

Welcome to Digital Discipleship, a weekly video teaching from Pastor Shawn and a downloadable weekly devotional guide. Every Wednesday at 11:30am a new teaching and weekly devotional will be released on the Main Street Church APP. We pray that you will grow stronger in your walk with Jesus as you lean into these teachings and devotions.

DIGITAL DISCIPLESHIP – LESSON 1 –

FEED YOURSELF - *Establish A Devotional Life to Abide in Christ*

Day 1

Renew the Mind (Romans 12:2)

Introduction

1. Welcome to Digital Discipleship. Our prayer is that you will personally grow in your relationship with Jesus as you lean into these teachings and weekly devotions. The goal of the Christian life is to be able to go directly to Jesus for spiritual nourishment. We were never designed to be spoon fed our entire lives. Over the next few months we want to equip you to listen to Jesus personally and to encourage one another in their walk with Jesus.
2. We begin our personal journey of renewal, as disciples, by connecting to Jesus, so that His rich life (think of nutrients) begins to flow into us. Jesus said: *"I am the vine, you are the branches; he who **abides in Me** and I in him, he bears much fruit, for apart from Me you can do nothing. ⁶ "If anyone does not **abide in Me**, he is thrown away as a branch and dries up . . . **John 15:6 (NASB)***
3. **Shawn taught us in the first video lesson that "Jesus is into things producing what they were meant to produce" (see **Mark 11:12-14**).** In order to produce in our lives what God has designed us to produce we need to be connected to Him. Jesus called that ABIDING. Here are a few ways Abiding impacts our live and relationship with Jesus.

1. When we connect (Abide) in Christ:

We have fellowship with God

1. Did you know that a central theme of Scripture is that God made us to be in fellowship with Himself? **1 Corinthians 1:9 (NIV)** *God, who has called you into fellowship with his Son Jesus Christ our Lord, is faithful.*
2. God isn't a cosmic cop who simply created people, placed them in the universe, and then let them loose to figure out life on their own, while He turned His attention elsewhere. He had a plan and it has always been about connecting us to Him. **Here's a recap of His plan:**
 - a. God was in fellowship with Adam and Eve (Gen 3:8)
 - b. Sin broke that fellowship, separating us from God (Gen 3:9; Isa 59:2). God then lovingly initiated a plan by which people could once again come near for fellowship.
 - c. First, He drew near, introducing a sacrificial system which gave them limited access to Him, as He dwelt among them from a distance in a tabernacle (tent) (Ex 25:8)
 - d. God promised to draw near through a Son born to a virgin, who would name Him Immanuel, meaning "God with us!" (Isa 7:14)

- e. The Word (Jesus) became flesh and dwelt (tabernacled) among us (John 1:14)
 - f. When He left, He promised to send another Counselor to be with us (John 14:16-18) – this is the Holy Spirit!
 - g. Jesus also promised that He would return to take us to be with Him (John 14:1-3)
 - h. In heaven, John heard a loud voice say: “*Now the dwelling of God is with man, and he will live with them. They will be His people and He will be with them and be their God!*” (Revelation 21:3)
3. Did you notice that God has always been about creating ways for us to connect with Him? How does that happen? **It happens through time with Him** – like any relationship (i.e. marriage, parenting) - by means of prayer and listening prayer, while we’re reading our Bibles, and while we go about the activities of our day!

We’ll Stay Strong

1. The Psalmist said: **Psalm 19:7 (NIV)** *The law of the LORD is perfect, reviving the soul.*
2. Right now with COVID-19 we find ourselves and our world in some trying and difficult circumstances. Which is all the more reason to be intentional about connecting with Jesus. When you feed on and in God’s Word, your soul will be revived; helping you to function under the most trying circumstances. On the other hand, those who don’t feed on the Word, will find themselves consumed by overwhelming stresses and anxiety.
3. **Why is this so?** The answer lies in what the Hebrews writer said: **Hebrews 1:3 (NIV)** *The Son is the radiance of God’s glory and the exact representation of his being, sustaining ALL THINGS by his powerful WORD.* Did you catch it? **All things** include you and I!
4. You and I are sustained by His Word to us: both His written Word, as well as His ongoing words to us, often whispered to our souls.
5. The biblical writers are consistent in advising us that to be emotionally whole and strong, we need to be dynamically connected to the only One who can sustain us.

We have victory over temptation to sin

1. Wouldn’t it be great to get victory over habitual sins that we keep on confessing, day after day, month after month, and year after year? Is it even possible? James starts us off by saying “... *but each one is tempted when, by his own evil DESIRE, he is dragged away and enticed.* ¹⁵ *Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.* **James 1:14-15 (NIV)**
2. The sinful nature in us desires sinful things! **2 Peter 2:10 (NIV)** *This is especially true of those who follow the corrupt DESIRE of the sinful nature and despise authority.*
3. It’s always tugging at us and if we give in, we’ll be dragged away, giving way to sin, which brings death. We are wrong to think that ALL our temptations are the direct result of the devil – they’re not.
4. Yet, the fact that we have this sinful nature is no excuse before God, because He has granted us His Spirit, by whom we can overcome these tugs or temptations.
5. **Romans 8:13 (NIV)** *says - For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.* And to the Galatians, Paul said something similar, “. . . *So I say, live by the Spirit, and you will not gratify the desires of the sinful nature.* **Galatians 5:16 (NIV)**
6. When we are vitally connected to Christ, we are supernaturally empowered by the Spirit living within, to ESCAPE the corruption in the world, caused by evil desires – we simply CANNOT do this on our own. **But for that, we need to be connected to the Vine (Jesus) through a daily walk with Christ, experiencing Him.**
7. Sinning also can give a foothold to demonic influence in our lives. This is why Paul says, “*In your anger do not sin*”: *Do not let the sun go down while you are still angry, and do not give the devil a foothold.* **Ephesians 4:26-27 (NIV)**

8. Perhaps, in this case, he attacks us through our emotions or by increasing the wrongful anger we already feel against others. Similarly, Paul mentioned “*the breastplate of righteousness*” (Eph 6:14). If we have areas of continuing sin in our lives, then we will have gaps in our armor where we will be vulnerable to demonic attack. We are called to vigorously resist temptations, including those coming from demonic sources (James 4:7).
9. As we spend daily time with the Lord, one of the things we can do is cry out to Him for His grace to resist temptations we may even specify the ones we continually fail in.
10. **1 Corinthians 10:13 (NIV)** *No temptation has seized you except what is common to man. 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 stand up under it.*
11. The grace that flows through us when we are abiding in Jesus (in real relationship with Him) gives us both the desire and ability to resist temptation (Phil 2:13). Praise God!
12. Put another way, go to Him daily and spend time with Him. **THEN** go out and resist temptation!

Reflecting and Reviewing (2 Timothy 2:7)

1. **READ John 15:1-17**
2. Write down something that stood out to you, from the reading you just completed above.
3. What are three effects of abiding in Jesus, of staying connected to Him? Which one impacted you the most?
4. Even though we struggle with sin, why do we have no excuse for our sin?

Life Application (James 1:22)

1. God calls us to fellowship with Him. Ask God the following Question and then write your reflections in your journal. **QUESTION: *Jesus is my fellowship with you increasing or decreasing?***
2. Record one or two specific temptations and sins that you struggle with regularly. Write out a prayer, confessing to God your struggle, while also crying out to Him for the grace to overcome.
3. **Memorize** Philippians 1:3-5.

Day 2

Renew the Mind (Romans 12:2)

We already looked at three effects of abiding in Jesus: 1) fellowship with God 2) we'll stay strong 3) victory over temptation to sin. Today, we'll look **two more effects of connecting with Jesus**.

We can grow in godly character

1. Paul not only told us to PUT OFF the old self, but to PUT ON the new self
2. **Colossians 3:9-10 (NIV)** *Do not lie to each other, since you have put off your old self with its practice⁰ and have put on the new self, which is being renewed in knowledge in the image of its Creator.*
3. Peter said something similar, just in different words ...
4. **1 Peter 2:1-3 (NIV)** *Therefore, rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind. ² Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, ³ now that you have tasted that the Lord is good.*
5. Note, Peter begins by saying, "rid yourselves," which corresponds to Paul's "put off." Next, he says, "grow up," which parallel's Paul's, "put on." **They're talking about the same thing.**
6. In yesterday's devotional, we said that a daily walk with God is necessary for the believer to have victory against temptations to sin – to PUT OFF or to "RID OURSELVES OF..."
7. **A daily walk with the Lord is also necessary to PUT ON or to GROW UP in our salvation!**
8. We're not just told to "negatively" resist temptations to sin, as good as that is; we are further called to "positively" grow in the character of Christ (Eph 4:24; Col 3:10): goodness, knowledge, self-control, perseverance, brotherly kindness and love (2 Pet 1:5-7).

We will experience success in our lives

1. **Hosea 4:6 (NIV)** declares . . . *my people are destroyed from lack of knowledge. "Because you have rejected knowledge, I also reject you as my priests; because you have ignored the law of your God, I also will ignore your children.*
2. A pastor once said, "What you don't know, **WILL hurt you!**" Well put!
3. The "wisdom literature" of the Old Testament (Job, Proverbs, Ecclesiastes, Song of Songs) is dedicated to explaining how life really works. This wisdom was collected through human observation and then compiled for inclusion in the writings found in our Bibles.
4. **Proverbs 24:32 (NIV)** *I applied my heart to what I observed and learned a lesson from what I saw.*
5. At least ten times in **Ecclesiastes**, Solomon introduced his thoughts with, "I saw (observed) such and such, and this is how it works (2:13; 3:16, 22; 4:1, 4, 7, 15; 8:9, 10, 17; 9:11)."
6. Solomon made observations about laziness and diligence; adultery and faithfulness; generosity and greed; integrity and dishonesty; foolishness and wisdom; harsh and gentle words; the proud and the humble; the rich and poor; the present and eternity; those who have the fear of the Lord, and mockers who despise knowledge; youthfulness and aging; righteousness and wickedness; righteous and wicked rulers; enemies and friends.
7. Solomon said that though wisdom calls out to people to listen (Prov 1:20), it is often ignored, resulting in disaster.
8. **Proverbs 1:26-27 (NIV)** *I in turn will laugh at your disaster; I will mock when calamity overtakes you--²⁷ when calamity overtakes you like a storm, when disaster sweeps over you like a whirlwind, when distress and trouble overwhelm you.*
9. However, those who welcome wisdom and understanding, are saved from the results of reckless behavior.
10. **Proverbs 2:11-12 (NIV)** *Discretion will protect you, and understanding will guard you.¹² Wisdom will save you from the ways of wicked men, from men whose words are perverse ...*

11. Solomon also makes it clear that we cannot be casual about acquiring wisdom and understanding.
12. **Proverbs 2:3-4 (NIV)** ... if you call out for insight and cry aloud for understanding, ⁴ and if you look for it as for silver and search for it as for hidden treasure,
13. Such a person will be desperate for it and will also be INTENTIONAL in gaining it. We're not to drift through life, HOPING for good outcomes. **Drift will never lead you there.** Never. Drift ALWAYS takes you in the opposite direction. We cannot depend solely on one Sunday sermon per week to do all this for us! We must also train ourselves in the Scriptures, by intentionally engaging in a daily devotional time (1 Timothy 4:7).

Reflecting and Reviewing (2 Timothy 2:7)

1. Write down something that stood out to you, from the reading you just completed above.
2. What are the five effects of abiding in Jesus, of staying connected to Him? (from day 1 and day 2)
3. Why do we often drift in life? What do we often lack? Write down your thoughts in your journal.
4. **READ 1 Peter 2:1-10**

Life Application (James 1:22)

1. When we abide with Christ, our character will grow. Can you identify an area or two where you have grown in the past year? Write them down.
2. Find someone that you can share and talk about the five effects of abiding in Christ with this next week. Put it in your schedule. It is important that we disciple others as we are being disciplined.
3. Go through days 1 and 2 again and read each of the verse references out loud.
4. Review and continue to **memorize Philippians 1:3-5.**

Day 3

Renew the Mind (Romans 12:2)

Your devotions should be held daily

1. We established that to have fellowship with God; to be emotionally strong and healthy; to grow up in our salvation; and to become successful in living; calls for a consistent, disciplined devotional life, with plenty of dedicated time.
2. In fact, it's NOT saying too much, to say that this will require a DAILY regimen! See how clearly Scripture speaks about this ...
3. **Deuteronomy 6:6-9 (NIV)** *These commandments that I give you today are to be upon your hearts. ⁷ Impress them on your children. **Talk about them** when you sit at home and when you walk along the road, when you lie down and when you get up. ⁸ Tie them as symbols on your hands and bind them on your foreheads. ⁹ Write them on the doorframes of your houses and on your gates.* (see also Deut. 11:18-20)
4. **Notice:** it says, **"talk about them"** - because they were memorizing, rather than reading. When would we engage in this discussion?
 - a. When you sit at home
 - b. When you walk along the road
 - c. When you lie down
 - d. When you get up
5. **ALL THE TIME!** The intake of God's Word was to be a daily reality in their lives!
6. **Joshua 1:8 (NIV)** Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.
7. How much were they to meditate? Day and night! And the psalmist agreed ...
8. **Psalms 1:2 (NIV)** But his delight is in the law of the LORD, and on his law he meditates day and night. (also Psalm 119:97).
9. Do we need daily food for our body? For sure! We need it for our spirit and soul too!
10. While physical fasting comes with benefits for our body, fasting from spiritual nourishment does nothing to benefit our soul. We'll notice (or should I say, those around us will notice!) that if we fast spiritually, we will become irritable and cranky. And we'll feel dull and empty. These are sure signs of fasting from Christ! **We need a daily quiet time when we get quiet to hear from Jesus – His words to us are life for our soul and spirit!** They'll strengthen us for the day much more than any protein drink or energy bar!
11. **Key: commit to beginning with a 15 minute devotional time and then grow beyond that.** It takes many of us that amount of time just to become quiet – just to get to His spiritual table – never mind hearing from the Lord. We spend quite a bit of time eating physically; why wouldn't we do that for our spiritual nourishment?
12. Now, if we're starting at 15 minutes a day, a snack is better than nothing!
13. But soon it will be time to move it on to 30 minutes, and so on.
14. Some may reject this daily habit as "legalistic" or "too structured." **But what is legalism?**
15. *Legalism is when we rely on our laws or structure to be made right with God, to be saved.*
16. However, we are not proposing that daily devotions save us! Instead, they help us intentionally develop into the kind of Christian that the Bible calls us to become. Put another way, is it legalism when a doctor says that his patient needs to change their lifestyle; or to take certain medications; or take some tests? Of course not! We welcome such advice and ignore it to our own peril. Similarly, we should welcome the Bible's advice on daily devotions.

Reflecting and Reviewing (2 Timothy 2:7)

1. Write down something that stood out to you, from the reading you just completed above.
2. Why do we need devotions every day (time with Jesus)? Is this biblical? Why isn't hearing a sermon 1x per week enough?
3. Is having a daily devotional plan legalistic? Why or why not?
4. **Read Psalm 19:-7-9**

Life Application (James 1:22)

1. If you don't already have a regimen of daily devotions, write out a plan for doing so:
 - a. Set a regular time to have your devotions (if you don't make an appointment with God you will end up being disappointed with God). Put your set time in your calendar.
 - b. Set the amount of time to have your devotions. How long will you begin to spend with Jesus?
 - c. Set the location for your devotions
2. Then write out a prayer of commitment to God concerning this.
3. Follow it up, by asking this **QUESTION: Jesus, is there anything specific that you want to say, encourage or teach me about creating a daily time with you?** Write what you hear in your journal.

Day 4

Renew the Mind (Romans 12:2)

Requirements for establishing a daily devotional life

1. If you are to create a great and tasty meal, you will need to have good ingredients, effective preparation, the right mindset and proper kitchen appliances and utensils. Those who rush through meal preparation and creation usually make a mess of it! Great devotional times are no different. They require preparation, the right mindset and some useful tools.
2. **It can take time to develop proper habits, but it is worth all the effort.**
3. What are some requirements for establishing a DAILY devotional life? They are as follows:
 - a. A good Bible for reading and memorization. Find something that is readable for you! (We recommend the New Living Translation)
 - b. A notebook or journal to jot things down. This can be on paper, or through using electronic devices (be cautious about using devices that may distract you)
 - c. A personal prayer list.
 - d. A quiet place somewhere in your home, or elsewhere if needed (i.e. a local prayer room)
 - e. A definite time during the day
 - f. An expectant spirit
 - g. A simple acronym tool to guide your devotional time with God: **SMORP**

Scripture – Refers to reading and memorizing **Scripture**

Message – Refers to anything the Lord may be saying to you – the **Message** for the day

Obedience – Refers to **Obeying** what God instructs you to do

Repentance – Refers to sin that the Holy Spirit requires you to confess and **Repent** of

Prayer – Refers to your **Prayers** to God

Reflecting and Reviewing (2 Timothy 2:7)

1. Write down something that stood out to you, from the reading you just completed above.
2. What is the best meal (or if not a cook – something else you created) that you have ever made? Write down the preparation required, the “tools” you needed, the steps you needed to take.
3. What does SMORP stand for?

Life Application (James 1:22)

1. Take your Bible and turn to **Romans 12:9-21**. Practice using SMORP with this passage. Don't rush it!

Day 5

Renew the Mind (Romans 12:2)

Set aside other times to abide in Christ

First: Establish daily time-outs

1. Often during the years – though not often enough – those who have grown as disciples have stopped in the middle of the day, moving into a time of prayer. Sometimes it has been about what they were working on – it’s almost habitual. They don’t even realize that they are doing it –like breathing. These disciples will pray and listen. Often their best thoughts (from the Lord) have come at these times. It’s also a time to get one’s attention off of the things of this earth and to intentionally think about Christ or heaven. Sometimes these daily time-outs are for thanking Jesus or praising Him. And other times they are to become still and listen.
2. As many have discovered, when you stop to listen, God may not say anything to you immediately. However, you’ll experience His presence! And that’s just as good! Try it! You’ll be surprised how life-giving this can be. And you’ll often hear His voice if you do that!
3. **12:12.** One way you can practice and establish a daily time out is to join with us at **12:12pm** every day. This time is based on Romans 12:12 – **“Be Joyful in Hope. Patient in Affliction. Faithful in Prayer.”** Every day at 12:12 we are posting a scripture and a few prayer points to pray about. You can get these on the Main Street Church Facebook page. Take a moment and set your alarm on your phone to remind you.

Second: Establish a weekly sabbath

1. God established the Sabbath (Saturday) for the nation of Israel, as a one day per week ‘holiday!’
2. **Deuteronomy 5:12-15 (NIV)** *Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. ¹³ Six days you shall labor and do all your work, ¹⁴ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your ox, your donkey or any of your animals, nor the alien within your gates, so that your manservant and maidservant may rest, as you do. ¹⁵ Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore, the LORD your God has commanded you to observe the Sabbath day.*
3. Sabbath keeping was one of the ten commandments, and God had a great deal to say about it.
4. Particularly, it had two key parts to it:
 - a. **First**, stopping from all labor – even for animals. It was a time of **physical rest**.
 - b. **Second**, it was a time to remember what God had done for them. It was a of **spiritual rest**.
5. Their spirits needed “food” such as joy, peace, hope and love from their Creator to replenish their starving souls. God had told them that people should not live by bread alone, which is just for the physical bodies.
6. **Deuteronomy 8:3 (NIV)** *He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your fathers had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD.*
7. They were to also live by every word proceeding from the mouth of God, which was for their spirits – and for that, they needed to come apart from their work to be with God! Clearly, the Sabbath was intended to be something that would benefit people; this was a gift to us.
8. Jesus made that point when He said: *The Sabbath was made for man, not man for the Sabbath.* **Mark 2:27 (NIV).** The Sabbath (Saturday) law is not a requirement for believers today.
9. **Colossians 2:16 (NIV)** *Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day.*
10. This is why after the resurrection of Christ, followers of Jesus began shifting their day of worship from Saturday to Sunday, to coincide with the day of the week that Jesus rose from the dead. However, that

doesn't suddenly mean that it isn't something God desires to give us; or that it's meaningless; or that God has suddenly changed His mind about how human beings function.

11. In fact, we would argue that in our increasingly stressed out world, where cities brag that they never go to sleep, we need this more than ever! But as we mentioned earlier, Paul said that no one is to judge us on these matters. That is, how or when a person "sabbath" is not a matter of right or wrong.
12. So, **what do we do when we take a Sabbath?**
13. **Principle 1: physical rest for a day.**
 - a. Again, be careful not to become mindless about this – there can be times when we face big challenges that require attention. The point of all this is to say that you have to do what works for you, and you have to change what you do with the seasons of life.
 - b. One caution: recreation implies activity that: i) refreshes our bodies, ii) restores our mental energies and, iii) renews our spiritual vitality. Whatever drains these three would not be considered recreational, then. We need to be aware that much modern entertainment and leisure today does not re-create body, mind or soul.
 - c. Even a simple change in pace or visiting someone or blessing someone can all be regarded as refreshing and good. Jesus showed us this by healing the sick and so on, during the Sabbath.
14. **Principle 2: spiritual rest.**
 - a. This is where we connect with Jesus, spending extended time with Him.
 - b. For couples, it can be a great time to listen in prayer together about something and discuss it. If you simply cannot have a Sabbath together, then find another time when you can share what God has been showing each of you.
 - c. Can we pray about work on Sabbaths? It's a personal choice, but the extended times can be very refreshing times, when God takes burdens from one's shoulders, by showing us what we can do – or not do!
 - d. **Caution:** It is possible for us to draw our boundaries so tightly around our Sabbaths that we ignore the genuine need of those in our circles of influence. Jesus counters this ...
 - e. On one occasion Jesus asked his detractors rhetorically whether they would rescue their sheep if it fell into a pit on the Sabbath. Without waiting for an answer, He continued, "How much more valuable is a man than a sheep?" (Matt 12:12).
 - f. Then came the principle: *Therefore, it is lawful to do good on the Sabbath.* **Matthew 12:12 (NIV).** We need to take care that the blessing of rest that God offers isn't used as an excuse not to do good.

Third: Establish an annual spiritual retreat

1. At times, we'll want to consider spiritual retreats which can be multiple days of Sabbath linked together. These can be excellent times to wrestle through big questions that we have, reflect on what God has done in our lives and recover from hectic seasons.

Reflecting and Reviewing (2 Timothy 2:7)

1. Write down something that stood out to you, from the reading you just completed above.
2. What are three other times with God that we can have – other than daily devotions?
3. What are the two kinds of rest that we need?

Life Application (James 1:22)

1. Take a look at your normal schedule and routines. Can you see opportunities to take daily time outs? Perhaps schedule one during a workday to try it out (i.e., 12:12 – stop and pray for 12 minutes at 12:12)
2. Either alone, or with your spouse if married, reflect on this question in prayer – **do you get enough physical rest and spiritual rest?** Pray about any adjustments that need to be made.

3. Could you plan a 1-day retreat alone with God, your journal and Bible in the next couple months? This can be a great springboard to regular Sabbath.
4. Review and continue to **memorize** **Philippians 1:3-5**.

Day 6

Obedience

1. For this final day, we want to focus on OBEDIENCE, as we as disciples are to be doers of the Word (**James 1:22-25**). The Bible clearly teaches that obedience is a clear echo of our love for God (**1 John 5:3**).
2. It is also through obedience that we find blessing and our lives are built on a rock (**Matthew 7:24-27**).
3. Take this lesson and quickly scan the title and headings – do not re-read the entire lesson.
4. Humbly go before God and ask – **“What is one step of obedience that I can take as a result of what I have learned this past week through this lesson on developing a devotional life?”**
5. Create a section in your journal where you record this step (and steps from future lessons). Or put it in the calendar on your phone. This shows God that we are both intending and committing to obey.
6. Write or speak out a prayer of commitment based on the step.