

## Spiritual Discipline of the Month

For the next twelve months we are going to have an opportunity to learn and practice a different spiritual discipline each month. Spiritual disciplines are a means to receive God's grace in our lives. They help us grow deeper in our relationship with God. As we seek to draw closer to God through the practice of spiritual disciplines, our lives will be transformed.

### **We will kick off this practice in September with the discipline of STUDY**

*"If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free." - John 8:32*

#### Practical suggestions / Challenge for the month.

Beginners: Read and study one chapter in the Bible each day. Pick a book of the Bible and begin reading. Not sure where to start? Read a Psalm a day or read Luke and Ephesians (combined there are 30 chapters).

Intermediate: Read and study three chapters in the Bible each day. Ask yourself: What are the key messages in these passages, and how can I best apply them to my life?

Advanced: Spend 30 to 60 minutes a day in study. Use a study Bible and/or look up the meaning of words and concepts in a Bible dictionary or other resources you have.

## Other Things to Remember:

1. It's not always easy to incorporate new disciplines into your life.
2. Look at your calendar and pick a time for each day that will work with your life.
3. If you miss a day or two, just acknowledge it and begin again.
4. Partner with someone and help keep each other accountable.
5. It's not about perfection, it's about practice.
6. If you get stuck on something or if you don't understand something, ask for help.
7. Record your progress - start a spiritual journal.
8. Have fun!

Helpful Hints: Did you know you can read the Bible online at [www.biblegateway.com](http://www.biblegateway.com).

If you have any questions, want other suggestions, or would like to share your study experience with us, call the office (302) 378-7692 or send us an email at [connect@connectioncc.org](mailto:connect@connectioncc.org).

For more information on the practice of Spiritual disciplines refer to "*Celebration of Discipline: The Path to Spiritual Growth*," by Robert Foster