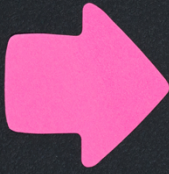


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MESSAGE NOTES & SMALL GROUP DISCUSSION GUIDE

WEEK 6 – _____

SPIRITUAL DISCIPLINES

Training exercises that _____ the weaknesses of our flesh and _____ the strength of our spirit for the sake of _____ more like Jesus.

ESSENTIAL TRUTH: Every human being is pursuing _____ within their lives.

“I am the way and the truth and the life. No one comes to the Father except through me.”

– John 14:6 NIV

“Very truly I tell you, whoever believes in me will do the works I have been doing.”

– John 14:12a NIV

“...train yourself to be godly.”

– 1 Timothy 4:7b NIV

“_____” spiritual disciplines help us become more like Jesus.

BIBLICAL

The intentional _____ of Scripture that leads us to _____ about it.

⁴Hear, O Israel: The LORD our God, the LORD is one. ⁵Love the LORD your God with all your heart and with all your soul and with all your strength. ⁶These commandments I give you today are to be on your hearts. ⁷Impress 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. ⁸Tie them as symbols on your hands and bind them on your foreheads. ⁹Write them on the doorframes of your houses and on your gates. ¹⁰When the LORD your God brings you into the land he swore to your fathers, to Abraham, Isaac, and Jacob, to give you...¹²be careful not to forget the LORD, who brought you out of Egypt, out of the land of slavery.

– Deuteronomy 6:4-10a, 12 NIV

³⁷*“Love the LORD your God with all your heart and with all your soul and with all your mind.”*

³⁸*This is the first and greatest commandment. ³⁹And the second is like it: ‘Love your neighbor as yourself.’⁴⁰All the Law and the Prophets hang on these two commandments.”*

– Matthew 22:37-40 NIV

TENSION

We don't believe _____ is _____.

We'd rather _____ on the _____ of our heart.

INEFFECTIVE APPROACHES

_____ on only what you _____.

- _____
- _____

We've _____ our minds to fill up too _____ of what we _____ too _____.

EFFECTIVE APPROACHES

- _____
- _____
- _____

APPLICATION

Take a _____.

_____ the *śāma* ('shaw-mah').

⇒ Deuteronomy 6:4-5; Matthew 22:37-39

Create physical _____.

Be _____ to _____.

DIGGING DEEPER

1. What area of your life does your mind tend to dwell the most?
2. Do you find delight in "the law of the *LORD*"? (PSALMS 1:2, NIV).
3. How might the areas of your life benefit from your love of Jesus?

ADDITIONAL RESOURCES

Brother Lawrence, *The Practice of the Presence of God*.

McCracken, Brett, *The Wisdom Pyramid: Feeding Your Soul in a Post-Truth World*.

The Social Dilemma. Directed by Jeff Orlowski, Netflix, 2020.