

*The Nitty-Gritty of Devotional Life*

The Nitty-Gritty – Part 6

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The Nitty-Gritty of Devotional Life

Colossians 2:6 *So then, just as you received Christ Jesus as Lord, continue to live your lives in him, 7 rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. 8 See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual force of this world rather than on Christ.*

Devotional Life is about:

**SPIRITUAL MATURITY**

1. **CONFORMING TO CHRIST**

*Colossians 2:6 So then, just as you received Christ Jesus as Lord, continue to live your lives in him…*

1. **GROWING DEEPLY**

*Colossians* 2:7 …*rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.*

1. **IMPROVING FAITH**

*Colossians 2:*8 *See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual force of this world rather than on Christ.*

**Use the Means of Grace**

* + Individual Devotional Practices:
		- Reading the Word
		- Meditating on the Word
		- Memorizing Scripture

Photo: BIKES

* + - Intercessory prayer
		- Centering prayer
		- Fasting
		- Listening to sacred music
		- Prayer walks
		- Listen to sermons
		- Use devotional guides or devotional books
		- Sabbath
	+ Family Devotional Practices:
		- Read Scripture
		- Discuss the meaning of the text
		- Ask questions
		- Try to get every member to participate
		- Include different readers
		- Listen
		- Include everyone in prayer
		- Talk about the real needs in each persons’ life (be willing to be vulnerable and real, while appropriate, with your children)
		- When you have requests for sleepovers encourage them to join in and make it fun.
		- Laugh, cry, be real
		- Sing
		- Don’t use it as a time to lecture the kids, but do use it as a time to reconcile and instruct when that is necessary

Photo: BBQ

**Point:** **STAY HUNGRY**



Doggy Bag: Something to take home and chew on!

1. What frightens you about starting a regular family devotional time?
2. How do you think you could begin a meaningful family devotional life?
3. When have you felt closest to Christ in your personal devotional life?
4. What means of grace have been most meaningful to your relationship with Christ?
5. What makes it difficult for you to spend personal time with Christ?