

## SPIRITUAL PRACTICES FOR LIFE STUDY

### John 10:10b (ERV)

“I came to give life—life that is full and good.”

### Romans 12:2 (NLT)

Don't copy the behavior and customs of this world, but let God *transform* you into a new person by *changing* the way you *think*.

### Philippians 4:8 (NIV)

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—*think* about such things.

### John 8:32 (CSB)

“You will know the truth, and the truth will set you free.”

- Not knowing the truth keeps people in bondage.
- **KNOWING The Truth**

### John 8:32 (CSB)

“You will know the truth, and the truth will set you free.”

### John 17:17 (NIV)

Sanctify them by the truth; your word is truth.

- The renewing of our minds, through the knowing of God's word (the truth), leads to the transforming our lives (sanctification).

Study involves intentionally and repeatedly exposing the mind to God's truth through concentration and observation, forming ingrained habits of thought.

### Romans 12:2a (NIV)

2 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.

### Deuteronomy 11:18-23 (CSB)

Imprint these words of mine on your hearts and minds, bind them as a sign on your hands, and let them be a symbol on your foreheads. 19 Teach them to your children, talking about them when you sit in your house and when you walk along the road, when you lie down and when you get up. 20 Write them on the doorposts of your house and on your city gates, 21 so that...

22 For if you carefully observe every one of these commands I am giving you to follow—to love the Lord your God, walk in all his ways, and remain faithful to him—the Lord will...

### 1. REPETITION

- Regular repetition will channel the mind in a specific direction, creating habits of thought that become ingrained over time.
- Repetition will either work for us or against us; we choose.

### 2. CONCENTRATION

- Concentration centers the mind and focuses attention on what is being studied, removing all distractions from the truth that sets us free.

### 3. COMPREHENSION

- Comprehension is the act of attaining a practical understanding of God's truth. It's about knowing the truth that sets us free.

### 4. REFLECTION

- Reflecting on the truth we have come to understand helps us see things from God's perspective and how that truth impacts our lives.

### 5. REPETITION

- The main attitude needed in practicing the discipline of Study is humility.

### 1 Corinthians 8:1b (MEV)

Knowledge produces arrogance, but love edifies.

- The main ingredient needed in practicing the discipline of Study is time.