

## Our Journey

### The Season of Formation

#### Foundational Text

Romans 8:29 Mirror Translation

**“For those He foreknew, He also predestined to be conformed to the exact image of His Son”**

January 11, 2026

**Sermon Title -- The Lights are On -- But Nobody's Home**

**Sermon Text -- Ephesians 5:14 AMP**

**Therefore, He says, Awake, O sleeper, and arise from the dead, and Christ shall shine (make day dawn) upon you *and* give you light.**

### Introduction

We've all heard the saying – the lights are on – but nobody's home ... It's usually said with a bit of humor – directed towards someone who's distracted – checked out – or not fully present ... The person may be present in the flesh – but their mind is nowhere to be found ... But what if that phrase wasn't just a cute joke ... What if it actually described a spiritual condition ... What if it's possible for the lights to be on – spiritually speaking – yet on the inside – the person is nowhere to be found.

For a born-again believer – is this even possible? ... Can a believer be filled with the Holy Spirit – yet be totally asleep on the inside ... Notice what Paul says – Awake, O sleeper ... He is saying – hey – the lights may be on – but you are sleeping – running on auto-pilot – totally unaware of the presence of God in your life ... This is why awareness matters ... As we start our journey into this season of formation ... I want to take a couple of Sundays – to address some common pitfalls that can easily derail us in our journey of transformation.

Catch this – nothing can be formed within us – until we recognize those pitfalls that can derail our transformation ... If you do not recognize the pitfall of slumber – you can spend years of attending church – listening to messages – having hands laid – and still walk out unchanged ... It's not because God isn't present – but because you are asleep on the inside – completely unaware of His presence ... The lights are on – but nobody is home ... Let's take a look at this pitfall of slumber.

## **The Pitfall of Slumber**

### **Romans 13:11 Passion**

“To live like this is all the more urgent – for time is running out – and you know it is a strategic hour in human history ... It is time to wake up – for our full salvation is nearer now – than when we first believed.”

Spiritual slumber is one of the most subtle – and dangerous – pitfalls in our journey toward formation ... Its danger comes from the fact – that it doesn't feel dangerous at all ... Slumber feels comfortable – familiar – safe – and completely normal.

Catch this – slumber isn't rebellion – even though it may appear that way to an observer ... Slumber isn't stubbornness – it's conditioning ... It is the intentional work of the enemy to keep us from awakening to the true person we were created to be ... And sadly – some people become so conditioned – that awakening never happens ... In fact – those who remain asleep – often look at those who are awakened – and judge them – saying they are disconnected from reality ... What is really happening is this – the awakened are seeing life clearly – while the conditioned sleeper – can only see life through their foggy and clouded lens.

Here's what's I find interesting ... The church house is often where this pitfall takes root ... Why – because it is peaceful – safe – familiar – and comfortable place ... These are the very conditions where the spirit of slumber can quietly sneak in ... The house is filled with the Spirit and Light – yet the sleeper will be completely unaware ... How can this be? ... Because

slumber isn't about darkness – it's about dullness ... Paul names this clearly in Hebrews 5:11 ... “You have become spiritually dull and don't seem to listen.” ... When spiritual awareness dulls – truth no longer feels liberating – it actually feels confrontational ... What was once received with hunger – is now resisted through offense ... And that explains why offense so often accompanies slumber in the house of God.

Catch this ... slumber doesn't happen overnight ... It's a pitfall we slowly drift into ... Think back – remember when you were actually excited to go to church – to worship – to hear the Word – to participate in a ministry? ... For most people that passion doesn't disappear suddenly – it fades gradually ... Which brings us to the next question we need to consider ... How does slumber actually develop in our spiritual journey?

## **How Slumber Develops along the Journey of Formation**

### **2 Corinthians 2:11 Blended**

“So that the adversary will not gain the upper hand over us or exploit us -- for we are not ignorant, -- but fully aware of his mindset and schemes.”

Slumber is rarely a sudden event ... It typically occurs gradually – and develops over time ... Paul reminds us that there is a “god of this world” whose intent is to blind our minds ... Understand this – blinding doesn't mean you have a demon ... Blinding deals with a spirit that messes with our perception – how we actually view things ... It isn't pulling the wool over our eyes – it is clouding our perception so that we don't see clearly ... And in this “dulled state” – our ego can kick back into gear and reassert itself into controlling our life.

When we were born into this world – we were trained to – trust our senses – to live life by what we saw – how we felt – and what we experienced ... And over time – without even realizing it – this type of training – crept into our spiritual life ... Let me remind you – we are an integrated being ... We are a spirit – who possesses a soul – and lives in a physical body ... We live in – and engage with – two different realms at the same time.

## **2 Corinthians 4:18 Mirror**

“We engage with the unseen realities - rather than being distracted by the visible; - the visible is temporary, - the unseen is eternal.”

So, dullness doesn’t develop because God withdraws Himself from your life … It develops because your awareness of His presence slowly fades in your life … When your focus is solely worldly – you are falling into the pitfall of slumber – thus Paul admonishes us:

## **Colossians 3:2 AMP**

Set your mind and keep focused habitually - on the things above [the heavenly things], - not on things that are on the earth [which have only temporal value].

## **What are the Consequences of Living in a Constant State of Slumber**

### **Hebrews 2:1 Blended**

“This is why it is so crucial – that we give our undivided attention – to what we have heard – so that we do not drift off course – or away from the original design.”

There are consequences when we remain in a constant state of slumber … When we allow the cares of this world to capture and control our attention … When an individual does not awaken – awareness of the supernatural fades away … When awareness fades away – formation stalls – and you will remain unchanged … Life keep moving forward – but you remain stuck – spinning your wheels – never growing into the new creation God designed you to become.

This is where slumber becomes most dangerous … Why – because it feels normal – it feels comfortable – it feels familiar – it feels safe … That normal – daily routine – now replaces the hunger and desire – to go deeper into the things of the Kingdom … We begin to normalize this lifestyle – and it then becomes our version of faith … See – we still go to church – engage with our spiritual disciplines – but inwardly – we remain the same – nothing is being formed … The lights are on – but nobody is home

Jesus warned us of this condition when He said - - “Seeing they do not see – and hearing they do not hear” ... The Light can be present – but when the inner man is asleep – he sees and hears nothing – concerning the Kingdom ... The very truth that is designed to set him free – no longer pierces into his soul ... Why – because slumber has become his faith – and dullness has become his lifestyle ... Remember – God will allow you - - To Do You ... He does not force people to change ... What He does is – invites them to awaken ... To shake off the spirit of slumber ... To arise from the dead and allow the Light of Christ to shine upon you ... But the question becomes – will you awaken to His prompting?

### **Take Away**

Let me give you a simple exercise – something you can practice throughout the week ... This is a simple practice that will help keep you from drifting into the pitfall of slumber ... Regularly – throughout your day – take a moment to pause – recapture your focus – and turn your attention inward ... Then ask yourself honestly - - Am I awake right now – or am I drifting? ... Am I aware of His presence – or am I running on autopilot?

The purpose of this exercise is to develop a spiritual practice of conscious awareness ... Over time – this pause will become a habit – that will safeguard you from this pitfall ... It designed to keep us properly aligned with the Spirit – so that this natural realm – doesn't slowly become our only reality ... Because when this realm becomes our reality – formation stops – and transformation into the Kingdom being we were created to be – never takes place ... Let this Scripture be a meditation of your heart – and a resonating place for your spirit.

### **Psalm 46:10 Blended**

Stop fighting - - Be still - - Be quiet - - Be in awe - - And know that I Am your God