

# Persevering Through Christian Disciplines

*How do Spiritual Disciplines Help Me Persevere?*

REVIVE: MARY ANN NOACK

*Why does spiritual perseverance matter according to the Bible?*

- Romans 5:3-5
- Hebrews 12:1- 2
- James 5:11
- Philippians 1:6
- Psalm 46:1

*How has our perseverance been tested in this season of Covid?*

*Which of the Christian Disciplines will keep me steadfast in the storms of life?*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

*Are there spiritual practices that are more vital today than in centuries past?*

*How can I practically set up a pattern for success incorporating spiritual practices into my life?*

# **Disciplines of Heathy Living**

**With Robin Mounce**

## **Introduction:**

**What will your life look like when you 70 to 80 years old? Will you continue to further God's kingdom or will you have a life that reflects... "I am just to tired to do kingdom work."**

- 1. Which person do you desire to be in the future? Do you want to be an energetic force for the kingdom or an inactive idler?**
  
- 2. Biblical basis for healthy living. We know that Biblically we are called to take care of our bodies.**
  - A. Your body is a temple. I Corinthians 6:19,20**
  
  - B. The need for self discipline. I Corinthians 9:24-27**
  
- 3. Six Principles I Learned**
  - 1. Tweak - your eating habits.**
  
  - 2. Choices - Daily we make choices so you we can achieve our goals.**
  
  - 3. Sleep - Helps you have a better day and positive outlook on life.**
  
  - 4. Discipline - Discipline is being built in the midst of discipline.**
  
  - 5. Every darn day**
  
  - 6. Baby Steps - Little choices make big changes. Longevity of those choices and you will see results**

# Disciplines of Technology

With Abby Conger

1. The gift of technology
2. Being ruled by technology
  - a) sings technology may be ruling you
  - b) Symptoms
    - i) Motivated by likes
    - ii) Online shopping
    - iii) Inability to ignore notifications
    - iv) Self Esteem
3. Owning the off switch
  - a) simple disciplines
  - b) empowering others
  - c) Technology manifesto

Resources:

Techwise Family: Andy Crouch Igen:

Jean Twenge

Collin Kartchner (Instagram)