

NOTES:

Spiritual disciplines- exercises we use to reinforce and grow in our walk with Jesus

Worship, prayer, and Bible study are the disciplines we use to communicate with God (Hebrews 4:12)

1. When the Bible is communicated, heaven and earth overlap (2 Timothy 3:16)
In worship and prayer, we join a conversation that has already started.
2. We need to mature in our communication with God (Hebrews 5:12-13)
“Churchianity” treats faith, the Bible, worship, programs, and church like a fast food menu.
Christianity is an ongoing journey of continual maturity in Jesus.
3. Jesus wants “full time faith” (not fast food faith)
Jesus sympathizes with us (4:15).
Slow down to receive mercy and grace (4:9-10).
Renew your vows (Hebrews 4:14).
Engage the disciplines.