



The Code: Embracing spiritual disciplines

Our destiny in Christ is to become like Him. We can't do that alone, but through relationships: with God (Father, Son and Holy Spirit) and the church, His body.

In 1 Timothy 4.7-8 Paul said that we must train ourselves to be godly.

It's by the power of God's grace that we are transformed into Christ's likeness, but our intentional involvement makes that power effective in our lives.

That involvement starts with a desire, appetite, hunger for God and is walked out along pathways of reading the bible, prayer, meditation/reflection upon God's word, taking notes of and paying heed to your conversations with God, praising and worshipping God, fasting, having accountability and engagement with the body of Christ.

Questions

Remember to B.L.E.S.S people this week. BEGIN with prayer. LISTEN to their story, EAT together, SERVE where there is a need you can meet, SHARE your story of salvation and new life in Christ.

1. Which patterns have you cultivated in your Christian life over time and which obstacles have you found that you still need to work on uprooting?
2. How can you involve other people in helping your spiritual training?
3. We want to bring freedom to others, for which we ourselves need to be free. How has God used your freedom in Christ to bring light and hope into other people's lives?