

Gatekeeper



Lesson 4: Routines (August 24, 2014)

Proverbs 4:23 Guard your heart above all else, for it determines the course of your life. *New Living Translation SE*

Routine leads to rhythm

Routine: A French word that means usual course of action, or beaten path

Rhythm: A regular, repeated pattern of sounds or movements

Three steps to a winning training routine

1. Identify your goal
2. Design your routine to reach your goal
3. Faithfully perform your routine

Great Bible characters all had spiritual routines that they faithfully practiced

- ❖ Daniel prayed three times a day, everyday (Daniel 6:10)
- ❖ Joshua, before he was the leader, would hangout in God's presence (Exodus 33:10-11)
- ❖ David would meditate on Scriptures when he guarded the flocks at night and when he laid on his bed at night (Psalms 63:6)
- ❖ Jesus prayed every morning before sunrise (Mark 1:35)

What makes a good spiritual routine?

❖ Daily Bible Reading (Colossians 3:16)

- Read the Bible you own
- Read a “Through the Bible in a ___” Bible
- Use the *YouVersion* app for your smart phone or tablet
- Go to the Bible.com to use *YouVersion* on your computer

What makes a good spiritual routine?

❖ Daily Bible Meditation (Joshua 1:8, Philippians 4:8)

- Pick one Scripture per day or week
- Randomly pick Scriptures that you know

What makes a good spiritual routine?

❖ Daily Worship Routine (Ephesians 5:18-20, Psalm 22:3)

- Worship at home
- Play worship music as often as possible

Great Worship to listen to

❖ Younger feel

- Hillsong Young and Free
- Leeland
- Passion

❖ Middle of the road

- Hillsong United

❖ Older feel

- Gateway Worship
- Matt Redman

- Chis Tomlin