

Have you noticed? You hear a catchy tune on the radio and you sing/whistle it all day. You're surrounded with people who cuss and swear and you start saying the same. You play violent video games and violence becomes a desire. You hang with people who think a certain way and your thoughts become like them. Why? I'm sure you've heard this before. But, you are what you eat... hear... follow... hang with... believe.

Today, we continue "CrossFit: The Path to Spiritual Growth". In this "90-day program", we're looking at twelve inward, outward, and corporate disciplines to get us into "spiritual shape". Today, let's look at the fourth inward discipline, Study. In his Study Guide for Celebration of Discipline, Richard Foster says, "The mind will always take on an order that conforms to the order of whatever it concentrates upon."

As Jesus' disciples... We study the Word! 2 Timothy 3:16-17 (ESV), says, "All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work." John 1:14 says Jesus is the Word who became flesh and dwelt among us. We study Him to be complete and equipped for every good work!

As Jesus' disciples... We study whatever is true, honorable, just, pure, lovely, commendable, any excellence, and anything worthy of praise! Paul tells us to think about these things (Phil. 4:8)! In Romans 12:2

(ESV), Paul says, “Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

As Jesus’ disciples... We study to witness to others! In Philippians 2:5b (NIV), Paul says, “Have the same mindset (attitude) as Christ Jesus.” Richard Foster says, “Study is a specific kind of experience in which through careful attention to reality the mind is enabled to move in a certain direction.” For us, this is to be more like Jesus and become His witnesses to the ends of the earth (Acts 1:8). If we don’t, who will?!

This week, begin to study! Richard Foster shares four Scripture study methods for spiritual transformation, “Repetition + Concentration + Comprehension + Reflection”. John Schwarz, in A Handbook of the Christian Faith, says, “First, get a (modern translation) study Bible. Second, be consistent. Third, be systematic. Last, memorize meaningful verses.” Through the discipline of study, you WILL be changed!

Let’s pray. Lord God, Psalm 84:2 (NIV) says, “My soul yearns, even faints, for the courts of the Lord; my heart and my flesh cry out for the living God.” Lord God, give us this hunger in our heart for You! Through the discipline of study, as Hebrews 6:1a (NIV) says, “Let us move beyond the elementary teachings about Christ and be taken forward to maturity.” May it ALL be by Your grace and for Your glory.