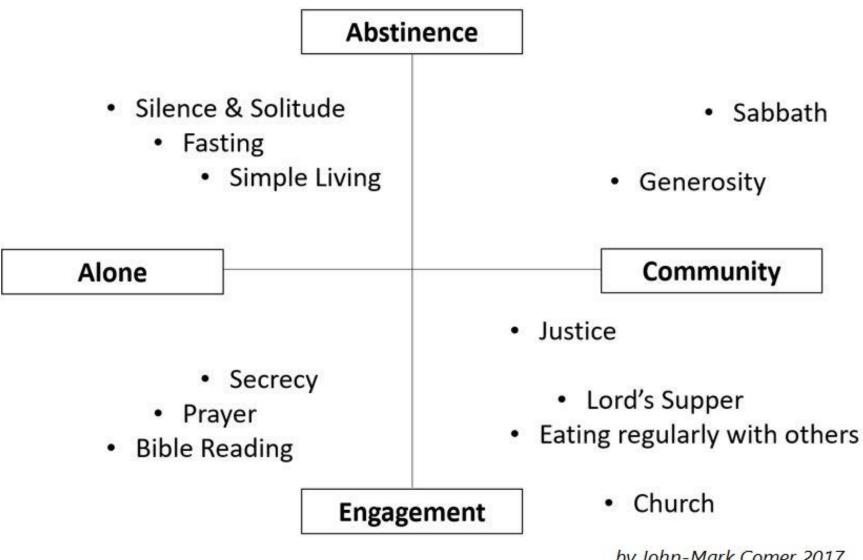


 The importance of 'the Practices of Jesus'

How do we develop these practices in our lives?



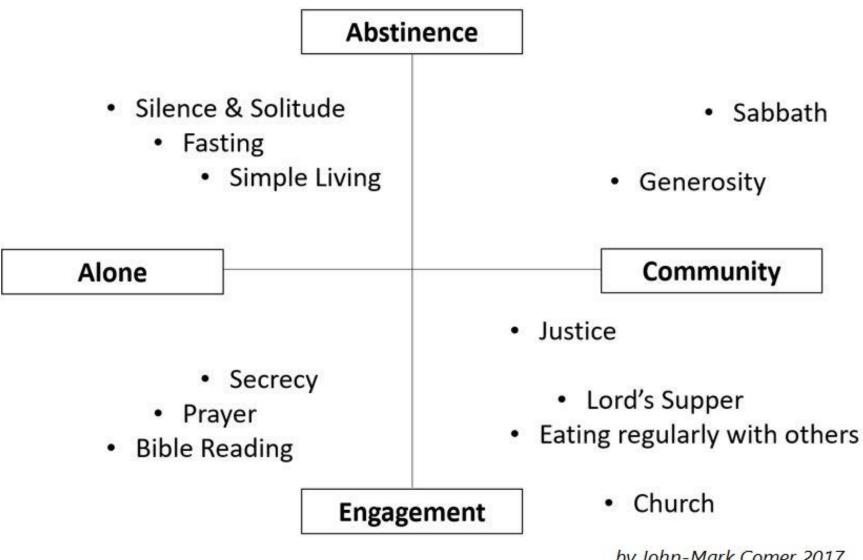
What are the practices of Jesus?



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



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'

