

EQUIP CARD

June 11, 2017

BERKLEY HILLS CHURCH

Describe a time when you failed to train and discovered that no matter how hard you tried, you could not accomplish your goal. What did you learn from this experience?

What are some of the possible implications for a person who decides only to try hard but never train?

Read Hebrews 12:1-2:

We live busy lives and have so many things coming our way that sometimes the idea of adding one more thing is undoing. To add spiritual disciplines (spiritual trying tools) into our lives, we may need to cut some stuff out first. What qualifies as hindrances? Identify at least one thing (hinderance) you can remove or cut back on in order to make space for something new?

One definition of spiritual discipline is "any activity that can help you gain power to live life as Jesus taught and modeled it." Take some time to walk through the following process.

- Form a list of at least twenty examples of things you could do on a regular basis that would help you to live like Jesus.
- Identify one new spiritual discipline from the list you've formulated and try it for a season. Once you've made a choice someone why you chose it and what you hope it will accomplish and then ask them to pray for you and encourage you.

If we make training (spiritual disciplines) a legalistic program. how can this lead to guilt and sadness rather than joy?

How have you found joy and peace during the times you have developed disciplines that train for Godliness?

Songs:

Open Up The Heavens by Vertical Church Band

What A Beautiful Name by Hillsong Worship

Jesus Paid It All by Passion

Spirit Of The Living God by Vertical Church Band