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**No matter our background or circumstance, God calls us to be disciples - not defined only by our actions, but by the posture of our hearts.**

Luke 18 reminds us it’s not church attendance, prayer, or serving alone that transforms us - it’s the spirit in which we come. God is interested in posture: cheerful giving, glad serving, and thankful worship.

Three postures mark a disciple: simplicity, vulnerability, and expectancy.

* **Simplicity** is childlike trust in God’s upside-down kingdom - where giving leads to receiving and humility leads to honour.
* **Vulnerability** is the courage to bring our true needs and weaknesses before Him. God can only heal what we reveal.
* **Expectancy** is childlike faith that God is willing and able to move, unjaded by disappointment.

When we come with simplicity, vulnerability, and expectancy, God meets us, changes us, and renews us.

REFLECTION

*Share something that stood out from the Sunday message ‘The Posture of a Disciple’.*

MESSAGE POINTS

##### One: The Posture of the Heart Matters More Than the Practice

God is not just interested in what we do—attending church, praying, giving, or serving—but in the posture of our hearts as we do these things. The story of the Pharisee and the tax collector in Luke 18 shows that two people can do all the right things outwardly, yet only one leaves changed because of the humility and sincerity of his heart. Transformation comes not from religious routine, but from coming before God with the right spirit, open and honest, seeking His mercy. Let us examine not just our actions, but the attitude and disposition with which we approach God, so that we too may leave justified and changed.    
  
*Luke 18:10-14 (ESV)  
“Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee, standing by himself, prayed thus: ‘God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week; I give tithes of all that I get.’ But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, ‘God, be merciful to me, a sinner!’ I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.”*

**Discussion**

**Why do you think Jesus emphasised the posture of the tax collector’s heart over the Pharisee’s religious practices?**

* *Share a time when you found yourself doing the “right thing” but with the wrong spirit. How did it affect the outcome or your relationship with God?*

**What does true humility before God look like in your daily life?**

* *In practical terms, what helps you stay dependent on God rather than falling into pride or comparison?*

**How can we guard against turning our spiritual disciplines into performance rather than relationship?**

* *What rhythms (prayer, service, giving, worship) can you approach differently this week - focusing more on heart posture than on routine?*

##### Two: **Simplicity** Childlike Faith Unlocks the Kingdom

There is a profound power in coming to God with childlike simplicity, not overcomplicating our prayers or our faith. Jesus commends the simple, honest prayer of the tax collector and teaches that the kingdom of God is revealed to the childlike, not the self-sufficient or overly sophisticated. As we grow older, life can harden us and make us cynical, but God invites us to return to a posture of trust and tenderness, believing Him at His word. Simplicity is not naivety, but a deep, trusting openness that allows us to receive from God in His upside-down kingdom.    
  
*Matthew 18:3 (ESV)  
“Truly, I say to you, unless you turn and become like children, you will never enter the kingdom of heaven.”*

**Discussion**

### **What does it mean to you personally to “become like a child” in faith?**

* *Share an example of a childlike quality (trust, wonder, honesty, dependence) that you think God wants to cultivate in you.*

**How do we guard against cynicism, self-sufficiency, or overcomplicating faith as we get older?**

* *What practices or attitudes help you keep your heart tender and trusting toward God?*

**Where might God be inviting you to simplify your walk with Him right now?**

* *Is there an area of your life - prayer, relationships, decisions - where you need to let go of striving and simply trust Him like a child?*

##### Three: **Vulnerability** God Heals What You Reveal

True transformation comes when we are willing to be vulnerable before God, honestly naming our struggles and weaknesses rather than hiding behind spiritual-sounding excuses. Like the man with the withered hand or blind Bartimaeus, it is only when we bring our real needs into the light that God can truly heal and restore us. Authenticity is good, but vulnerability goes deeper - it is the courage to show God our withered places, trusting that He is safe and able to heal. Don’t settle for surface-level prayers; bring your true self to God and let Him meet you there.    
  
*Mark 10:51-52 (ESV)  
And Jesus said to him, ‘What do you want me to do for you?’ And the blind man said to him, ‘Rabbi, let me recover my sight.’ And Jesus said to him, ‘Go your way; your faith has made you well.’ And immediately he recovered his sight and followed him on the way.*

**Discussion**

**Why do you think Jesus asked Bartimaeus, “What do you want me to do for you?” when his need seemed obvious?**

* *What does this teach us about the importance of naming our struggles and desires before God?*

**What keeps us from being truly vulnerable with God or with others in faith?**

* *Share a time when hiding your weakness felt safer - but what happened when you finally brought it into the light?*

**How can vulnerability deepen our discipleship and community?**

* *What practical step can you take this week to bring a “withered place” to God - or to trusted community - for prayer and healing?*

##### Four: **Expectancy** Break the Routine and Believe Again

God invites us to come to Him not just with routine, but with expectancy - believing that He is able and willing to move in our lives. Familiarity, disappointment, and mindless routine can dull our expectation, but a childlike, expectant heart accesses the fullness of what God has for us. Just as a child keeps asking, believing that their parent will respond, we are called to persevere in hope, refusing to let past disappointments rob us of faith for today. Let us come before Him believing for change, not just going through the motions.    
  
*Hebrews 11:6 (ESV)  
“And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.”*

**Discussion**

**What does it look like to come before God with expectancy rather than routine?**

* *Share an area of your faith or prayer life where expectancy has slipped into familiarity or going through the motions.*

**How have past disappointments affected your ability to believe God for today?**

* *What helps you guard against cynicism and keep a persevering faith even when prayers seem unanswered?*

**Where is God inviting you to believe again right now?**

* *Identify one area of your life - family, health, work, ministry - where you sense God calling you to pray and act with fresh faith this week.*

WATCH

https://www.youtube.com/@LIFEMelbourne/videos

GROUPS PRAYER POINTS

**Pray for each other’s personal journey as a disciple and discipleship in our church**

* Being in the presence of Jesus, becoming more like Jesus and continuing the work He did.

**Pray for the Holy Spirit’s presence**

* That we would be led, filled and empowered to live surrendered, love God and serve others.

**Pray for Decade of Destiny**

* **Debt Free on Sims and Stage One** Believe that we could be debt free on the purchase of Sims St and the stage one fit-out costs.
* **Launch Two New LIFE Campuses** That we would pioneer two additional LIFE campuses across Melbourne and continue to make room for more people to discover the wonder of Jesus, find their family and step into all that God leads.
* **LIFE Homes** To have short-, medium- and long-term accommodation navigable to enable emergency support, crisis help and essential care to key areas of vulnerability.
* **Education Services Engaged** It is our vision that we will have multiple pathways that we will be able to bring lasting transformation to our communities through learning and education and reverse the cycle of poverty.
* **Sims Street Revival** God is entrusting us to first and foremost lift up the names of Jesus and see many thousands upon thousands discover His eternal life.

GET INVOLVED!

**FAMILY DISCIPLESHIP**

Our amazing Kids Team launched the *Bite Sized Bible* this week - and we’re so excited to share it with you!

This resource is designed to help families explore God’s Word together, one bite at a time. With simple, easy-to-read portions of Scripture, it’s a fun and meaningful way to spark faith conversations and build lasting habits of engaging with the Bible as a family.

If you haven’t picked one up yet, grab your copy from the Kids Connection desk or just outside the Base Camp room.

We believe this will be such a blessing to families, and we can’t wait to hear the stories of how your child connects with God’s big story - and how you grow together on the journey.

**SISTAHOOD CONFERENCE**

DIVINELY ASSIGNED

Within every woman stirs a sacred ache—a yearning for our lives to matter, for our worth to be woven into something far greater than ourselves.

We are called to live in tune with a melody that echoes through eternity — a song God Himself placed deep within us. He etched it on our souls, marking us for His divine purpose. This is the melody He invites us to awaken — one that carries His heart, transcends our weakness and releases heaven's purpose.

It is divinely written. Divinely assigned.  
Ours to embrace.  
  
We're honoured to have Ps Maree de Jong (Founding Pastor at LIFE) and Ps Jemima Varughese (Senior Leader at Kingdom city Church) with us for 2 powerful and destiny-defining days.

Schedule:  
  
Fri 24 Oct  
Night session  
  
Sat 25 Oct  
Full day from 9am till 6pm  
  
Cost:  
$80  
  
Location:  
LIFE Melbourne (41-59 Sims St, West Melbourne)  
  
We look forward to seeing you at the conference!

<https://lifeau.org/sistahoodconference/>

**HELP & HOPE WEEK**

Help & Hope Week is an opportunity to make a practical difference in our community, with a range of initiatives and projects across the week that bring help and hope to many people in our community. Discover the joy of making a difference in our community by joining one of our LIFE Community Initiatives and teams. Experience firsthand what it’s like to be a part of one of our LIFE Community Kitchens or other community initiatives!

Register for a project - https://www.lifecommunity.org.au/helpandhope

UPCOMING DATES

**16th September** – YA All in

**29th September** – Help & Hope week

**9th October** – Alpha

**13th October** – LIFE Business Night

**19th October** – Water Baptism