

Vital Practices

Be _____!

¹³ You will seek me and **find me** when you seek me with all your heart. (Jer. 29:13)

We must _____, _____ pursue
God

This will be _____, it will take _____

“_____ your heart” – (Jer. 29:13)

“He must _____ himself” (Matt. 16:24)

“_____ yourself to be godly” (1 Tim. 4:7-16)

“Be _____...give yourself
_____”

“_____ toward what is ahead,

I _____ on” (Phil. 3:12-14)

“Make _____ effort to add to your faith” (2Pt. 1:3-9)

Tonight: The practice of _____

We must _____ ourselves
in order to be _____ by Him

We must be _____ enough to _____
God’s voice

We live in a society that has trained us to be
_____ with quiet

We must heed God’s invitation to _____ (Mk 6:31)

⁷ Be still before the LORD and wait patiently for him;
do not fret when men succeed in their ways,
when they carry out their wicked schemes. (Psalm 37:7)

How do we find stillness in a hectic world?

Take advantage of the “little _____”

Practice the _____

_____ a time for quiet

“if we are constantly being swept off our feet with frantic activity, we will be unable to be attentive at the moment of inward silence. A mind that is harassed and fragmented by external affairs is hardly prepared for meditation.” (Richard Foster, *Celebration of Discipline* p. 20)

Benefits of stillness

It helps our _____

“Like Jesus we must go away from people so that we can be truly present when we are with people.” (Richard Foster, *Celebration of Discipline*, p. 95)

It helps us to more clearly see and hear what God is
doing or saying

It forces us to _____ God

It prepares our heart to _____

“I have so much business I cannot get on without spending three hours daily in prayer.” – Martin Luther