

MESSAGE NOTES

The goal of spiritual practices is to become more like Jesus.

1 Timothy 4:7-8: *Train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.*

Spiritual practices are means of grace and not means to grace.

To remain in Christ is to know Christ (John 5:24) and spend time with Him (John 15:17)

STUDY GUIDE

Reference:

Read John 15:1-11 and open in prayer.

Review:

What was one thing from this week's message, or scripture reference, that stood out to you?

Reflect:

1. 1 Timothy 4:7-8 says "Train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come." What are some other areas of your life where you have developed personal disciplines? How have you seen the benefit of practicing spiritual disciplines?
2. If you've had a personal, quiet time in the past, what has that looked like?
3. What are the greatest obstacles for you to having a personal, quiet time?
4. How does John 15 encourage us to remain in Christ?

RESPOND/REINFORCE:

Take some time to ask God what it could look like for you to make a consistent, personal quiet time with Him. Spend some time in prayer and ask God to help you commit to a daily time of prayer and scripture reading.