

Digging Deeper: Building a Foundation Developing Spiritual Habits: “H”abits

March 10th, 2010

Develop through:

Hard to start

Always an option

Builds your character

Involves your heart

Takes time

Strengthens your potential

Spiritual Habits *

Hang Time with God

Accountability with another Believer

Bible Memorization

Involvement with the Church Body

Tithing Commitment

Study Scripture

Hang Time with God (Luke 10:38-42)

⁴¹ But the Lord said to her, “My dear Martha, you are worried and upset over all these details!

⁴² There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.” - Luke 10:41-42 NLT

The Only thing

God cares more about **Who you ARE** MORE than the THINGS that you DO.

Can't be taken away

¹ I wait quietly before God, for my victory comes from him. ² He alone is my rock and my salvation, my fortress where I will never be shaken. ³ So many enemies against one man— all of them trying to kill me. To them I'm just a broken-down wall or a tottering fence. ⁴ They plan to topple me from my high position. They delight in telling lies about me. They praise me to my face but curse me in their hearts.

⁵ Let all that I am wait quietly before God, for my hope is in him. ⁶ He alone is my rock and my salvation, my fortress where I will not be shaken. ⁷ My victory and honor come from God alone. He is my refuge, a rock where no enemy can reach me. ⁸ O my people, trust in him at all times. Pour out your heart to him, for God is our refuge.

Psalm 62:5-8 NLT

5 Helps to Hang Out with God

Psalm 62

- Reserve a time and a Place to Hear from God. (Clear and Schedule)
- Remember Who God IS and What He OFFERS (Write, Read, Praise)
- Review What is going on in and around my life (Write, Pray)
- Rest quietly in God's Presence (Listen to Worship Music, Sit in Nature, Sleep)
- Release your burdens to God (Pray, Cry, Yell, Whisper, Write, Draw)

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Other Passages to Check out:

Read the following Passages

Psalms 1

What are 5 benefits to “Hang Time” with God?

Psalm 23

What are 18 benefits to “Hang Time” with God?

Read the following Passages and answer at least one of the following questions.

What do these tell us about God?

What does God call us to do?

John 4:24

Hebrews 1:12

Genesis 17:1

Genesis 18

Isaiah 40

Romans 11:33-36

Psalms 147

Hebrews 3:13

Psalm 139:7-12

2 Peter 3:8

Isaiah 6:1-3

Ephesians 4

Romans 2:6-16

Romans 3:24-26

Mark 10:18

1 John 4

1 Timothy 1:17

James 1

For *additional* options, stories and resources, Check out CEFCYouth.com

Small Group / Personal Questions:

How Often do you “Hang Out” with God?

What does that look like for you?
(What do you do?)

What keeps you from hanging out with God?

What are some things that you could do to help you to better “Hang out” with God?

What can the group Pray for you about?
(Or thank God with you about?)

Don't Forget!

Leadership ATF Due TODAY

Guy's Group Saturday, March 13th

Beauty and The Bible: Sunday @ Abi's

“C” leader Meeting Sunday

Leadership Meeting March 17th

(Next Week!)

Staying True Girl's Conference March 20th

(Next Saturday!)

Clue Night March 27th