



THE PRACTICES OF JESUS

- The importance of ‘the Practices of Jesus’
- How do we develop these practices in our lives?

What are the practices
of Jesus?

Abstinence

- Silence & Solitude
 - Fasting
 - Simple Living

- Sabbath

- Generosity

Alone

Community

- Secrecy
- Prayer
- Bible Reading

- Justice
 - Lord's Supper
- Eating regularly with others

Engagement

- Church

by John-Mark Comer 2017

Jesus replied, “You must love the Lord your God with all your heart, all your soul, and all your mind.’ This is the first and greatest commandment. A second is equally important: ‘Love your neighbour as yourself.’

(Matthew 22:37)

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‘I am **the way**, the truth and the life...’

- Jesus is both the example and the objective:
 - ‘the Way’

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and **I will give you rest**. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. ³⁰ For **my yoke is easy to bear, and the burden I give you is light.**”

Matthew 11: 28 - 29

- **Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think.** Then you will learn to know God's will for you, which is good and pleasing and perfect.

Romans 12:2

How do we develop these
practices in our lives?

Examine our practices

- How do we use our time?
- What do we 'pay' attention to?
- 'First we make our habits, then our habits make us'

We must start small

- *Embarrassingly* small
- Ships are directed by a small rudder (James 3:4)
- Faith the size of a mustard seed (Matthew 17:20)



Link new practice to existing habits

- Regularity is important
- Get some accountability (tell others, 4s etc.)
- Record it

DAILY GOAL: 10min Prayer, 10min exercise, 10min reflection.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY 2018						
28	29	30	31	1	2	3
	X	X	X			X
4	5	6	7	8	9	10
			X	X	X	X
11	12	13	14	15	16	17
	X	X	X	X	X	X
18	19	20	21	22	23	24
						X
25	26	27	28			

3
6
3
6
6
6
6
6

Hand-drawn sketches of windows and other objects in the bottom row of the calendar.

Reward!

- Feel good when you do it

‘You have shown me the way of life,
and you will fill me with the joy of your presence’
Acts 2: 28

What stops us?

- Lack of time
- Our emotions
- Inertia

How do we overcome these?

- Pray
- Start even smaller
- Focus on what you can do on one day.
- Persevere in our practice

Perseverance

- if you **keep knocking long enough**, he will get up and give you whatever you need because of your shameless persistence. And so I tell you, **keep on asking**, and you will receive what you ask for. **Keep on seeking**, and you will find. Luke 11: 8-9
- God blesses those who **patiently endure testing** and temptation. Afterward they will receive the crown of life that God has promised to those who love him. James 1:12
- The Lord directs the steps of the godly. He delights in every detail of their lives. **Though they stumble, they will never fall**, for the Lord holds them by the hand. (Psalm 37 23:24)

The practices of Jesus

- Expressions of love for the Father, each other, and ourselves.
- Conscious use of our time
 - One **very** small thing
 - Regularly
- ‘Proactive laziness’

**FROM A MUSTARD
SEED...**

