

Improving Our Spiritual Habits

Adult Bible Class
February 9, 2020

Which of these practices resonates with you personally? Which ones do you already practice, or are willing to try? (By "already practice" I mean these are already a regular part of your devotional / faith life.)

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How do these exercises enhance your faith life? What motivates you to practice them?

What stands in the way of giving more of your time to improving your spiritual habits?

Why are we talking about this?

Matthew 11:25-30

²⁵At that time Jesus declared, "I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; ²⁶yes, Father, for such was your gracious



will. ²⁷All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. ²⁸Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰For my yoke is easy, and my burden is light.”

Perhaps we can think of practicing spiritual habits as something similar to “yoking” ourselves to Christ. That is where the training happens. When we are yoked to Christ, our opportunity to wander around grows smaller. We are actually making changes in the patterns of our brains and creating new pathways that enable the practice to become more a part of who we are and what we do. In these habits, we are changed.

What is one small change you could make in your routines or patterns that would allow for the formation of a new habit. Don’t start with something huge – start with something attainable. (i.e. – spend 5 minutes in silence; copy a few verses of a Psalm each day; turn off your phone for an hour; read 10 verses of Scripture ...)

A Chance to Practice – Secret Code Prayers

Evaluate

1. Did this exercise work for you? Why? Why not?
2. Were you able to focus on the prayer for the full 5 minutes?
3. Would you do this again?