

# SECURE THE FOUNDATION

**GOD'S WORD (Read and Study)** - Of all the disciplines, none may be more important than reading and studying God's Word. Only through the instruction of the Bible can we understand the ways and the will of God. Without God's Word, we cannot hope to grow spiritually.

**PRAYER (Communicate with God)** - Jesus taught many things about prayer. Jesus also modeled prayer for us in his actions. He frequently sought to get away from the crowds to pray in solitude and silence. We are to pray boldly, persistently, and faithfully.

**SOLITUDE – (A fight to discern God's plan, Matthew 11:28-30)** – Solitude requires intentional planning. Choose a place and time where you can be alone with God and free from distractions. While silence almost always requires solitude, solitude does not necessarily require silence. You can pray, worship, run, walk, sit or lay down.

**JOURNALING (Thoughts, emotions, what God is saying, prayers)** – Journaling helps your mind focus, process thoughts and record growth. The Psalms of King David could be considered private journal entries as he reflected on his relationship with God and the Scriptures.

**SERVICE (To others with your gifts, talents and resources)** – The discipline of service is a director assault on our pride. Service requires humility. We humble ourselves before God, and take on the posture of a servant, putting God and others ahead of ourselves. There is no greater example than Jesus. God gives men different gifts to serve others.

**What spiritual disciplines need more attention? What is God asking you to do with your faith? Write your thoughts, observations and take-a-ways in the chart below.**

FAITH	
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