

We listen to God and do what He says.

We won't do this unless we are intentional. Being intentional requires getting rid of old destructive habits and developing new life-building habits.

This is an introduction to Spiritual Disciplines. It is just the beginning of a journey of living life with God. You will have the opportunity to learn more about spiritual disciplines in our 301 Discipleship.

What is the environment of your life?

A good environment is critical for healthy growth. What you are regularly exposed to will either help or hinder your growth in faith.

We Listen to God...

How do we listen to God?

-Remove the Clutter.

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us,
Hebrews 12:1 NIV

-Get into His Word and Get His Word into you

-Pray.

-Get involved in Church.

Do What He Says.

Obedience is a spiritual discipline. You are not always going to want to obey but God's way is the best way.

How do we do what He says?

-Take inventory of your time.

Our lives are made up of how we use the time that we have. How do you currently spend your time?

Some things in our lives may actually be pulling against the areas where God wants us to grow.

(Ask: Are my habits healthy?)

-Remove any negative habits.

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?

You are not your own; you were bought at a price.

Therefore honor God with your bodies.

1 Corinthians 6:19-20 NIV

-Replace them with life-building habits.

Daily Readings:

As you study, ask God to help you understand what you read.

Day 1: Hebrews 12:1-13

What stands out to you from this passage?

What questions do you have about this passage?

Spend time thanking God for what He is teaching you. Ask Him to help you live out what you are learning.

Day 2: Philippians 4:4-9

What stands out to you from this passage?

What questions do you have about this passage?

Spend time thanking God for what He is teaching you. Ask Him to help you live out what you are learning.

Day 3: *John 15:1-8*

What stands out to you from this passage?

What questions do you have about this passage?

Spend time thanking God for what He is teaching you. Ask Him to help you live out what you are learning.

Day 4: *Galatians 5:13-26*

What stands out to you from this passage?

What questions do you have about this passage?

Spend time thanking God for what He is teaching you. Ask Him to help you live out what you are learning.

Day 5: *John 15:9-17*

What stands out to you from this passage?

What questions do you have about this passage?

Spend time thanking God for what He is teaching you. Ask Him to help you live out what you are learning.