SG
Your *group* matters.

If all your posts or uploads on social media were guaranteed to get at least a million views, how would that change your life?

1. Pastor Tony shared how our spiritual posture either reflects culture, our consciousness, "Christianity," or Christ. How would you know which of these you're reflecting? (**1 Timothy 2:8**, **Psalm 95:6**)

2. Consider the four inward postures Pastor Tony addressed, reading aloud as a group the scriptures used to describe each one. Which of these four postures is the easiest and hardest for you?

3. Read **Colossians 3:13-14**. Pastor Tony shared how a grace-filled outward posture encourages us to not just tolerate others but to move toward them in love. How is God calling you to more intentionally move toward others in love?

4. **Colossians 3:15-17** challenges us to let Christ rule in our hearts and actions. Which upward posture from the message do you need to consider to better allow Christ to rule in your life?

5. Pastor Tony encouraged us to follow God's call into new postures to both grow and lead others to Jesus. What posture is God lovingly challenging you to grow into today?
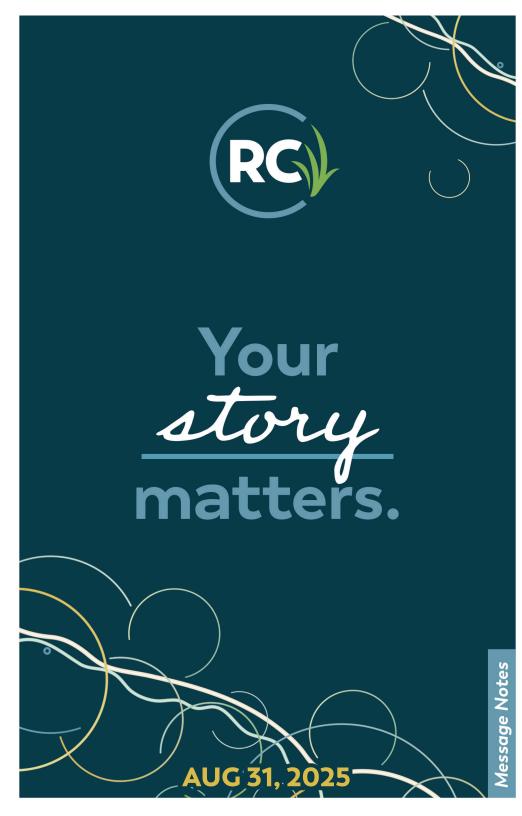
PERSONAL GUIDE

Day One: Luke 4; Psalm 137
Day Two: Numbers 20; Proverbs 13
Day Three: Philippians 2; 2 Kings 11
Day Four: 2 Thessalonians 2; Ezekiel 14
Day Five: Job 13; Acts 25

This Personal Guide has been adapted from Professor Grant Horner's Bible Reading System.

RC

Your *story* matters.

AUG 31, 2025

Message Notes

The Space in Between
"PICKING MY POSTURE"
Pastor Tony Myles | Aug 31, 2025

We tend to focus on our _____... God invites you to consider your posture.

We often feel stuck in the "space in between" - moments when we're not where we were, but not yet where we want to be.

- These moments can feel confusing, frustrating, and discouraging... or can become wonder-filled.
- What can we do with the waiting, the uncertainty, the tension? And where's God in all of it?

The Bible shows us that our physical posture can both reflect and _____ our spiritual journey. (1 Timothy 2:8, Psalm 95:6)

- Our spiritual posture will either reflect _____, reflect _____, reflect "_____," or reflect _____.

_____ Posture (Colossians 3:12)

- The _____ you think you're in changes your perspective and sense of _____.
- Static pathways: How our perspective gets rooted...
  - Posture of _____: Opens you up to _____-_____ (see Jonah 4:5)
  - Posture of _____: Opens you up to _____ (see Job 2:8)
  - Posture of _____: Opens you up to _____ (see Luke 10:39)
  - Posture of _____: Opens you up to _____ (see 1 Kings 19:5-6)

_____ Posture (Colossians 3:13-14)

- Full-on, grace-filled relationships compel you to do more than _____.
- Dynamic pathways: How our love gets moving...
  - Posture of _____: Opens you up to _____ (see Genesis 3:8)
  - Posture of _____: Opens you up to _____ (see Acts 7:59-60)
  - Posture of _____: Opens you up to _____ (see Job 2:13)
  - Posture of _____: Opens you up to _____ (see Genesis 33:4)

_____ Posture (Colossians 3:15-17)

- Expressive pathways: How our faith gets renovated.
  - Posture of _____: Opens you up to _____ (see Daniel 3:11-12)
  - Posture of _____: Opens you up to _____ (see Psalm 63:4)
  - Posture of _____: Opens you up to _____ (see 2 Samuel 6:14-15, 21-22)
  - Posture of _____: Opens you up to _____ (see Matthew 26:39, Revelation 7:11)

WHAT CAN I DO IN THE SPACE IN BETWEEN?:

- Let your posture today _____, _____, and _____.

Don't miss this...
Unless you don't want to grow or lead others to _____, you can't just settle for old postures. God calls you to _____ a new posture every day...inwardly, outwardly, and upwardly.

Small Group Discussion & Personal Guides on the back

Tell us about the next step you took today in your spiritual journey!
App: Message Notes/Connect Card   **Or:** MY**RC.**LINK**/CONNECT**

The Space in Between
"PICKING MY POSTURE"
Pastor Tony Myles | Aug 31, 2025

We tend to focus on our experiences... God invites you to consider your posture.

We often feel stuck in the "space in between" - moments when we're not where we were, but not yet where we want to be.

- These moments can feel confusing, frustrating, and discouraging... or can become wonder-filled.
- What can we do with the waiting, the uncertainty, the tension? And where's God in all of it?

The Bible shows us that our physical posture can both reflect and influence our spiritual journey. (1 Timothy 2:8, Psalm 95:6)

- Our spiritual posture will either reflect culture, reflect consciousness, reflect "Christianity," or reflect Christ.

Inward Posture (Colossians 3:12)

- The Story you think you're in changes your perspective and sense of identity.
- Static pathways: How our perspective gets rooted...
  - Posture of Closure: Opens you up to self-righteousness (see **Jonah 4:5**)
  - Posture of Sitting: Opens you up to honesty (see **Job 2:8**)
  - Posture of Submission: Opens you up to receive (see **Luke 10:39**)
  - Posture of Collapsing: Opens you up to surrender (see **1 Kings 19:5-6**)

Outward Posture (Colossians 3:13-14)

- Full-on, grace-filled relationships compel you to do more than tolerate.
- Dynamic pathways: How our love gets moving...
  - Posture of Hiding: Opens you up to gaps (see **Genesis 3:8**)
  - Posture of Kneeling: Opens you up to forgiveness (see **Acts 7:59-60**)
  - Posture of Presence: Opens you up to compassion (see **Job 2:13**)
  - Posture of Hugging: Opens you up to (re)connecting (see **Genesis 33:4**)

Upward Posture (Colossians 3:15-17)

- Expressive pathways: How our faith gets renovated.
  - Posture of Standing: Opens you up to declare (see **Daniel 3:11-12**)
  - Posture of Extension: Opens you up to awe (see **Psalm 63:4**)
  - Posture of Dancing: Opens you up to celebration (see **2 Samuel 6:14-15, 21-22**)
  - Posture of Prostration: Opens you up to humility (see **Matthew 26:39, Revelation 7:11**)

WHAT CAN I DO IN THE SPACE IN BETWEEN?:

- Let your posture today reset yesterday, build tomorrow, and discover eternity.

Don't miss this...
Unless you don't want to grow or lead others to be saved by Jesus, you can't just settle for old postures. God calls you to grow into a new posture every day...inwardly, outwardly, and upwardly.

Tell us about the next step you took today in your spiritual journey!
App: Message Notes/Connect Card **Or:** MY**RC**.LINK**/CONNECT**