

The Way part 8.

“Practice, Practice, Practice!”

There is a gap between who we are and what we long to be...

Teaching

Romans 12:1-2

We can't think our way into Christ Likeness

James 1:22-25 NLT

The Power of practice

Key idea: “The Things we do, do something to us”

Teaching counters the stories we believe, **practices counter our habits...because what we do is what we become...**

The Heart

Proverbs 4:23

Proverbs 27:19

You have a role to play in curating your heart towards things.

Neuroplasticity and Neurological Mapping

Liturgical Audit

- Write down your routines and habits
- How do you spend your week and weekends?
- Spend a few minutes day and write down all your habits and routines
- What are these habits/practices doing to your heart?

Practice, Practice, Practice

Matthew 7:24-27

The Power of practice: Key idea: “The Things we do, do something to us”

“The practices are disciplines based on the lifestyle of Jesus that create time and space for us to access the presence and power of the Spirit and, in doing so, be transformed from the inside out.” John Mark Comer

Standard definition of a discipline: "A discipline is any activity I can do by direct effort that will eventually enable me to do what I currently cannot do by direct effort alone."

"Spiritual Disciplines" are practices based on the lifestyle of Jesus that create a time and space for us to access the power and presence of the Holy Spirit and in doing so be transformed from the inside out.

It's not about trying harder, it's about training harder.

1 Corinthians 9:24-27

There is a place for your effort in apprenticeship/discipleship to Jesus.

They spiritual disciplines/practices are "our" part in our spiritual transformation

Classic spiritual disciplines are core disciplines for all people for all times.

List of spiritual disciplines...

- Silence and Solitude
- Prayer
- Sabbath
- Fasting
- Scripture
- Community
- Generosity
- Serving
- Witness

Anything can become a spiritual discipline, if we offer it to God as a channel of grace.

Deep transformation is possible if we are willing to arrange/rearrange our lives around the practices, disciplines, rhythms that Jesus lived out.

Liturgical Audit

- Spend a few minutes day and write down all your habits and routines
- How do you spend your week and weekends?
- What are these habits/practices doing to your heart?
- What do you need to eliminate/reduce and what spiritual practice replace it with?

Few Tips:

- Start where you are, not where you should be
- Think subtraction, not just addition
- Take into account your season of life and stage of discipleship