

Day 31: Spiritual Disciplines ~ The Role of Church

We begin another new series and this one centers on spiritual disciplines. These are activities we can do to grow closer to the Lord. These actions cannot make God love us more but they do require us to humble ourselves under Him. Only good outcomes result when we go lower with the Lord and seek Him.

The first discipline discussed is attending church. Hebrews 10:24-25 motivates us, “And let us consider how we may spur one another on toward love and good deeds, ²⁵ not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”

When COVID closed churches, people formed the new habit of attending church in their pajamas and watching the television screen. While this was vital and the only method available for most, it has created a backlash. Some people have not reengaged with in-person church services. This is a very sad plight for people and the Church.

Here are three reasons I highly recommend in person church services to help transform your life: grow in faith, strength in numbers, and your role to encourage. Something happens when you hear a message in person and see someone who shares what the Lord has done in their lives the past week. You miss that personal contact that increases your faith. There is strength in the room through the power of the Holy Spirit. It is difficult to capture what the Spirit is doing during a service when you are not in the room. Yes, the Spirit goes beyond space and time, yet my experience has been it is always better to be in person corporately if possible. Remember how we addressed the gifts given to each one of us? If you are missing, then someone will not be encouraged, and you miss an opportunity to operate in your purpose.

The Bible is our example. Acts 2:42 informs us, “They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer.” The new Church spent time as a group. Yes, culture is different now, but it does not negate the reality that we are better together.

Day 31 Worksheet

Do you have a church that you attend? If yes, write it. If not, why not?

What benefits have you received when you attended church?

The early Church made it a habit to come together. Write why you think that was vital for them.

Has a church hurt you? We project blame onto people who hurt us or failed to meet our expectations. Do you put church leadership up on a pedestal? Why or why not?

Write the name of the Church you will attend next Sunday.
