear of being contaminated	Invasive salt & light of the Gospel living
Control/Order	E.g., having to know everything and planning it out	Fear of lack of control	Trusting to follow God and taking risks
People-pleasing	E.g., fear of men	Wanting to please people all the time	Freedom to obey God and look foolish; courageous leadership

Fig. 4

Life Wheel Centered on Worship

This is the same exercise as before except that now the assessment is centered on worship. The reason I have designed two exercises it that there’s an important mental shift that needs to occur to propel us to the next step of maturity, and some of us may be ready to engage at that level. The concept of lordship tends to have a more passive and restrictive connotation whereas worship implies a more proactive and freeing tone. This second exercise of the wheel of life centered on worship is meant to facilitate that shift and help us see the subtle and yet very significant difference.

This life wheel centered on worship evaluates how intentional and strategic you are in leveraging these same areas of your life to live “before the Lord” and “among the nations”. This exercise forces you to think about how you may worship God with the whole person (Colossians 3:23). More than just obedience, God wants our passion, our creativity, and our total involvement to live freely for Him! (See Philippians 4:17; Galatians 5:1; II Thessalonians 1:11).

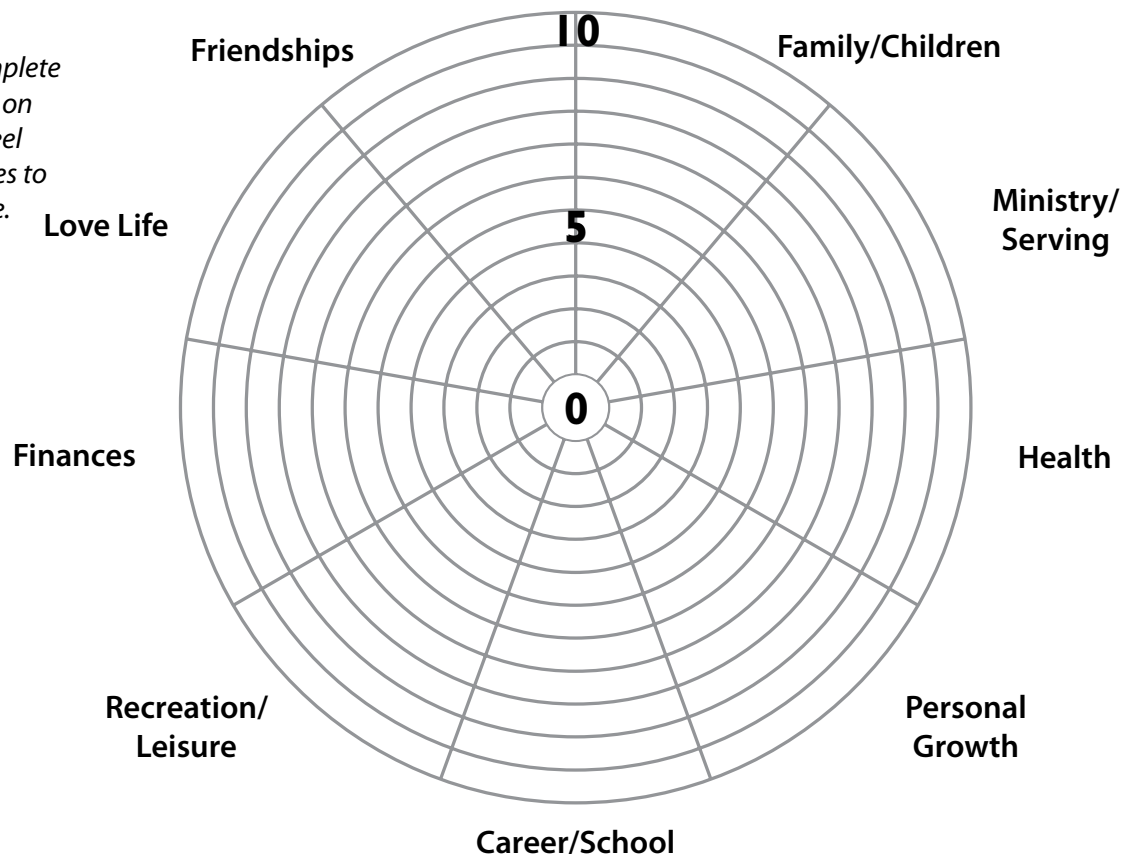
Ask yourself these questions:

What does greater intentionality and strategic vision look like in this area _____?

What is keeping me from leveraging this area _____ of my life fully for God’s purposes?

May this exercise help you dream big for God, say bold prayers, and get ready to testify His faithfulness when He opens the doors!

Fig. 3: Print out and complete your Life Wheel focused on the Worship of Christ. Feel free to rename categories to better represent your life.



“NOW” STEPS

FOR THE WORLD CHRISTIAN JOURNEY

We'd like to hear from you on your experiences with these exercises.

Please send comments and questions to estherw@wcfellowship.org.

* ([hyperlinked](#) for your convenience)

1. Get and stay informed

- Take the Perspectives course
- Subscribe to the following:
 - *WCF Newsletter*
 - *Mission Frontiers*
 - *Global Prayer Digest*

3. Just do it!

Cultivate a habit of action and immediate obedience. Start with the fundamentals that you already know are His will. If we don't respond to God in what has already been revealed, why should we expect God to provide additional details to guide us personally? Start by looking for opportunities to evangelize, disciple, and mobilize for these are the things that we all should do regardless of what exact roles we play in God's plan. Beware of the tendency to overly try to perfect your plan of action, which is one of the best weapons the enemy has to paralyze and neutralize our acts of faith. **Just do it.**

2. Get inspired

- Join a regional prayer group. If there's none near you, then consider starting one yourself! Email the editor for additional resources for forming a prayer group near you.
- Find others (e.g. a person or people you met at WCC or in the WCF community, someone at your church, a life coach, a counselor, a friend, or family member) that you can talk regularly with about your reflections and journeying process.
- Read biographies of missionaries (a few listed here)**
 - Hudson Taylor
(Hudson Taylor's Spiritual Secret)
 - Amy Carmichael *(A Chance to Die)*
 - Jim Elliot *(Shadow of the Almighty, Through Gates of Splendor)*
- Read other books to deepen your inner life:
 - *The Life You've Always Wanted* by John Ortberg
 - *The Spirit of Disciplines* by Dallas Willard
 - *Hearing God* by Dallas Willard
 - *Desiring God* by John Piper

** If you decide you want to buy any of these books, consider buying from Amazon through our affiliate link on the WCF contact page. WCF will receive a small percentage of the purchase.

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