



PRACTICE

Drills to Develop Discipline

FIRST CONGREGATIONAL CHURCH

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Article on US Attention Spans:



DISTRACTIONS!



James 4:7 NIV

Submit yourselves, then, to God. Resist the devil, and he will flee from you.



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— **CANCEL THE NOISE** —

Philippians 4:9 NIV

Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Philippians 4:8-9 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. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.



Step #1: **BE ALERT**

1 Peter 5:8-9 NIV

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.

Galatians 6:1-3 NIV

Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. Carry each other's burdens, and in this way you will fulfill the law of Christ.



Slow down!

2 Corinthians 3:18 NIV

And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

**“Spend one hour a day in adoration of your Lord
and never do anything that you know is wrong.” –
Mother Teresa**

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**Pray saying, “What do I need less of to have more
of You, God?”**



Step #2: Cancel It

“... for most of us, it’s just as important, if not more so, to focus on what we’re not going to do, to build margin into the architecture of our lives.”

– John Mark Comer

1 Corinthians 10:13-14 NIV

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. Therefore, my dear friends, flee from idolatry.



No more idols

Galatians 5:1 NIV

For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.

Matthew 16:24-26 NIV

Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it. What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?”



Application

1. Recognizing the noise is the first step.

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2. Canceling the noise is the second step.

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3. Building a Rule of Life the life long process that follows.



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— **CANCEL THE NOISE** —

Practicing the Way

Be with Jesus
Become like him
Do as he did

John Mark
Comer

New York Times bestseller
From the author of *The Ruthless Elimination of Hurry*

Practicing the Way by John Mark Comer



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