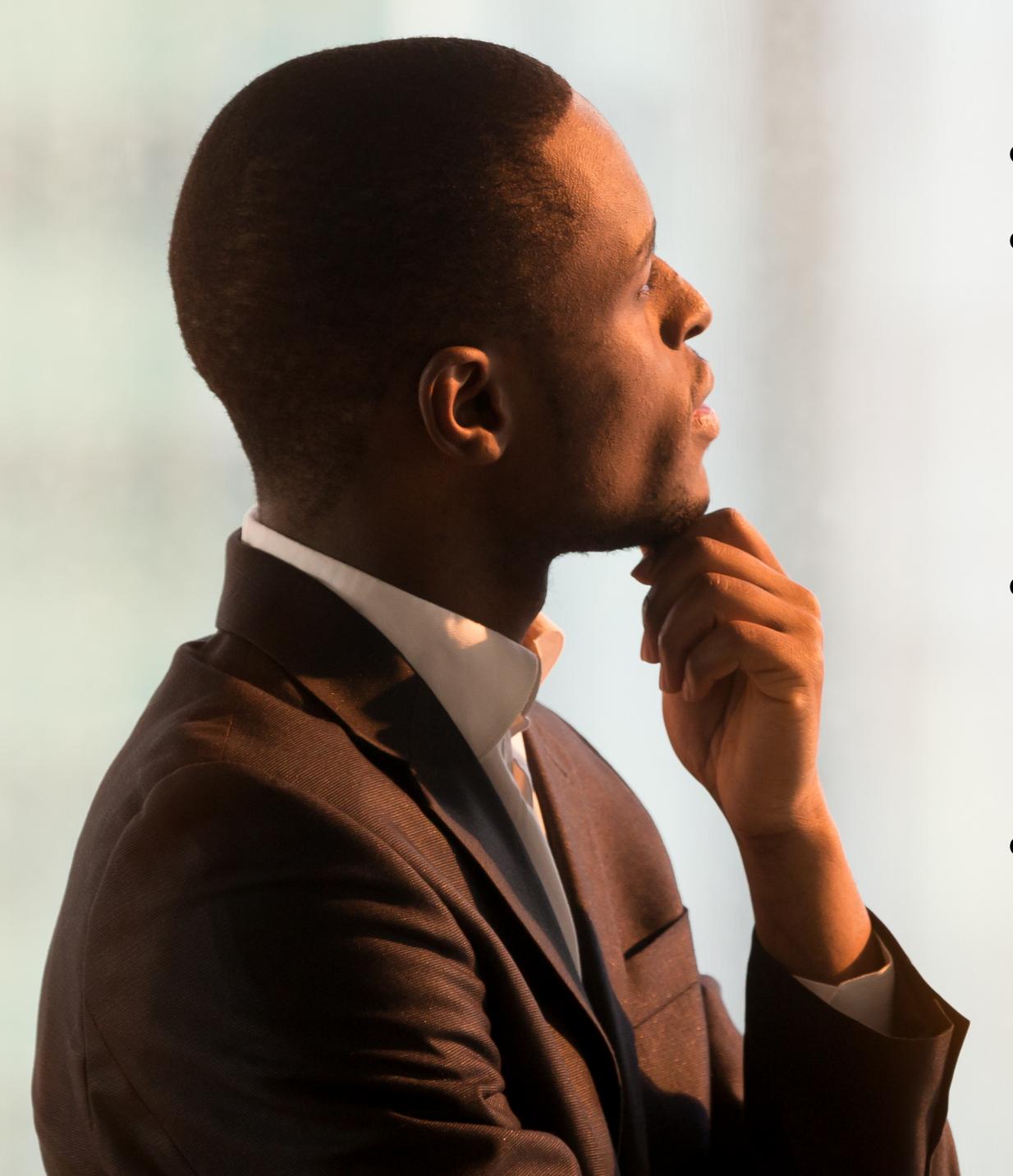


HABITS

...the church's overarching goal was 'renewing [people] from their old habits into the newness of Christ"

Irenaeus, 130-202 A.D.Haer. ANF 1:444.





- What do I DESIRE?
- What PRACTICES will I engage that are consistent with that desire?
- What HABITS will I embody that will start changing me?
- What CHARACTER traits of God will begin to define me?

Inward Disciplines of:

meditation

prayer

fasting

study

Offer avenues of personal examination
and pathways to lasting change.

Outward Disciplines of:
simplicity
solitude
submission
service
Help prepare us to engage in order to help
make the world a better place.

I already feel guilty about not reading the Bible and praying enough; the last thing in the world I want is ten other things to feel guilty about not doing.

John Ortberg, <u>The</u><u>Life You Always</u><u>Wanted.</u>



WHAT THE DISCIPLINES ARE NOT:

- A BAROMETER TO MEASURE OUR SPIRITUAL LIVES
- NECESSARILY UNPLEASANT
- ABOUT TRYING TO BE GOOD ENOUGH TO EARN FAVOR WITH GOD
- ABOUT CREATING MORE "TO DO'S" FOR OURSELVES OR FOR OTHERS



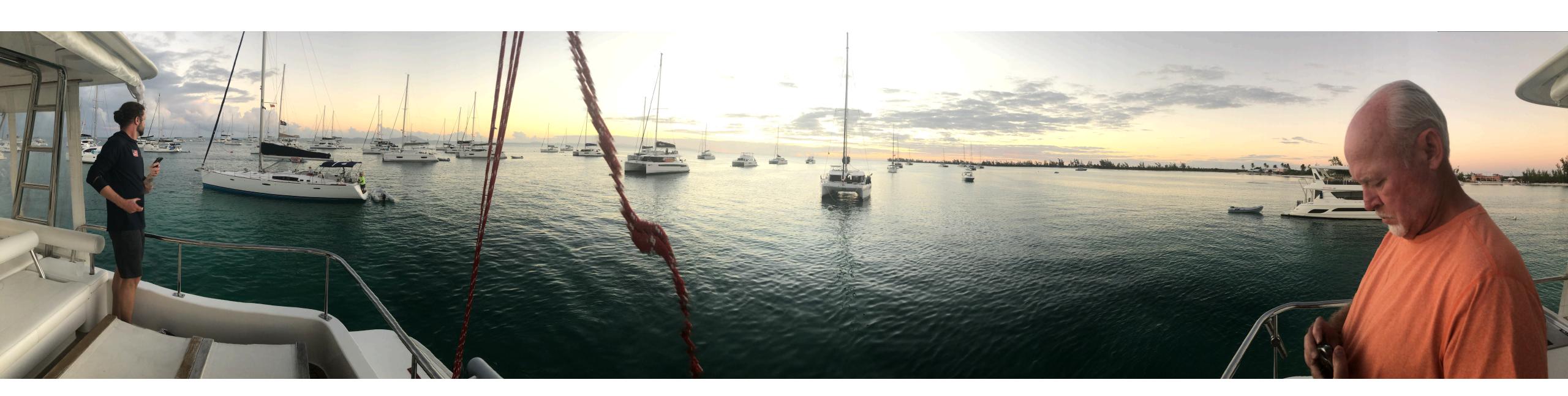
"There is an immense difference between training to do something and trying to do something . . . spiritual transformation is not a matter of trying harder, but of training wisely." – John Ortberg

...train yourself in godliness.

- 1 Timothy 4:7

Everyone who competes in the games goes into strict training.

- 1 Corinthians 9:24





...to direct the mind repeatedly and regularly toward certain modes of thought.



What we study helps to determine the kind of habits that we form.

Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

- Philippians 4:8-9

TEACHABLE SPIRIT

It is always important to understand study with an attitude of humility and teachability since any practice of increasing knowledge can have a tendency to feed our pride or arrogance. - Richard Foster



Scripture not only gives us true information about how our lives can be transformed; it will itself be part of that process.

– NT Wright, Paul for Everyone

And remember, our Lord's patience gives people time to be saved. This is what our beloved brother Paul also wrote to you with the wisdom God gave him—speaking of these things in all of his letters. Some of his comments are hard to understand, and those who are untaught and unstable have confused his letters to mean something quite different, just as they do with other parts of Scripture. The result will be a disaster for them.

- 2 Peter 3:15-16

TRUE DISCIPLES

Jesus said to the people who believed in him, "You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free."

- John 8:31-32

Your word is a lamp to my feet and a light for my path. — Psalm 119:105



STUDY

- 1. Pick a Theme
- 2. Explore Bible Passages
- 3. Invest in Investigation
 - · Apply Exegetical Tools
 - Understand the Intent
 - Gain Knowledge
- 4. Observe People