

Formation:

Possible effects of following “the pattern of this world”:

Stress	Outrage	Disconnection	Debt
Hurry	Pride	Lying	Laziness
Anxiety	Distraction	Dirty speech	Alcoholism
Fear	Numbness	Sarcasm	Addiction
Insecurity	Overwhelm	Put-downs	Substance abuse
Hypervigilance	Exhaustion	Dishonour of authority	Impulsiveness
Jealousy	Discouragement	Contempt	Lust
Amger	Loneliness	Careerism	Pornography
Irritation	Isolation	Overwork	Racism
Impatience	Shame	Materialism	Bigotry
Resentment	Division	Discontent	

Possible markers of following the Way of God’s Kingdom:

Love	Unhurried living	Equity	Restfulness
Joy	Simplicity of life	Diversity	Diligence
Peace	Calm	Trust	Sense of meaning
Patience	Generosity	Acceptance	Sense of purpose
Kindness	Contentment	Authenticity	Clear sense of direction
Gentleness	Freedom	Honest	Creativity
Faithfulness	Warmth and affection	Integrity	Growth
Self-control	Relational connection	Harmony	
Faith	Community	Vulnerability	
Hope	Sense of belonging	Compassion	