

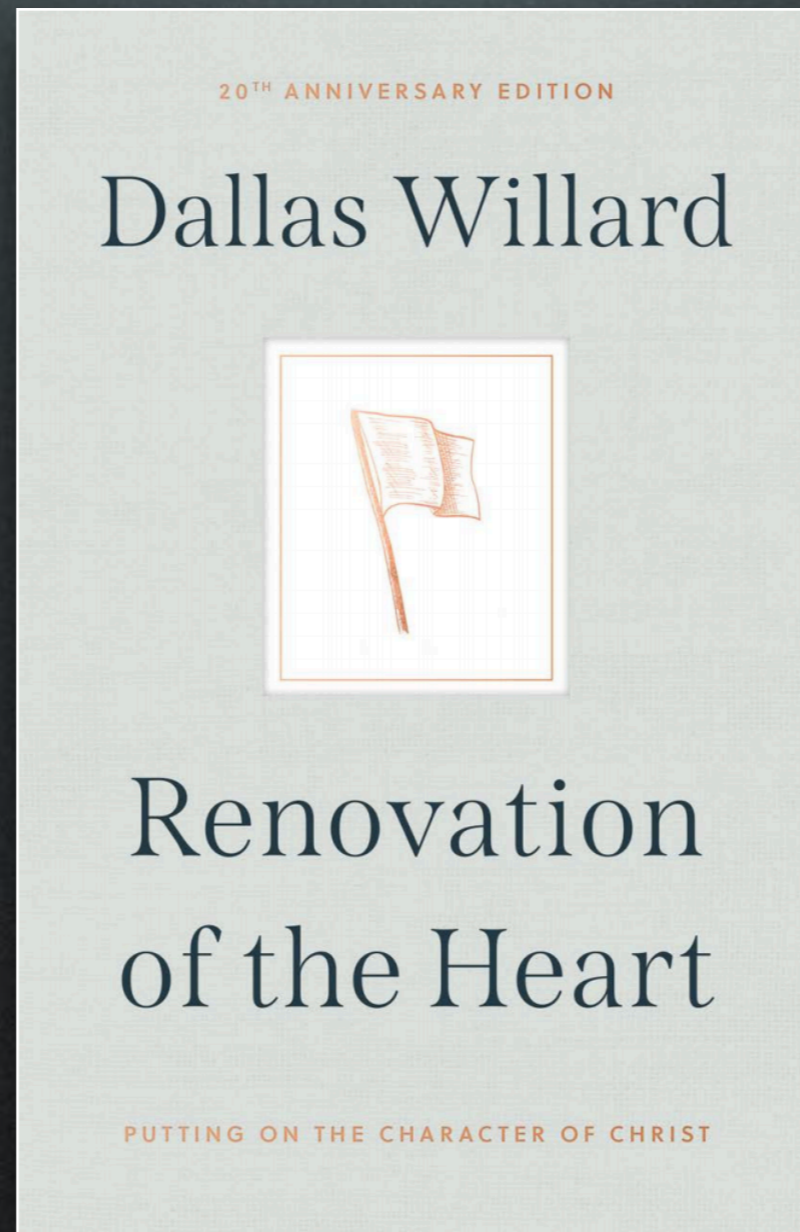
WELCOME to a thirteen week Course sponsored by  
Dallas Willard Ministries & Jesus College





# RENOVATION OF THE HEART

Session 9 - Transforming the Body - Chapter 9

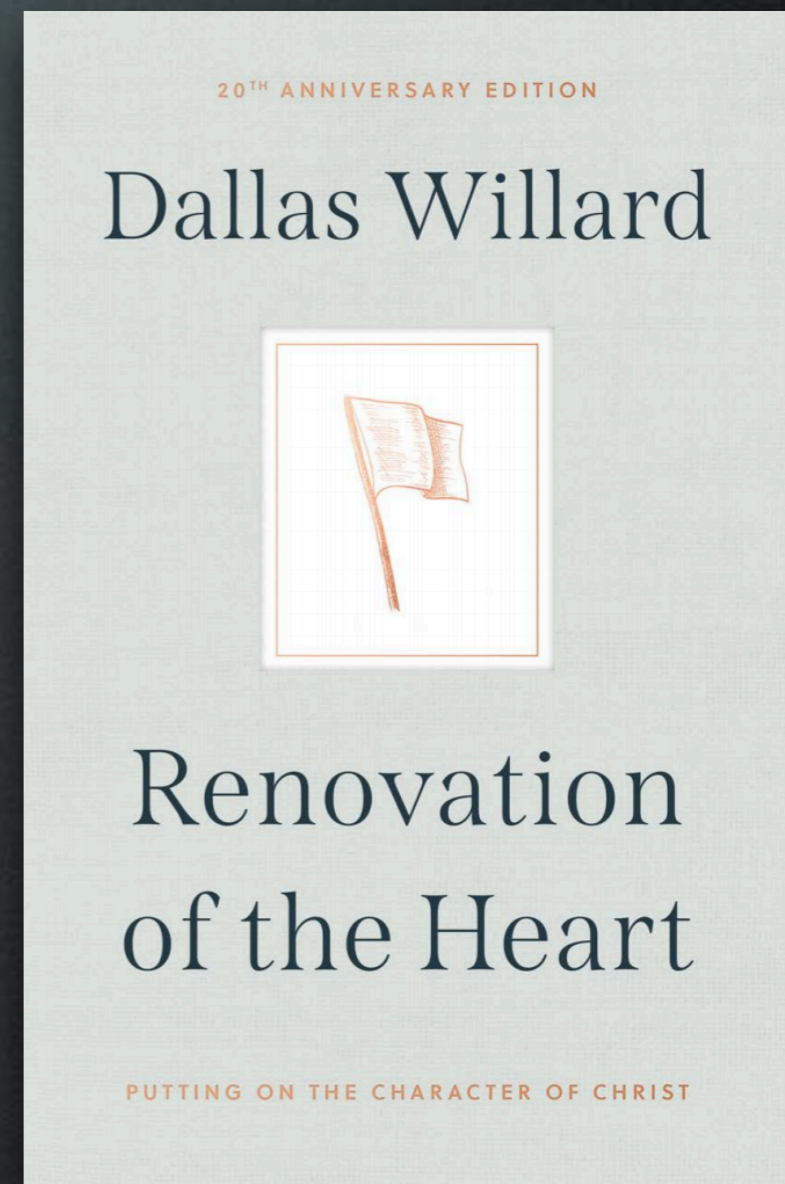




## Session 8 Review

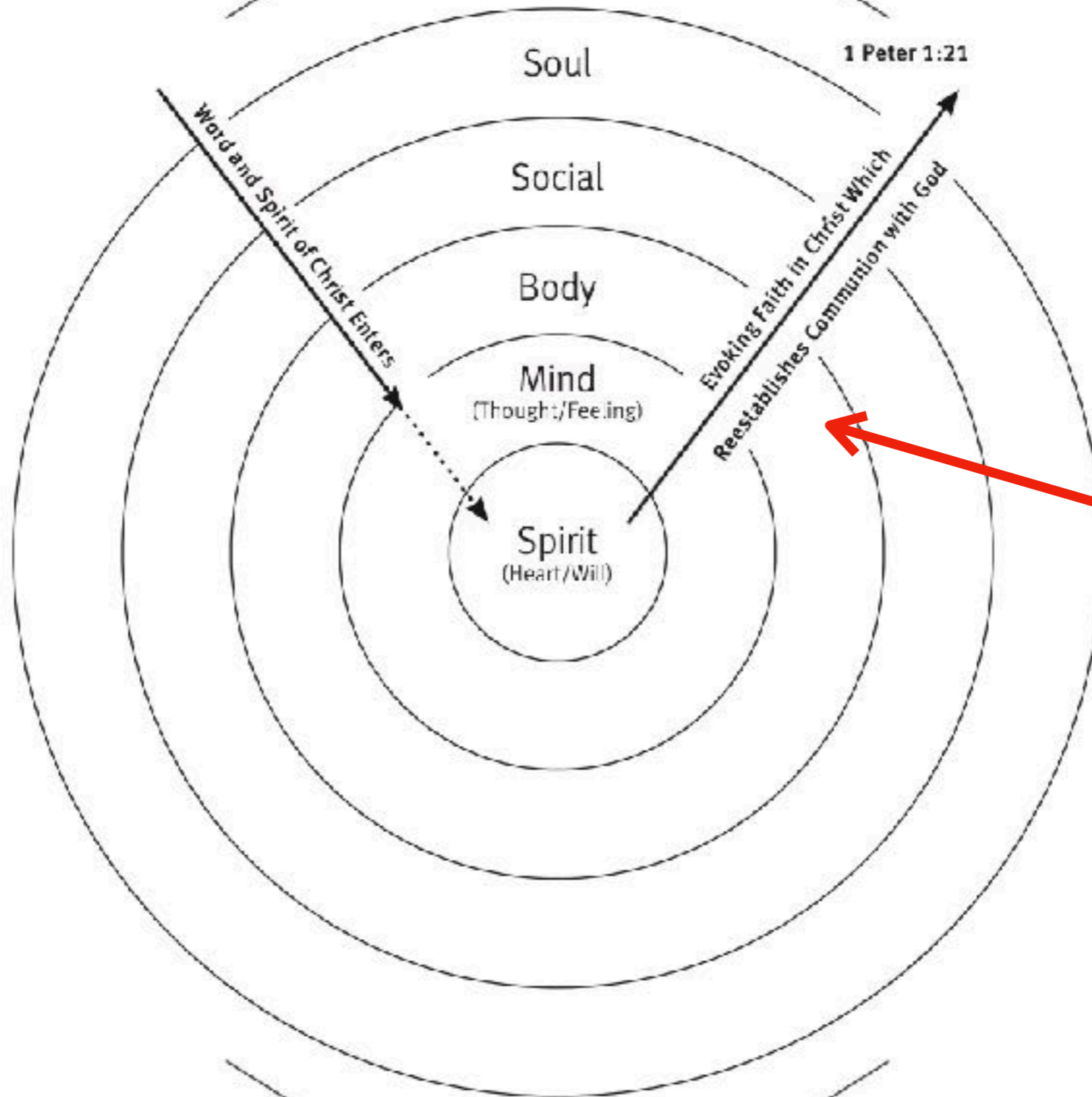
Transforming the will (heart, spirit) and character is also the task of spiritual formation. Thoughts and feelings depend upon the will (choices), and the will depends upon the contents of the mind (thoughts, feelings). They are an interlocking whole.

By God's grace and our decision, we can see our will grow into godly character.





Infinite Environment



1 Peter 1:21

Word and Spirit of Christ Enters

Evoking Faith in Christ Which Reestablishes Communion with God

Soul

Social

Body

Mind  
(Thought/Feeling)

Spirit  
(Heart/Will)

Infinite Environment

“Body” Dimension

Six Dimensions of Human Nature

2021::33  
2002::38

# RENOVATION OF THE HEART

## Session 9 - Transforming the Body - Chapter 9

Spiritual formation into Christlikeness, I have said\*, is the process of forming the inner world of the human self in such that it takes on the character of the inner being of Jesus himself.



2021 Edition::165

2002 Edition::159

\* 15/22



## Transforming the Body

The inclinations to wrongdoing that literally inhabit its parts must be illuminated. The body must come to serve us as a primary ally in Christlikeness.

For good or evil, the body lies right at the center of the spiritual life. The body usually hinders people in doing what they know to be good and right.

Still our body is a good thing. God made it for good.

*“We are ready to do what is wrong. We don’t have to think about it. That’s the hill that you have to climb when you begin to transform the body.”*

Dallas Willard, *Renovation of the Heart*, Video 9



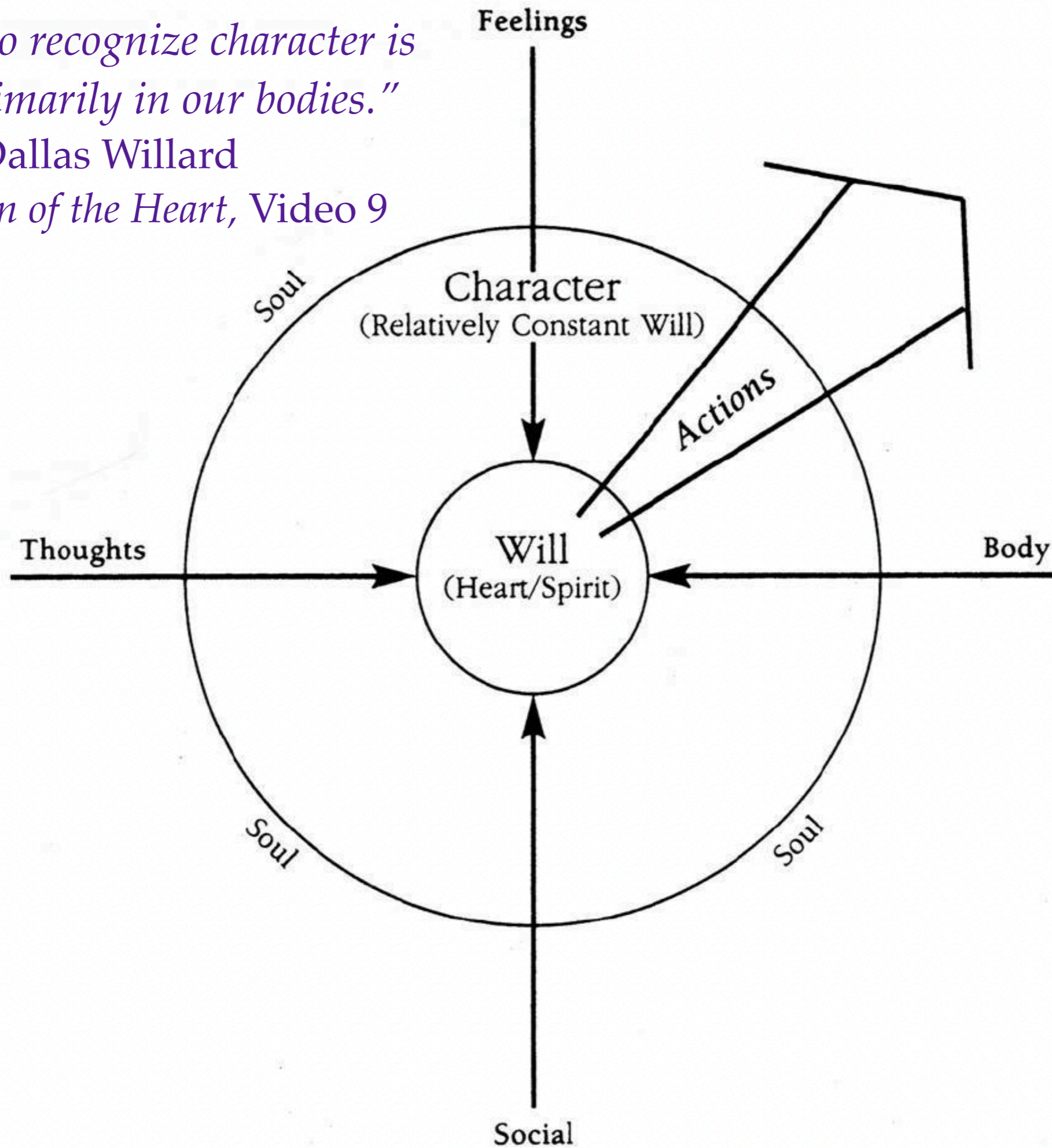
2021::165-166  
2002::159-160



*“We have to recognize character is located primarily in our bodies.”*

Dallas Willard

*Renovation of the Heart, Video 9*





*The way of Jesus is so relentlessly incarnational.*

For most people their body governs their life. Even professing Christians, by and large, devote to their spiritual growth and well-being a tiny fraction of the time they devote to their body, and it is an even tinier fraction if we include what they worry about.

*Its central role in spirituality is the one thing most likely to be overlooked in understanding and practicing growth in grace.*

The body becomes our primary source of gratification and the chief, if not the only, instrument for getting what we want.

2021::166

2002::160





## **My Body is my...**

- Potential energy I can liberate by my choice.
- Extended kingdom/queendom (dominion)
- Place of tendencies developed from experiences
- Expression of my character - my “readiness”
- Language to speak my feelings, attitudes, values
- Means to govern the quality of my relationships

2021::166-168

2002::160-162



*The way of Christ is so relentlessly incarnational, so bodily. (169/162)*

## **The Profundity of Paul & Losing “Nice” Flesh**

Galatians 2:20; Romans 8:11; Colossians 3:5, Philippians 3:5-6

“members” - natural powers of the embodied self

*“In the Grip of Grace”*

Grace - a presence and power in life,  
an alternative to natural forces.

Because we are in the grip of grace, sin does not  
exercise control over us except insofar as we allow it.

2021::171-172

2002::164-165



## **The Centrality of Spiritual Formation of the Body**

The body increasingly becomes a major part of the hidden source from which our life immediately flows.

The deeds and words of Jesus became a natural expression of who we are - the “inner reality” of the self settles in our body.

When the old “programs” are still running contrary to our new heart, and for the most part they are running in our body and its members:

*“Sin dwells within me”. (Romans 7:12)*

*“The spirit is willing but the flesh is weak.” (Matt. 26:41)*



2021::172-173  
2002::165-166



## **Taking This All Very Literally**

The greatest danger — we fail to take all this talk about our bodily parts very literally. (173/166)

The Tongue - It is only as we habitually subject the tongue to the grace of God as an instrument reserved for Him, to do His will, that grace comes literally to inhabit and govern it. (173/167)



(Editions::2021/2002)



# Body Language

Character

Tendency

Inclination

Settled

Readiness

Temper





## **Christ Delivers from Body Hatred**

We wrongly blame the body for the evil in it.

For usual human beings in the usual circumstances, their body runs their life. It is this bodily orientation of the self that runs the human cosmos.

“The lust of the flesh,  
the lust of the eyes, and  
the boastful pride of life...  
not from the Father but the world.”

1 John 2:16

2021::174-175

2002:168



*Obsessed with the  
merely natural*

*The body betrays those who center their life on it.*

This lies at the heart of youth worship in Western societies. You have to understand this if you want to understand Western culture.

Our fears of the future with our body...  
What it is going to do to us in aging and death.



2021::175-176  
2002::169





## **The Me God — “My Body, My Choice”**

A truth misstated and misunderstood.

Our only safety lies in proper solidarity with others.

—> I do not have exclusive say over what happens in and with my body.

—> It is not mine to do with as I will.

—> I did not produce my body.

—> I could not care for it for many years.

—> It is not self-sufficient now. (Ask yourself where your food and water comes from.)

—> There will probably come a time when I cannot care for it again.

—> I did not determine its basic properties.

—> There is very little about my body of any great importance that is due to me.

I am responsible for the care of my body.

That does not imply that I own my body.

2021::176-177

2002::170



The only reasonable use...

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 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 12:1-2

*Tendencies no longer incline evil without thinking.*

2021::177

2002::170





## **The Distraught Body**

Our tendencies have settled into our bodies.

- Agitation • Discomfort • Wounds • Fears
- Unsatisfied Desires • Shames • Losses
- Unhealthy Ambitions • Unhealthy Self Images
- Soul Disruption

These are tendencies of the self that have settled into our bodies parts and put it at war with itself.

They sink beneath the horizon of our awareness.

2021::178

2002::171



## Steps for Transformation of the Body

1. Formally surrender your body to God.
2. No longer idolize your body.
3. Do not misuse your body...  
As a source of central gratification.  
To dominate or control others.  
*We do not try to be sexy.*  
To overwork - the new “drug of choice”.
4. Properly honor and care for your body.  
The Sabbath



2021::178-182

2002::172-173



*“All the unhappiness of men arises from one single fact,  
that they are unable to stay quietly in their own chamber.”*

Blaise Pascal (/174)





## **Keep the Sabbath**

The body must be weaned away from its tendencies to always take control, to run the world, to achieve and produce, to attain gratification. These are its habitual tendencies learned in a fallen world. Progress in the opposite direction can only be made in solitude and silence, for they take our hands off our world as nothing else does. And that is the meaning of Sabbath.

*“Remember the Sabbath day by keeping it holy..”*

*Exodus 20:8*



## Two Abstinence Habits – Solitude & Silence

Inner space that permits us to be aware...  
The capacity to do nothing...



+



=



Muddy water only becomes clear if you let it sit for a while.

*I have a soul.  
God is near.*



*They are not as bad.  
The cure for loneliness.*

*The Divine Conspiracy, 357-360*



## Rest

Rest is one primary mark of the condition of Sabbath in the body, as unrest is a primary mark of its absence. If we are not rested, the body moves to the center of our focus and makes its presence more strongly felt, and the tendencies of its parts call out more strongly for gratification.

The sensual desires and ego demands will have greater power over us through our desperate body and its parts. What is happening all around us will be less sharp and decisive. Confusion is the enemy of spiritual orientation.

Rest, properly taken, gives clarity to the mind.

2021::182-183

2002::175



## Definitions of Key Terms

“Tendency(ies)”

- “An inclination toward a particular characteristic or type of behavior.”

“Inclination(s)”

- “A person's natural tendency or urge to act or feel in a particular way; a disposition or propensity.”

“Readiness”

- 1.) “The state of being fully prepared for something”
- 2.) “Willingness to do something.”
- 3.) “Immediacy, quickness, or promptness.”





## **Willard's Application of "Tendencies"**

"To act without thinking in ways that harm others or even myself." (165/162)

"Trap us, ensnare us, use us, destroy us." (173/166)

"Settled into our bodies parts and put it at war with itself." (177/171)

"In the living sacrifice, they no longer inclined or start us toward evil without thinking" (178/171)

"Always take control, run the world, achieve and produce, attain gratification." (182/175)

"Habits learned in a fallen world." (182/175)

"Call out more strongly for gratification." (183/175)

"Specific to sin." (183/176)

(Editions 2021/2002)





## **Willard's Application of "Inclination(s)"**

"Temptation is the inclination to sin." (25/33)

"Wrongdoing that literally inhabit its parts." (165/159)

"Temptation is a matter of being inclined." (173/166)

"Reside in the parts of our body, can be felt." (173/166)

"Stir up the whole body." (173/167)

"Inhabit its parts as living forces." (174/168)

"Toward God and godliness." (177/170)

"No longer toward evil without thinking." (177/171)

(Editions 2021/2002)





## **Willard's Application of "Readiness"**

"Run our life with feelings and enter our consciousness by how we feel about things." (168/162)

"To act wrongly with the associated feeling." (174/167)

"To sin." (174/168)





Recommended  
Teaching

**“The Humans Side of Holiness”**  
Dallas Willard, Denver Seminary

Session 8 — “Transformation of the Body & Habits”

17-session course and 292 page study guide with  
complete manuscript in the Jesus College Library



# Q&C

Your Questions & Comments are welcome!

(Use the Q&A on the bottom of your Zoom screen)



Q&A





While we guard our heart and readjust it as needed, we also need to confront the body in its regimented habits. (114)

If your desire is to retrain your body, you need to employ your body in the exercise. (117)

**80:00 + 10K**





80:00 + 10K



## Today's Experiment

Speak to God about the ways I have trained my body. Admit the underlying settled attitudes my body favors. (111)

What is my next step in advancing a sabbath practice? (121)





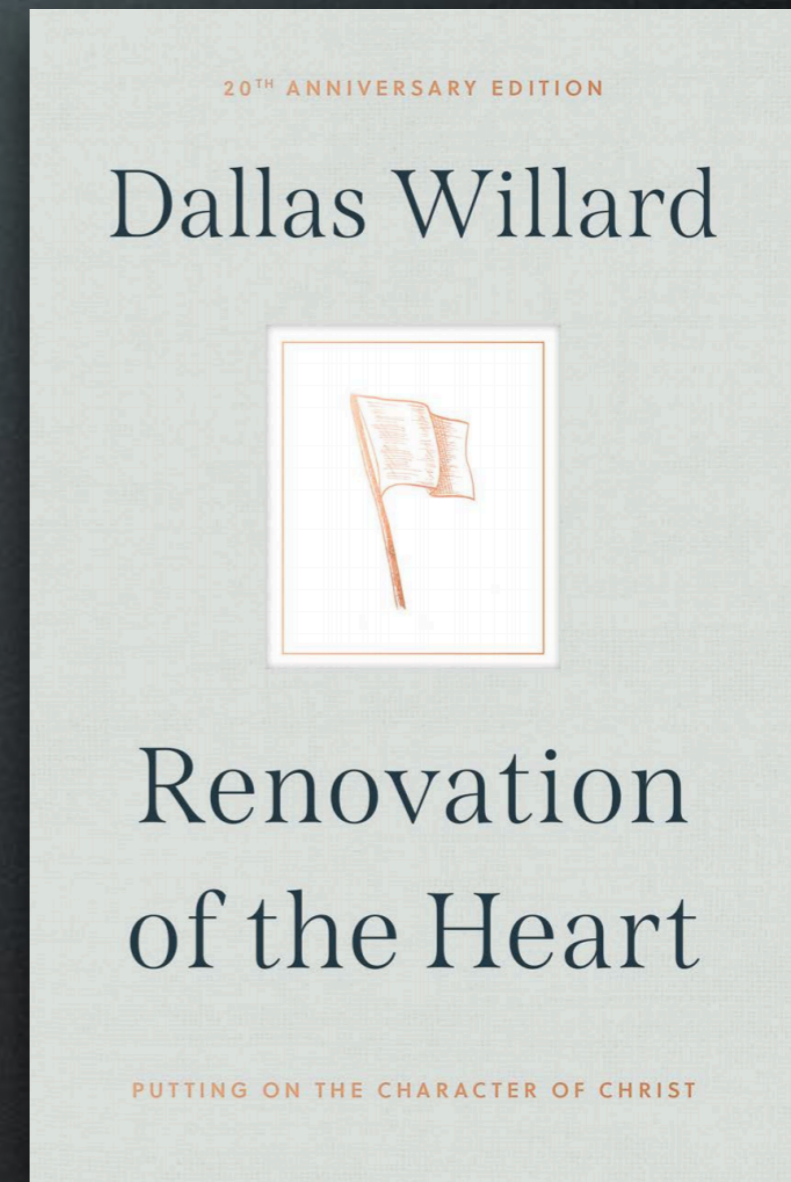
## Session 9 Summary

Our body is our personal power pack that literally fleshes out our character through our ingrained, trained tendencies that can combat or compel the way of Jesus. By God's grace through our chosen disciplines, we can grow in the incarnate habits of Christ through our physical dimension.

*“What incredible grace lies in the spiritual transformation of the body.”*

Dallas Willard

*Renovation of the Heart*





## **Next — Session 10**

“Transforming the Social Dimension”

Chapter 10

*Renovation of the Heart in Daily Practice*

Chapters 42-46





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\* - Based on teachings by Dallas Willard:  
*“The Nature & Necessity of Worldviews”*  
&  
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Session 1 - What is a worldview?

Session 2 - A Jesus worldview

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to the Next Generation

In memory of Dallas Willard

September 4, 1935 - May 8, 2013

Beloved Professor of Philosophy (1965-2012)

“You cannot ‘opt out’ of having a worldview.  
You can only try to have one that most accords with reality,  
including the whole realm of facts concerning what is genuinely good.  
The four questions any worldview must answer are:

What is reality?

Who is well-off?

Who is truly a good person?

How does one become a truly good person?



In your next 10,000 minutes, may the life you now live in the body be by faith in the Son of God, who loves you and gave Himself through His body for you.





# THE SCHOOL of KINGDOM LIVING



**Information...Registration** — [JohnC@dwillard.org](mailto:JohnC@dwillard.org)





Apprentice to Master Love — //Nouns  
*“A Student of the Superior Benefactor”*

Apprentice to Master Love — //Verbs  
*“Training to be proficient in willing the good”*

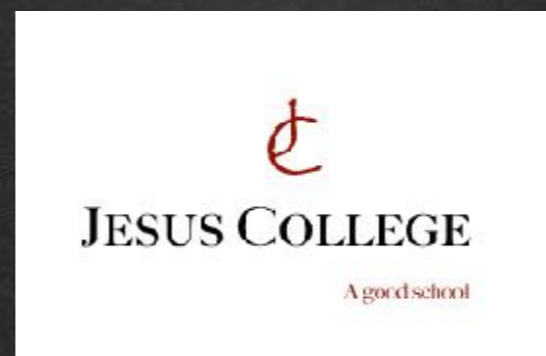


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