

PART V: Insisting with Effort

LAST WEEK'S PRACTICE.

La practica de la semana fue ser intencionales en meditar en la palabra de Dios, al poner cuidado a el ruido externo e interno de nuestras vidas, y reemplazarlo por hábitos y prácticas que nos ayudaran a tener a Dios presente en nuestras mentes.

- Who would like to share what their new habit was and how did it go implementing it?
- Would anyone like to share a story or anecdote about the practice to encourage the group?
- Whether you did the practice or not; for you, what is the biggest obstacle in your life to meditating on the word of God during the week?
- Whether you did the practice or not; for you, what is the biggest obstacle in your life to meditating on the word of God during the week?

SUMMARY.

A very important part of every athlete's training is persistence and perseverance. In the same way, insisting and being constant is of utmost importance if we want to grow in our apprenticing to Jesus. In his teachings, we see that within the training, Jesus taught more about discipline than about desires or feelings. That, although they are important and necessary, we know that they are not enough to give the results we need. Therefore, we need to learn to insist with effort, discipline, and dedication

SUNDAY'S TEACHING

- What did the Holy Spirit speak to you (or got your attention) about Sunday's teaching?

1 Corintios 9:24 - 27 (1 Corinthians 9:24 - 27)

- What stands out to you most about this passage?

- How can you practically apply these verses to your life, starting today?

THIS WEEK'S PRACTICE.

Our community is built around the idea of practicing Jesus. It is important to go to church on Sundays and listen to the teaching, but if you stay there it is not of much use. In the words of James, "Don't just listen to the word of God; They have to put it into practice. Otherwise, they are only deceiving themselves. (James 1:22)" That is why our goal should not be just to read the Bible, but to put it into practice

We have been talking for more than a month about the importance of making an effort in our apprenticing to Jesus; The Holy Spirit does his work, of transforming us, **and we do our work, of showing up and doing the practices to create the space and time**, for Him to move in us. This week, our main focus will be to continue working on our focus, discipline, and insistence on the practices we have already been doing. We are not going to focus so much on adding something new (although there is something we are going to add to do this week), but on being consistent with what we are already trying to do

First, divide into pairs and together, they are going to try to memorize 1 Corinthians 9:24 - 27.

Next, in the same couple choose a strategy so that you have it memorized for next Wednesday, and tyou can meditate on the passage during the week

- Some ideas are; put it on the wallpaper of your phone, start the day and end the day practicing it, have a notebook or a note in your pocket with the verse written and review it during the week, call each other every day for five minutes to practice the verse together, etc.

Write here the strategy you are going to do:

Now, on the last page there are three calendars. These calendars are to help and encourage you, visually, to be more consistent and disciplined with three habits or practices. The first habit is going to be LECTIO DIVINA. The second habit is going to be praying. And the third habit is going to be the strategy or practice that you chose last week to meditate on the word of God. Each time you do one of the habits, you put an X on the corresponding day. And we are going to strive to be consistent. So put the calendars in a visible place, so you can see how you have progressed and encourage yourself to be consistent. If you fail one day, it doesn't matter, leave the space blank and try again the next day

Go to the calendars, and fill out the corresponding spaces on each calendar to help you clarify when you are going to do the habit. We recommend you do the LECTIO DIVINA steps to read the Bible. To pray, we recommend using the Lord's Prayer guide. You can find it at casaevidencias.com/oracion or ask your facilitator

Take a few seconds to read these ideas, and analyze if the strategy you wrote last week is working for you, or if you should make a small modification, or if maybe you should create another strategy

- Some ideas are: If it is your phone, set a time limit and change it to reading a book that helps you meditate on Jesus. When you are eating, instead of being on your phone, you can read the Bible or review the verse that The Holy Spirit highlighted for you during your reading. You can listen to the Bible for part of the day, instead of just listening to music or podcasts. You can keep a notebook or cards in your pocket with the verse that stood out to you in your reading and review it throughout the day. You can put a verse as wallpaper on your phone. Or, you can make a "game" for yourself, that before watching a movie or playing video games, you first have to read the Bible. Or you can have a contest in your family to be more consistent in reading the Bible during the week. At dinner, you can talk about the verse that stood out to you that day (and if you're single, invite one person each week to your house for coffee and read the day's passage together)
- For things that are idols, setting limits may work best; I won't think, talk, or respond to work messages after a certain hour. I'm going to learn a verse about trusting God, and every time I worry about not having work or being anxious about something at school or life, I'm going to repeat that verse.

Instead of reading a book or listening to a podcast about business, or exercise, or something else, I'm going to read a book on how to read the Bible. The last thing I'm going to do of the day is read a Psalm. Or before looking at work messages, or checking my email, or just looking at my phone, the first thing I'm going to do is read the Bible and do LECTIO DIVINA. I'm going to read the generations reading plan with my family. We will practice the Generations Memory Verse at dinner every day

THIS WEEK'S PRACTICE.

This week's practice is divided into four. 1) Do LECTIO DIVINA, 2) Pray (the idea is to start the habit of praying, for now do not worry about the amount of time if you are just starting. 3) Do the strategy you chose to meditate on the word of God. 4) Memorize 1 Corinthians 9:24-27. And at the end of the day, put an X on the habit you were able to do

Lectio Divina

Time: _____

Place: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Meditate on God's word

My strategy is:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Prayer

Place: _____

Time: _____

We recommend that you do so as soon as you finish reading the Bible, if you can, so that you can pray based on what you read.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY