



## Bible Study

Wednesday, December 7, 2022

### **SPIRITUAL DISCIPLINES DURING THE HOLIDAYS**

We are about to encounter the time of the year when many of us as believers mess up! We mess up in our calories (eating), we mess up with our currency (spending), and we mess up in our celebrations (social events). We don't plan to mess up, we don't intend to mess up – but the fact is between now and December 31<sup>st</sup>, many of us will mess up! So how can we discipline ourselves to stand during the Holiday Season? That's the focus for these upcoming Bible Study lessons.

### **RENEWING YOUR MIND**

Renewing your Mind is the process by which your thoughts and your will become more and more Christlike. If you expect to discipline yourself during the holiday season, you must continue to renew your mind from the attacks of the enemy.

#### **I. The Process of Renewing Your Mind**

1. Realize that renewing of your mind is an integral part of spiritual discipline.  
*Romans 12:2; Ephesians 4:23*
2. Practice biblical thinking on a daily basis.  
*2<sup>nd</sup> Corinthians 10:5; Philippians 4:8-9; Colossians 3:1-2*
3. Realize the importance of the Word of God in renewing your mind.
  - Hear the Word – by listening to Biblical preaching and teaching.  
*Romans 10:17*
  - Read the Word – by having devotions.  
*1<sup>st</sup> Timothy 4:13*
  - Study the Word – by investigating and learning biblical principles to live by.  
*2<sup>nd</sup> Timothy 2:15*
  - Memorize the Word – by committing to memory Bible verses on a regular basis.  
*Psalms 119:11*
  - Applying the Word – by putting into practice the Word of God.  
*Psalms 119:9-10*

Brothers and Sisters, if we expect to use spiritual discipline during the holidays – we must renew our minds.