

our heritage



authentic
love



radical
generosity



hopeful
partnership



intense
spirituality



faithful
risk



passionate
mission

1 Timothy 4:8-10 [NLT]

⁸*Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.* ⁹*This is a trustworthy saying and everyone should accept it.* ¹⁰*This is why we work hard and continue to struggle, for our hope is in the living God, who is the Savior of all people and particularly of all believers.”*

Spiritual Practice: Habits & rhythms that put us in the best position to receive everything God has for us.

Practice 1: Read and engage the BIBLE.

- The Scriptures provide the ‘big story’ of God.
- The Scriptures shape our call to a present obedience.

2 Timothy 3:15-17 [NLT]

¹⁵*You have been taught the holy Scriptures from childhood, and they have given you the wisdom to receive the salvation that comes by trusting in Christ Jesus.* ¹⁶*All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.* ¹⁷*God uses it to prepare and equip his people to do every good work.”*

Quick Tips for Getting Started with the Bible:

- 1) Pick an easy-to-read translation
- 2) Start with a gospel
- 3) 'Listen' to the Bible

Practice 2: Communicate w/ God through the gift of PRAYER.

- Intimacy: Connection to the heart of God.
- Power: Access to the strength of God.

Ephesians 6:18 [NLT]

"Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere."

Quick Tips for Getting Started with Prayer:

- 1) Be yourself
- 2) Borrow from the past
- 3) Build in times of silence

Practice 3: Lean into rhythms of COMMUNITY.

Hebrews 10:23-25 [NLT]

"²³Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. ²⁴Let us think of ways to motivate one another to acts of love and good works. ²⁵And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near."

So What?

Take a STEP!

Ask for HELP!

Notes:

Prayer of the People

Throughout "Our Heritage," we are inviting the entire Heritage family to participate in what some traditions have called "Prayers of the People." These prayers provide an opportunity to connect with God in one heart and voice even as we disperse through the week.

This week as we consider the importance of practicing rhythms of formation, we invite you to pray these words each day:

Lord, as you form us in the image of Christ, give us patience, courage, and strength to practice our faith in pursuit of You. Lord, hear our prayer in the name of Jesus. Amen.



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How to start a relationship with God:

- 1) Admitting that you, like everyone, are in need of rescue.
- 2) Asking God to forgive your sins.
- 3) Saying YES to God by trusting Jesus as Savior & Lord.

You can do that right now by simply talking to God in a prayer like this:

Dear Lord Jesus, I know I am a sinner, and I ask for Your forgiveness. I believe You died for my sins and rose from the dead. Today, I receive you as my Savior; and I put my faith in you as my LORD. Help me to look to you and follow you all the days of my life. In Your name, Amen.

For Further Reflection:

:: Read 1 Timothy 4:8-10. What are some of the similarities of physical training and spiritual training? What are some of the differences?

:: Reflect upon the importance of engaging with the scriptures. Pastor Josh mentions God's 'big story' and reading the scriptures through the lens of Jesus. How might this impact the way we read the Old Testament?

:: What is one tangible next step you can take in the practice of scripture engagement?

:: Reflect upon the importance of the practice of prayer. Pastor Josh mentions intimacy and power as two crucial reasons to pray. What are some other benefits?

:: Share a testimony of how God has revealed His heart and/or His power to you through prayer.

:: Pastor Josh shared some 'quick tips' for beginners for both bible reading and prayer. What other tips would you share with someone just starting out in faith?

:: Reflect upon the importance of engaging in rhythms of community. List the ways that living in community benefits us as individuals?

:: Pastor Josh mentions three spiritual practices throughout the sermon. What are some other spiritual practices you can think of that help connect us to the heart of God?

Unless otherwise noted, today's Scripture is from the New Living Translation [NLT].

Josh Howard (@joshhoward77) – October 12 & 13, 2019

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