

PART VI: Overcoming Through Knowledge

📅 Fecha	@March 1, 2023
📌 Práctica	Conocimiento E Investigación

WORSHIP AND PRAYER.

TALK ABOUT LAST WEEK'S PRACTICE.

The practice was to memorize, or not to forget, the two verses; Psalm 119:15-19, and Matthew 13:23 and keep doing Lectio Divina (these are the practices we're going to keep doing for the rest of this series). And last week we talked about the gifts of the Holy Spirit.

- One or two people that can tell us one or both verses.
- Who has already been able to establish a steady rhythm of reading the Bible?
- What is the hardest part of doing Lectio Divina?
 - It can be something like taking the time to do it, or not getting distracted, or perseverance, etc
- Anyone who would like to tell us what was the gift of the Holy Spirit that you identified, and if maybe you happen to start putting it into practice?

READ THIS SUMMARY.

Jesus promised us that in this world we are going to have afflictions and difficulties, it is part of life and of following Jesus. Some because they are part of the fallen nature of the world, and others because we are followers of Jesus. And Peter tells us not to be "surprised when we are going through a trial as if it were something strange."

The question then is, what are the weapons and tools that God left us for when this time comes.

Today, we are going to continue talking about the most powerful weapon, but that due to our fast-paced lifestyle, we rarely put it into practice, the Bible.

TALK ABOUT SUNDAYS TEACHING.

- What stood out to you about Sunday's teaching?
- Why do you think that the way we defend our faith is with firmness and perseverance?
- Do you think that up to this moment, in your apprenticeship Jesus, you have had daring, risk, insistence, discipline, resistance, and defense and attack?

READ THE BIBLE TOGETHER.

2 Corinthians 10:3-5

- What do you think Paul was trying to say to the people in Corinth?
- Why do you think arrogance/ pride prevents people from knowing God?
- Why is it so important to know that we should not "fight as humans do, but with the weapons of God"?

DO THIS PRACTICE AS A COMMUNITY RIGHT NOW.

Our pastor made great emphasis on the need to slow down in our lives in order to listen to the voice of the Holy Spirit, and at the same time, it is probably the main reason why most people do not spend time in the word.

Today we are going to do a super simple practice that has the power to transform your relationship with God. We are going to look at our schedule and see what changes we can make to make sure we are spending time in God's word. It's just not only the way in which we can grow the most in our relationship with Him; but it's also the main weapon that he left us for when we are going through attacks and difficulties.

Practice.

1. Step One:

- In a notebook or piece of paper (make sure you won't throw it away), write what you normally do in a day (Monday to Friday). From the time you get up until you go to bed. Be sure to write the hours.
- The most important thing is to be as honest as possible in what you really do, and not what you want to do. (remember no one else is going to see this)
 - Ej: 6 am - Wake up and breakfast
 - 7 am - Go to school
 - 8 am - 4 pm - School
 - 5 pm - Dinner and a movie
 - 8 pm - Read
 - 8:30 pm - Be on my phone
 - 9:30 pm - Watch something
 - 10 pm - Sleep

2. Step Two:

- Write in the schedule that you just made, what time could be the moment in which you can read the bible and spend some time in prayer.
- We always recommend that it be preferably in the morning because it is where we have the most control over our time and it is the best way to face the difficulties of the day. But there is nothing wrong if it is better for you during the day or during the night.
- The most important thing is to pick a time when you know you can do it most of the time.
 - If you are just starting out, choose to do it for 10 minutes.
 - If you've been doing this for a while, try bumping it up to 20-30 minutes.

- Remember that we are not looking to try very hard, we are looking to practice.

3. Step Three:

- Now write what **change (choose only one)** you have to make in your life and schedule so that you can have this time in the word of God.
 - Ex: Go to bed earlier. Get up earlier. Put a limit on my cell phone on how much I spend on social media, pause my Netflix account
 - Remember, there is no easy answer to this. It is a decision that we must make to reorganize our lives to be with Jesus.

4. Step four:

- Now write down what your new schedule would be like with this change.

(Would anyone like to share what change they are going to make to their schedule?)

READ THIS WEEK'S PRACTICE.

It's to practice your new schedule

Remember:

- It's okay if you don't do it one day, do your best not to fail two days in a row.
- You don't do this to earn God's favor or love. You already have it no matter how much you pray or read the bible.
- The two main reasons we do this are;
 - To spend time with Jesus (it is your most important and first goal as his apprentice.

- Because it is the weapon that God left you against the attacks of the enemy and the afflictions of life.
- (Like any important and significant change, it will require daring, risk, insistence, discipline, resistance, and defense and attack. Do not be guided by your emotions or heart. Remember, our hearts are deceitful.
- It is virtually impossible to be an apprentice of Jesus if you do not spend time in his word.

DOES ANYONE HAVE A QUESTION ABOUT THE PRACTICE?

PRAY BASED ON THE PRACTICE TO END.