

# PRACTICE

Abide 02

October 28, 2018

Introduction: The apostle John was a teacher to “little children.” He understood the need for practicing one’s walk with God. His message, ‘What one practices, one becomes – good or bad.’ Being a disciple of Jesus requires a good teacher as well as deliberate and intentional practice. Today we explore the art of practicing one’s spiritual walk with God?

Scripture Reading: Jeremiah 9:23-24

## I. The Art of Practicing the Holy

<sup>23</sup> *Thus says the Lord: “Let not the wise man boast in his **wisdom**, let not the mighty man boast in his **might**, let not the rich man boast in his **riches**, <sup>24</sup> but let him who boasts boast in this, that **he understands and knows me**, that I am the Lord who **practices steadfast love, justice, and righteousness** in the earth. For **in these things I delight**, declares the Lord”* (Jeremiah 9:23–24).

A. Do – To perform, execute, accomplish, finish or complete.

<sup>24</sup> *‘And the Lord commanded us **to do** all these statutes, to fear the Lord our God, for our good always, that he might **preserve us alive**, as we are this day. <sup>25</sup> And it will be **righteousness for us**, if we are careful **to do all** this commandment before the Lord our God, as he has commanded us’* (Deuteronomy 6:24–25).

B. Practice – Repeated, systematic exercise for the purpose of acquiring a skill, proficiency or habit.

*The fear of the Lord is the beginning of wisdom; **all those who practice it** have a good understanding. His praise endures forever!* (Psalm 111:10).

## II. Our Walk as Practice

<sup>1</sup> *See what kind of love the Father has given to us, that we should be called **children of God**; and **so we are**. The reason why **the world does not know us** is that **it did not know him**. <sup>2</sup> Beloved, **we are God’s children now**, and what we will be has not yet appeared; but we know that when he appears **we shall be like him**, because we shall see him as he is. <sup>3</sup> And everyone who thus hopes in him **purifies himself as he is pure**. <sup>4</sup> Everyone who makes a **practice of sinning** also **practices lawlessness**; sin is lawlessness. <sup>5</sup> **You know** that he appeared in order **to take away sins**, and in him there is no sin. <sup>6</sup> No one who **abides** in him **keeps on sinning**; no one who **keeps on sinning** has either **seen him** or **known him**. <sup>7</sup> Little children, let no one deceive you. Whoever **practices righteousness is righteous**, as **he is righteous**. <sup>8</sup> Whoever makes a **practice of sinning is of the devil**, for the devil has been sinning from the beginning. The reason the Son of God appeared was to destroy the works of the devil. <sup>9</sup> No one born of God makes a **practice of sinning**, for God’s seed **abides** in him; and **he cannot keep on sinning**, because he has been **born of God**. <sup>10</sup> By this **it is evident who are the children of God, and who are the children of the devil: whoever does not practice righteousness** is not of God, nor is the one who does not **love his brother***

(1 John 3:1–10).

A. Why do we practice?

*...it is enough for the **student** to be like **his teacher**... (Matthew 10:25).*

B. How do we practice?

<sup>7</sup> Whoever **practices righteousness** is righteous, as he is righteous. <sup>8</sup> Whoever makes a **practice of sinning is of the devil** (1 John 3:7).

C. What do we practice?

*By this **it is evident who are the children of God, and who are the children of the devil**... (1 John 3:10).*

<sup>18</sup> *And we all, with unveiled face, beholding the glory of the Lord, are being **transformed into the same image from one degree of glory to another**. For this comes from the Lord who is the Spirit (2 Corinthians 3:18).*

*And everyone who thus hopes in him **purifies himself** as he is pure (1 John 3:3).*

### III. The Seven Step Challenge

A. Choose a replacement behavior.

B. Cut out as many triggers as possible.

C. Deliberately practice the new behavior.

D. Find a good teacher.

E. Surround yourself with others who live the way you want to live.

F. Visualize yourself succeeding.

G. Return to the person God created you to be.

*...“Come, let us go up to the mountain of the Lord, to the house of the God of Jacob, **that he may teach us his ways and that we may walk in his paths**” (Isaiah 2:3).*

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Scripture Reading: Deuteronomy 6:1, 24-25

## I. The Art of Practicing the Holy (*Jeremiah 9:23–24*)

- A. Do (*Deuteronomy 6:24–25*)
- B. Practice (*Psalms 111:10*)

## II. Our Walk as Practice

<sup>1</sup> See what kind of love the Father has given to us, that we should be called **children of God**; and **so we are**. The reason why **the world does not know us** is that **it did not know him**. <sup>2</sup> Beloved, **we are God’s children now**, and what we will be has not yet appeared; but we know that when he appears **we shall be like him**, because we shall see him as he is. <sup>3</sup> And everyone who thus hopes in him **purifies himself as he is pure**. <sup>4</sup> Everyone who makes a **practice of sinning** also **practices lawlessness**; sin is lawlessness. <sup>5</sup> **You know** that he appeared in order **to take away sins**, and in him there is no sin. <sup>6</sup> No one who **abides** in him **keeps on sinning**; no one who **keeps on sinning** has either **seen him** or **known him**. <sup>7</sup> Little children, let no one deceive you. Whoever **practices righteousness is righteous**, as **he is righteous**. <sup>8</sup> Whoever makes a **practice of sinning is of the devil**, for the devil has been sinning from the beginning. The reason the Son of God appeared was to destroy the works of the devil. <sup>9</sup> No one born of God makes a **practice of sinning**, for God’s seed **abides** in him; and **he cannot keep on sinning**, because he has been **born of God**. <sup>10</sup> By this **it is evident who are the children of God, and who are the children of the devil**: whoever **does not practice righteousness** is not of God, nor is the one who does not **love his brother** (1 John 3:1–10). (Matthew 10:25) (1 John 3:7) (1 John 3:10) (2 Corinthians 3:18) (1 John 3:3)

## III. Getting Rid of Sinful Behavior

- A. Choose a \_\_\_\_\_ behavior.
- B. Cut out as many \_\_\_\_\_ as possible.
- C. \_\_\_\_\_ practice the new behavior.
- D. Find a good \_\_\_\_\_.
- E. Surround yourself with \_\_\_\_\_ who live the way you want to live.
- F. Visualize yourself \_\_\_\_\_.
- G. Return to the person God \_\_\_\_\_ you to be. (*Isaiah 2:3*)