



Teaching: Understanding and living in a Post-Christian Culture

Day 1: Understanding Our Culture

Scripture:

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. — Romans 12:2

Reflection:

We live in a culture steeped in individualism, consumerism, and the relentless pursuit of personal happiness. Often cloaked in the guise of "progressivism," these ideologies promise a fulfilling life marked by freedom and self-fulfillment. However, such promises can lead us to a shallow existence, lacking the deep meaning that only comes from Christ. As followers of Jesus, we are invited into a transformative journey. Today, we must pause and consider: are we being molded by the fleeting values of our culture, or are we committed to a deeper formation in the ways of Jesus? Recognize that every day, we are being shaped by something. Who or what is influencing your heart and mind?

Today's Practice:

Spend intentional time reflecting on the areas of your life where the culture's messages of individualism and self-centered fulfillment influence you. Where do you feel drawn toward the superficial promises of "the good life"? Contrast these with the abundant life Jesus offers, inviting Him into these spaces of your heart.

Prayer:

Father, grant me the discernment to see my heart clearly and to recognize where I have been swayed by cultural promises. Transform my mind today so that I may be aligned with Your will, embracing what is truly life-giving. Amen.

Day 2: The Search for Meaning

Scripture: "For in him we live and move and have our being." — Acts 17:28a

Reflection:

In the ancient city of Athens, people sought meaning through various idols, searching for something greater to fulfill their lives. Today, our culture presents its own idols: success,

material wealth, and the pursuit of “finding oneself.” Yet, these pursuits often leave us restless and yearning for more. Like Paul observed in Athens, many in our world lack a firm foundation. Jesus invites us into a different story—a narrative of true belonging, rest, and meaning that transcends earthly pursuits. Reflect on the depth of meaning He offers us, contrasting it with the shallow offerings of our culture.

Today's Practice:

Identify an area of your life where you have sought purpose apart from Jesus. Invite Him into this space today, acknowledging Him as your true foundation. How can you orient your thoughts and actions around His presence?

Prayer:

Jesus, reveal to me the places where I seek fulfillment in the wrong things. Fill my heart with Your presence, so that I may discover my true purpose and satisfaction in You alone. Amen.

Day 3: The Illusion of Self-Sufficiency

Scripture:

The God who made the world and everything in it is the Lord of heaven and earth and does not live in temples built by human hands. And he is not served by human hands, as if he needed anything. Rather, he himself gives everyone life and breath and everything else. — Acts 17:24-25

Reflection:

Our culture often celebrates independence and self-sufficiency, leading us to believe we can find life and purpose within ourselves. This notion, however, is an illusion. True life and meaning come from God alone, who graciously provides us with everything we need. In a post-Christian world, it's easy to forget our profound dependence on Him. Embracing this dependence liberates us from the futile striving for control and allows us to receive life as a gift, filled with His grace.

Today's Practice:

Choose one area of your life where you feel the need for control, and consciously release it to God. Remind yourself of your dependence on Him, inviting His peace into this part of your life.

Prayer:

Lord, I confess my need for You in every aspect of my life. Release me from the burden of control, and remind me of Your unfailing care and provision. Help me to trust You more fully. Amen.

Day 4: Who Are We Becoming?

Scripture:

Everyone who is fully trained will be like their teacher. — Luke 6:40b

Reflection:

Spiritual formation is a sacred journey of becoming more like Jesus, shaped by His example and teachings. In contrast, today's culture seeks to mold us according to its values—achievement, independence, and self-promotion. Yet, Jesus invites us to order our lives around His ways of love, humility, and obedience. Today, take a moment to reflect

on whose likeness you are being shaped into. Are you being formed by the values of this world or by the heart of Jesus?

Today's Practice:

Identify one way Jesus calls you to live counter to the culture today. Seek to embody this in your interactions and decisions, allowing His character to shine through you.

Prayer:

Jesus, I long to reflect Your image in my life. Help me to shed the values of this world and embrace Your ways of humility, love, and truth. Transform me into Your likeness as I walk this journey with You. Amen.

Day 5: The Call to a Different Way

Scripture:

“Then he said to them all: ‘Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.’” — Luke 9:23

Reflection:

Following Jesus is not merely a set of beliefs; it is a radical way of life that distinguishes us from the values of our culture. We are called to deny the self-centered mindset pervasive in our age and to walk the path Jesus has laid out for us. This path may often feel contrary to societal norms, yet it leads to true life and fulfillment. In a world urging us to conform, we are invited to reflect a different way—one that points others to Jesus.

Today's Practice:

Choose a tangible way to demonstrate your commitment to Jesus' teachings today. This might manifest through acts of generosity, kindness, forgiveness, or a renewed commitment to prayer.

Prayer:

Lord Jesus, grant me the courage and strength to follow You daily, even when it challenges my comfort. May my life reflect Your love and grace, serving as a testimony to the peace and purpose found solely in You. Amen.