

Session 1: **SPIRITUAL DISCIPLINES**

What is a discipline?

Discipline is defined as training expected to produce a specific character or pattern of behavior. Nothing of any significance in our lives is ever accomplished without it.

Dallas Willard, author of “Spirit of Disciplines” says this about disciplines: “A discipline is any activity within our power that we engage in to enable us to do what we cannot do by direct effort.”

T. M. Moore, author of “Disciplines of Grace” defines a discipline as “something to which we submit in order to effect change.” - T. M. Moore

Spiritual Disciplines Defined

Spiritual disciplines can be described as those behaviors that augment (add to) our spiritual growth and enable us to become mature spiritually.

They are deliberately self-imposed habits that nurture spiritual health and foster spiritual growth leading to maturity.

Donald S. Whitney, author of “Spiritual discipline for the Christian Life” says that spiritual disciplines are “habits of devotion and experiential Christianity that have been practiced by the people of God since biblical times.”

T.M. Moore points out that “Spiritual Disciplines are not the desired product of our spiritual lives - but rather they are a means to an end. They are the intentional development of authentic spiritual lives and intimacy with God.”

Note: The process of spiritual growth begins to take place the moment a person encounters the Lord Jesus and gives their life to Him for salvation. Spiritual disciplines sustain that process of growing in Christ.

Why are Spiritual Disciplines called Disciplines?

They are called disciplines because they are not the natural intuitive thing to do. We’re not naturally inclined to engage in them.

That is why one needs to make a conscious choice to practice them. Spiritual disciplines are not the same as spiritual maturity. Though they are intended to enable and foster spiritual growth, actual spiritual maturity is the work of the Spirit in a person’s life. This of course requires one to cooperate with the Holy Spirit by letting him take control of their life.

Purpose of Spiritual Disciplines

The purpose of spiritual discipline is the development of our inner being that has been transformed by Christ at salvation (2 Corinthians 5:17). There are times we don't feel like doing what we know to be necessary for our spiritual health. Spiritual disciplines are the means by which we devote ourselves to God. They lead us to a place of spiritual health as they open us up to God. The Bible tells us: "Draw near to God, and he will draw near to you" (James 4:8 ESV). "If you look for me wholeheartedly, you will find me." (Jeremiah 29:11 NLT)

Through spiritual disciplines, we create the conditions in which spiritual formation (development) takes place.

Discipline of Feeding on God's Word

Feeding on God's Word is a foundational spiritual discipline that constitutes:

Reading (Deut. 17:18-19). You can design a Bible reading plan that works for you, download one from internet or get it from other sources.

Memorization (Psalm 119:11). This is the practice of committing Scripture to memory.

Meditation (Joshua 1:8-9; Psalm 1:2). Meditation is the act of focusing one's thoughts: to ponder, think on, muse. It involves thinking and contemplating on a specific subject to understand its meaning, significance or a plan of action.

The goal of Scripture meditation is to internalize and personalize Scripture so that its truth can affect how we think, our attitudes, actions and lifestyle.

The Benefits of God's Word

Read the following Scriptures and write down the benefits of God's Word:

Psalm 119:9-11; Psalm 119:105; Psalm 19:7-11

2 Timothy 3:16-17; Ephesians 6:17; Joshua 1: 8-9

Important to Remember:

If the discipline of feeding on God's Word is neglected, no other effort to discipline ourselves will be successful because we simply do not have the power to overcome resistance from the sinful nature in us.

We also don't have the power to overcome demonic influences whose aim is to hinder us from feeding on God's Word. So, "Let the word of Christ dwell in you richly." - Colossians 3:16 (NRSV)

Discipline of Journaling

Habakkuk 2:2; Psalm 102:18; Rev. 21:5)

For a Christian, journaling is a habit of recording what God is doing in your life. Your journal can also include an account of daily events, a diary of personal relationships, a notebook of what you're learning from Scriptures, other people, events, and a list of prayer requests.

Benefits of Practicing Journaling

The habit of journaling helps us to:

1. Understand and evaluate our selves. Journaling can be one of the ways the Holy Spirit shows us areas in our lives where we need to grow or issues we need to deal with.
2. Express our thoughts and feelings to the Lord. A journal is a vehicle through which we can unreservedly pour out our hearts before the Lord.
3. Remember and celebrate what God has done. We tend to forget just how God has answered our prayers, made timely provision, and done marvelous things in our lives. A journal is a tool to capture God's work/miracles in our lives.
4. Create, preserve and pass on a spiritual heritage to the next generation. Journaling is an effective way of teaching the things of God to our children and grandchildren. It enables us to transmit our faith and walk with God from generation to generation.
5. Clarify and articulate insights and impressions God puts in our hearts.
6. Monitor realization of dreams, goals or visions. A journal is a good way to keep before us the things we want to do or achieve and assess our progress in realizing them.
7. Maintain other spiritual disciplines. A journal keeps the record of our progress with all Spiritual Disciplines.

Journaling Scripture

Journaling Scripture is distinct from journaling daily life experiences. A Scripture journal is not meant to be just a diary or a log of daily events.

Journaling Scripture helps us to reflect on a passage, focus our minds and attention on it. Writing often helps us clarify what we're thinking. Writing down our thoughts about a passage helps us to engage the Bible more deeply.

A Scripture journal is a conversation with God. It is meant to be a place where

we can safely record and reflect on our raw thoughts and feelings, ask questions, search for patterns, and develop our own thoughts with the Holy Spirit as our guide. Being candid with both God and ourselves deeply enhances spiritual growth.

How to Journal Scripture

Write out the Scripture or Scriptures that stood out to you.

- Jot down questions about the passage.
- Write down a truth you've learnt from the passage.
- Write down action steps based on your reading.
- Write down a thanksgiving to God for a promise that was meaningful to you.
- Write down a prayer for yourself or others that was prompted by a passage
- Write out a confession if you've fallen short of an action in the passage.
- Ask God for help in living out the passage or Scripture.

Discipline of Prayer

The discipline of prayer is simply making prayer a lifestyle- a way of life.

Group Discussion

Do you enjoy prayer or dread it?

Why? Why is prayer important to a Christian?

How can your prayer life be strengthened if it's weak?

What is Prayer?

Prayer is communication between us and God. It is holding a meaningful conversation with Him as our Heavenly Father.

Jesus' Prayer Life

The life and ministry of Jesus were marked by prayer. He habitually communicated with his Father.

The following scriptures show us how important prayer was to Jesus: Luke 11:1; 5:16; Matthew 14:23; Mark 1:35; Luke 9:18; John 11:41-42; John 12: 27-30; Luke 22:39-46.

Why Pray?

To fellowship with God. Through prayer, we connect with and build our relationship with God. Jesus, for example, regularly communed with His love.

To understand God's will. God's general will is revealed in His written word, the

Bible. When we pray, God will reveal His specific will and purpose for our lives (Proverbs 16:9, Proverbs 19:21)

To live a victorious Christian life. Jesus taught his disciples to pray, “lead us not into temptation but deliver us from the evil one” (Matthew 6:13). While praying on the Mountain of Olives, he told them, “Pray that you will not fall into temptation.” (Luke 22:39-40).

To seek God’s help. As God’s children, we can confidently ask God to help us in our time of need or hardships. While under oppression in Egypt, the Israelites persistently cried out to God to deliver them and God heard their cry. At the right time, He sent Moses to lead them out of Egypt (Exodus 3:7-10).

Read the following Scriptures and identify other reasons for prayer:

- John 14:13
- I Thessalonians 5:17
- Acts 4:23-33
- Matthew 9:38
- 2 Chronicles 7:14
- 2 Kings 20:1-11
- Ephesians 6:19-20
- 1 Kings 3:4-9
- James 1:5

Types of Prayer in the Bible

Supplication (petition) - Philippians 4:6; Matthew 7: 7; James 5:17-18

Intercession - 1 Timothy 2:1-3; 2 Chronicles 7:14; Genesis 18:22-19:29

Thanksgiving - Colossians 4:2; Ephesians 4:6; 1 Thessalonians 5:17-18; Matthew 15:36; 26:26, 27; Luke 22:19

Dedication - 1 Kings 8: 22-30; Psalm 25:1-2

Surrender - Matthew 26:36-43

Adoration - Matthew 6:9; 1 Chronicles 29:10-13

Confession - Psalm 25:11; 51

What do you practically need to do to develop a habit of praying?

Prayer and Fasting

What is fasting?

Why do some Christians dread fasting?

What are some of the wrong ideas you've heard about fasting?

Biblical Fasting

Biblically, fasting is the act of abstaining from food and drink for a certain period to seek God individually (privately) or corporately.

Fasting is not a religious obligation to fulfill, a dieting exercise or a mark of spiritual superiority- thinking that one is spiritually stronger than others because they fast.

Jesus told his disciples that 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. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you” (Matthew 6: 16-18).

- It is worth noting that though you can pray without fasting, you cannot fast without praying.

Examples of people in the Bible who prayed and fasted:

Nehemiah (Nehemiah 1), David (2 Samuel 12:16), Daniel (Daniel 9:3), Esther (Esther 4:16), Jesus (Matthew 4:1-2); the church in Antioch (Acts 13:1-2).

Types of Fasting

A Regular or Normal Fast - Traditionally, a regular or normal fast entails refraining from eating food but a person can drink water or juice. There is no biblical example of this type of fasting. Some Bible scholars think Jesus could have drunk water when he fasted fourty days and fourty nights since it's only mentioned that “he ate nothing” and became hungry after fasting (Luke 4:2).

A Partial Fast - This type of fast generally refers to omitting a specific meal from your diet or refraining from certain types of foods - Daniel 10:2-3.

Absolute Fast - It is a complete fast with no food and no drink. For example: Esther through her cousin Mordecai mobilized the Jews in exile to fast by not eating or drinking anything for three days - Esther 4:15-16. Ezra ate no food and drank no water while mourning over the unfaithfulness of his people - Ezra 10:1-6. Moses didn't eat or drink for fourty days on Mt. Sinai - Deuteronomy 9:9.

Why Fast?

The primary Biblical reason to fast is to develop a closer walk with God by taking our eyes off the things of this world and focus more of our attention on Him (Matthew 6: 16-18; Luke 2:37). So, through fasting, we express to God our need for

Him (Psalm 42:1-2; 63:1; 84:2).

As emphasis, fasting should not be considered a “dieting method”. We shouldn’t fast to lose weight nor should we fast to fulfill a religious duty. Rather we fast because we want to experience deeper fellowship with God, worship Him and listen to Him as we think about Him and meditate on His word.

Other reasons people fast include:

1. Demonstrating our dependence on God to provide what we need
2. Seeking God’s help or intervention when we’re facing difficult situations.

Examples of people who sought God’s help by fasting:

- Ezra and the Israelites he led out of exile fasted for protection (Ezra 8: 21-23); The people of Nineveh fasted because they needed God’s mercy (Jonah 3:3-10).
 - After losing 40,000 men in battle with the Benjamites in two days, the Israelites cried out to God to give them victory (Judges 20:1-48). Verse 26 says, “Then all the Israelites, the whole army, went up to Bethel and there they “sat weeping before the Lord. They fasted that day until evening and presented burnt offerings and fellowship offerings to the Lord”. When they asked the LORD whether they should attack and fight their brothers, the Benjamites again, God’s response was “Go, for tomorrow I will give them into your hands” (v. 28).
 - David fasted for the healing of his son (2 Samuel 12: 15-17). Though the boy didn’t recover, the lesson for us is that David sought God’s help by fasting.
3. To mourn and repent for personal sins and the sins of others (Nehemiah 1:5-9; 9:1-2; Jonah 3: 1-10).
 4. To set people apart for ministry assignments (Acts 14:23).
 5. To intercede for the wellbeing of others (Psalm 35: 11-14)

Wesley Duewel, a twentieth-century writer, once said, “You and I have no more right to omit fasting because we feel no special emotional prompting than we have a right to omit prayer, Bible reading, or assembling with God’s children for lack of some special emotional prompting. Fasting is just as biblical and normal a part of a spiritual walk of obedience with God as are these others.”

Discipline of Worship

Worship is a spiritual discipline because it is meant to be a way of life not an event we attend or a task we do.

It is not possible for a Christian to grow and be effective spiritually without the habit of worshipping God. What comes to your mind when you hear the word “worship?” To worship simply means to acknowledge or ascribe worth to something or someone. Biblical Definition of Worship The Hebrew word for worship in the Old Testament is shachah and the Greek word proskuneō in the New Testament. Both words mean to bow down or lay one’s face to the ground, lay **oneself before God**.

Proskuneo means to “kiss”- express affection. So, to worship God is to ascribe him his worth. It is giving God reverence and honor, adoring and bowing down before him. It’s an acknowledgment of God’s greatness because he is unequalled, unmatched in majesty, power, and glory.

- God is worthy of our allegiance, loyalty, devotion, total surrender, praise, thanksgiving, obedience.

Psalm 95:1-7 says:

¹ Come, let us sing for joy to the LORD; let us shout aloud to the Rock of our salvation. ² Let us come before him with thanksgiving and extol him with music and song. ³ For the LORD is the great God, the great King above all gods. ⁴ In his hand are the depths of the earth, and the mountain peaks belong to him. ⁵ The sea is his, for he made it, and his hands formed the dry land. ⁶ Come, let us bow down in worship, let us kneel before the LORD our Maker; ⁷for he is our God and we are the people of his pasture, the flock under his care.

Psalm 96: 7-9 declares:

¹ Sing to the LORD a new song; sing to the LORD, all the earth. ² Sing to the LORD, praise his name; proclaim his salvation day after day. ³ Declare his glory among the nations, his marvelous deeds among all peoples. ⁴ For great is the LORD and most worthy of praise; he is to be feared above all gods. ⁵ For all the gods of the nations are idols, but the LORD made the heavens. ⁶ Splendor and majesty are before him; strength and glory are in his sanctuary. ⁷ Ascribe to the LORD, all you families of nations, ascribe to the LORD glory and strength. ⁸ Ascribe to the LORD the glory due his name; bring an offering and come into his courts. ⁹ Worship the LORD in the splendor of his holiness; tremble before him, all the earth. ¹⁰ Say among the nations, “The LORD reigns.” The world is firmly established, it cannot be moved; he will judge the peoples with equity. ¹¹ Let the heavens rejoice, let the earth be glad; let the sea resound, and all that is in it. ¹² Let the fields be jubilant, and everything in them; let all the trees of the forest sing for joy. ¹³ Let all creation rejoice before the LORD, for he comes, he comes to judge

the earth. He will judge the world in righteousness and the peoples in his faithfulness.

1 Chronicles 16:29 also instructs us to “Ascribe to the LORD the glory due his name; bring an offering and come before him. Worship the LORD in the splendor of his holiness”.

Expressions of Worship in the Bible

- **Paul and Silas Singing in the Prison-Acts 16:24-26**

Despite being in jail, Paul and Silas worshipped God as they prayed and sang hymns to him. Suffering, hardships, unpleasant circumstances shouldn't deter us from pouring out hearts to God in worship.

- **The Woman with the Alabaster Box (Jar)- Luke 7:36-50**

The woman talked about in Luke 7 was known by the community as a sinful woman whom people, especially religious leaders didn't want to associate with. But she came where Jesus was with her expensive perfume, poured it on his feet as expression of her worship and love for him. **True worship means, we don't hold anything back from the Lord who loves us so much that he gave his life for us. We give him everything because we're grateful for what he has done in our lives and for us.** •

- **The Widow's Offering: Mark 12:41-44**

This simple act of giving an offering in the temple caught the attention of the Lord Jesus. It wasn't how much she gave that moved Jesus. It was how much it cost her personally that touched Jesus. He then told his disciples, “She gave more than anyone else.”

- **Abraham's Willingness to Sacrifice His Son, Isaac: Genesis 22:9-14.**

A lesson for us from what Abraham did is that obedience in the eyes of God, is far greater than any sacrifice or gift we can give him.

1 Samuel 15:22-23 says: “²² Does the LORD delight in burnt offerings and sacrifices as much as in obeying the LORD? To obey is better than sacrifice, and to heed is better than the fat of rams. ²³ For rebellion is like the sin of divination, and arrogance like the evil of idolatry. Because you have rejected the word of the LORD, he has rejected you as king.”

- **Jacob sets up a stone pillar-Genesis 35-14-15**

After God spoke to Jacob in Bethel, Jacob set up a stone pillar and poured a drink offering and oil on it as his act of his worship to God. • **Jesus' Surrender to God's Will-Luke 22:41-43** Before his arrest, Jesus prayed: 42 “Father, if you are willing, take this cup from me; yet not my will, but yours be done.” That attitude of total surrender to God Jesus displayed, should be the way we live-completely surrendering our lives and will to God.

- Jesus and his disciples sang a hymn during the last supper just before he was betrayed and arrested- Matthew 26: 26-30

Personal Application:

Study the following Scriptures and write down what you learn from them about worship.

- 2 Chronicles 7:1-7
- 2 Chronicles 29: 1-31
- Exodus 15:1-21
- Psalm 66:1-4
- Psalm 86:8-10
- Revelation 4:9-11
- Revelation 5:11-4
- Isaiah 29:13

True Worship

It is clear in the Bible that there is a kind of worship God is interested in. It is worship that:

- Flows out of a repentant heart. David in Psalm 51: 17 says, “My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise” (NIV).
- Flows out of the depth of the heart. Jesus told the Samaritan woman he interacted with at the well that 23 “Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. 24 God is spirit, and his worshipers must worship in the Spirit and in truth.” (NIV).

To worship in **spirit** means worship is not tied to a place. True worship originates and flows from our hearts. It is not religious rituals we perform but expression of our inner being to God.

To worship in **truth** means worship must be authentic (genuine, sincere). It is not done to fulfill an obligation or a duty. That means, we don't say to God what we don't mean or do religious things just to impress him or people. **Worship is more a thing of the heart and mind than a physical action or position.** That is why God through Isaiah told the Israelites: “These people come near to me with their mouth and honor me with their lips, but their hearts are far from me. Their worship of me is based on merely human rules they have been taught (Isaiah 29:13).

True worship is reflected in how we live. A lifestyle that pleases God is true worship. Apostle Paul in Romans 12:1-2 gives us this counsel: “I urge you, brothers and sisters, in view of God's mercy to offer your bodies as a living sacrifice, holy and pleasing to God-this is your true and proper worship. Do not conform to the

pattern of this world, but be transformed by the renewing of your mind. Then you will test and approve what God's will is-his good, pleasing and perfect will."

Where, when and with whom can you worship?

- In church
- In a small group
- At home
- In your bathroom
- While driving or walking
- In your kitchen or laundry
- When you are alone or when you're with others

In summary, you can worship God anywhere, anytime, with anyone, provided what you're expressing to God is flowing out of your heart. We worship God privately and publicly by focusing on His character (who He is and works (what he does).

Discipline of Solitude

Solitude is the discipline of intentionally withdrawing from social interactions to have private and quiet moments to reflect and pray.

In Matthew 4: 1-11, Jesus was led by the Holy Spirit to the wilderness, a solitary place where he fasted forty days and nights. No one was there with him except when the devil came to tempt him. The kind of solitude that refreshes a Christian's soul is more than just separation from other people and a noisy environment. Solitude as a spiritual discipline is the biblical practice of temporarily withdrawing to privacy for spiritual purposes. The period of solitude may be shorter or longer. Generally, solitude is engaged in with other spiritual disciplines without the distractions from others or events.

Jesus who is our perfect model of how we ought to live, pursued times of solitude. The gospel accounts tell us Jesus often got alone, not just for rest and a change of place, but also to spend time in communion with His heavenly Father.

What did Jesus do in the following Scriptures?

- Matthew 14:23
- Mark 1:35
- Luke 4:42).

Times of solitude are **essential for people to function at their best mentally, physically, emotionally, and spiritually in their everyday lives.** People who want to grow in intimacy with God enjoy moments of being alone with God. Solitude provides opportunity to meditate on Scripture, pray, and enjoy worshipping God in private.

Discipline of Witnessing

Spiritual growth requires that we make telling others about Jesus a habit.

Not all Christians have the gift of evangelism, but every Christian is expected to tell others about Jesus with the goal of converting them (Matthew 28:19-20, Mark 16:15, Luke 24:47, John 20:21, Acts 1:8).

After rising from the dead and before he went back to heaven, Jesus told his disciples: 18 “Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. 19 Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.” (Matthew 28:18-20).

The assignment to go and make disciples of all nations that Jesus gave his disciples is called The Great Commission. As the disciples of Jesus today, it is our responsibility to carry out The Great Commission by telling others about Jesus.

In Acts 1:8, Luke records the promise Jesus gave his disciples and it is a promise to us today: “you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

What does Jesus say in John 20:21?

What does Romans 10: 13-14 tell us?

What does Apostle Paul say in Romans 1:16?

Anyone who shares the Good News of salvation through Jesus Christ with others is a soul winner and wise. Proverbs 11:30 tell us that “The fruit of the righteous is a tree of life, and he who wins souls is wise” (NKJV).

Fear is the reason why most don't speak of Christ more often, but God not only calls us to witness, but He also provides us with both the power to witness and a powerful message.

Acts 1:8 assures us that the Holy Spirit will empower us to be Christ's witnesses.

Who in your circle of influence do you need to talk to about Jesus, the one who saves people from their sins? When will you talk to them?

Discipline of Serving

Apostle Peter's message to us about serving others is very clear. He says:
⁹ “Cheerfully share your home with those who need a meal or a place to stay.

¹⁰ God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another. ¹¹ Do you have the gift of speaking? Then speak as though God himself were speaking through you. Do you have the gift of helping others? Do it with all the strength and energy that God supplies. Then everything you do will bring glory to God through Jesus Christ. All glory and power to him forever and ever! Amen” (1 Peter 4:9-11, NLT).

Serving God is not only a call for pastors and people working for church organizations or Christian ministries. Every Christian is called to serve.

In the parable of the sheep and goats in Matthew 25:31-46, Jesus teaches us that we serve Him by meeting the needs of others. Please read and reflect on what Jesus said.

It is important to be aware that serving God by serving others costs us something: time, money, comfort, or even our lives. In addition, serving isn't limited to doing spectacular award-winning things for people. We can serve by doing small, unnoticeable things for others and make a difference in their lives.

What should be our Motivation for Serving?

Obedience to Jesus - John 14:15

Gratitude for what God has done for us - Luke 7:36-47; 1 Timothy 1:12-14

Love for God and others - Galatians 5:13; Matthew 22:37-40; 1 Peter 4:8

Following the example of Jesus- Philippians 2:1-11; John 13: 1-17

Reward from God- Colossians 3:23-24; 1 Corinthians 15:58; Galatians 6:8

Every Christian is endowed with gifts to serve (1 Peter 4:10-11). The way to discover and confirm the gift or gifts God has given you is through serving. You need get involved. Don't just watch or cheer others as they serve. *What do you need to do to as an act or acts of service to others?*

Discipline of Fellowshiping with Other Believers

The writer of Hebrews tells us that “let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near” (Hebrews 10:24-25). We were not created to live life with no relationship or connection with others, especially fellow believers in Christ. Without our brothers and sisters in Christ, we will never become who God wants us to be or realize our full potential.

It's in fellowship and community with fellow believers we experience personal

growth because as “As iron sharpens iron, so one person sharpens another” (Proverbs 27:17).

In fellowship and community with fellow believers, we find a family and have a sense of belonging because “just as our bodies have many parts and each part has a special function, so it is with Christ’s body. We are many parts of one body, and we all belong to each other” (Romans 12:4-5). We discover our gifts, learn and get opportunities to serve others when we are in fellowship and community with fellow Christians.

What does Acts 2:42-47 tell us about the believers and fellowship in the early church?

What do you need to do to develop the spiritual discipline of fellowshiping with other believers?

Discipline of Learning

Read Luke 2:41-47. What does it say about Jesus?

We should discipline ourselves to be intentional learners like Jesus. People who are humble know that they haven’t reached the end of learning. Their attitude is that there is so much they are yet to learn.

Proverbs 23:12 gives us this counsel: “Apply your heart to instruction and your ears to words of knowledge.”

Learning is a lifelong journey. God is glorified when we use the mind He gave us to learn about Him, His ways, His word, and His world.

The more we know God, the more we love Him. The more we love Him, the more we seek to know Him.

Proverbs 19:27 says that “If you stop learning, you will forget what you already know” (CEV).