

Growth in Practice

“It is easy in our zeal for the spiritual disciplines to turn them into the external righteousness of the scribes and Pharisees.” -Richard J. Foster

MEDITATION

Genesis 24:63, Psalm 63:6, Psalm 119:148, Psalm 1:1-2

Clear the mind.

Focus on the simple.

Add scripture.

Rest in his presence.

PRAYER

Mark 1:35, “Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Learn to pray.

Luke 11:1-4

Keep prayer simple.

Keep praying.

1 Thessalonians 5:16-18, “Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”

FASTING

Matthew 6:16, “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full.”

STUDY

Hebrew 4:12

God’s Word is alive.

God’s Word is powerful.

God’s Word is convicting.

“We don’t want to be beginners. But let us be convinced of the fact that we will never be anything else but beginners all of our life.” -Thomas Merton

I Corinthians 9:24-25