

THE POWER OF PRACTICE
Becoming Like Jesus #4
September 13, 2026

BIG IDEA: SPIRITUAL PRACTICE MAKES _____ TOWARD _____ . (1 Timothy 4:8,15)

- Training beats _____ every time.
- When we work _____ God works _____ to transform us. (Philippians 2:12-13)
- Training is practicing with a _____.
- Spiritual practices become disciple _____ over time.

THE POWER OF HABIT

- Habits rewire the _____. (Romans 12:2)
- Habits normalize _____.
- Habits have a _____ trajectory

CORE SPIRITUAL PRACTICES/DISCIPLINES:

- Sabbath
- Scripture
- Prayer
- Fasting
- Solitude
- Generosity
- Community
- Service
- Witness

1. _____ difficult people. (Matthew 5:43-45)
2. _____ God in everything. (Philippians 4:6-7)

DAILY DEVOTIONS FOR THIS WEEK

Monday: Read 1 Timothy 4. Paul said Timothy was “trained in the words of the faith and of good doctrine.” This was “training for godliness.” What practice helped Timothy to be trained? In verses 13-15 what practices did Paul command Timothy to do to make visible progress? The practice of learning and living by God’s word is a core spiritual practice that will change the way you believe and behave.

Tuesday: Read Titus 2:2-5. Why would younger women need training to love their husbands and children? Yep, husbands and children can be hard to love! What practice did Paul advise for younger women to grow in love? It’s humbly learning from older, more experienced believers. Is that your practice? Do you seek out mentors to help you grow?

Wednesday: Read Hebrews 5:11-14. Discernment, distinguishing good from evil, is a mark of Christian wisdom and maturity. What kind of “constant practice” trains discernment? Verses 11-13 reveal that the immature had “become dull of hearing” and needed to be taught again. They were “unskilled in the world of righteousness.” They neglected the practice of learning and living by God’s word.

Thursday: Read James 1:19-20 and Proverbs 15:1-2; 20:5. What practice can help you manage anger? James says to listen before speaking. Proverbs 15:1-2 say to speak gently instead of harshly when in a conflict. Proverbs 20:5 says that a person of understanding can “draw out” the purpose of a someone’s heart. A good practice for managing anger is to get curious when you feel furious. Listen well, respond gently and ask questions to understand the other person.

Friday: Read Philippians 4:10-20. Paul wrote these words from prison where he was imprisoned for his faith in Christ (Phil. 1:12-14). Nine times in Philippians he talked about rejoicing. How could he rejoice in prison for doing the right thing? He could have easily been bitter with God about it. What practice enabled him to have unbreakable joy? The answer is in 4:11-12, the practice of contentment. He wasn’t born with contentment. He “learned” that all he needed was Jesus. Christ is enough!