

HABITS

FOR THE WEARY SOUL







PREPARING FOR

2021

New Beginnings





From this



To this



HABITS

FOR THE WEARY SOUL



Spiritual Disciplines



- **Disciplines of Abstinence**

- **Solitude**
- **Silence**

- **Meditation**
- **Fasting**

- **Frugality**
- **Chastity**

- **Secrecy**
- **Sacrifice**


- **Disciplines of Engagement**

- **Study** • **Worship**

- **Celebration** • **Service**

- **Prayer** • **Fellowship**

- **Confession** • **Submission**

A painting of Jesus kneeling in prayer on a rocky outcrop, with a dramatic, cloudy sky in shades of orange, yellow, and blue in the background. The text is overlaid on the right side of the image.

So He Himself often
withdrew in the
wilderness and
prayed.

∞ Luke 5: 16 (NKJV)



Christian meditation is a form of prayer where through solitude and silence and savoring the Scriptures we seek to know God more deeply and live connected with Him.



Prayer

is when you talk to God,

meditation

is when you listen to God.

MY PREDICTION

Your relationship with Jesus Christ
in 2021 will be directly tied to the
meditation you practice.

Meditation is being close to Jesus

**Meditation is being still and
listening to Jesus**

**Meditation is being transformed---
to be like Jesus.**



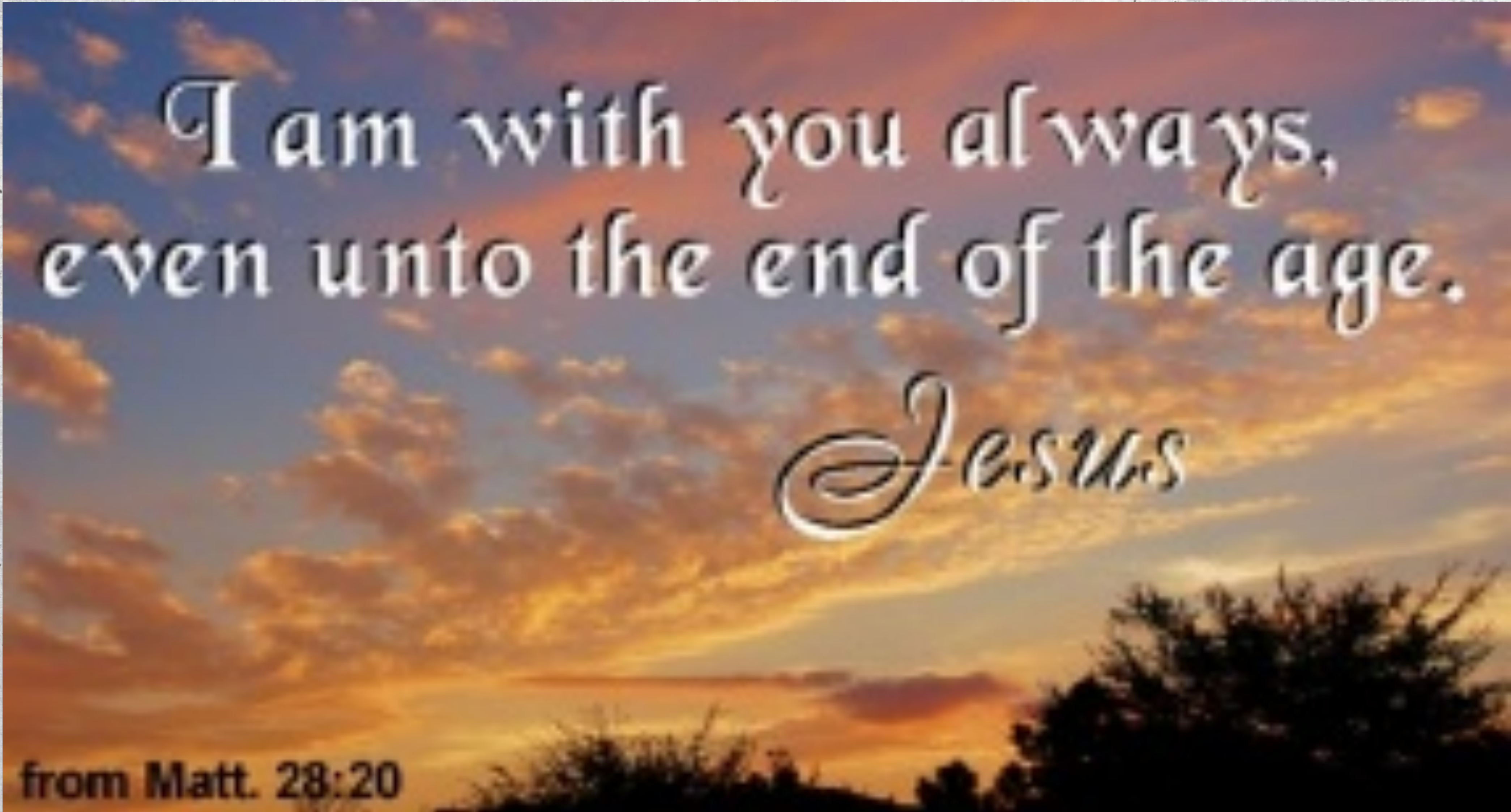
Meditation is being close to Jesus



**I am the vine; you are the
branches. If you remain in
me and I in you, you will
bear much fruit; apart
from me you can do nothing.**

JOHN 15:5

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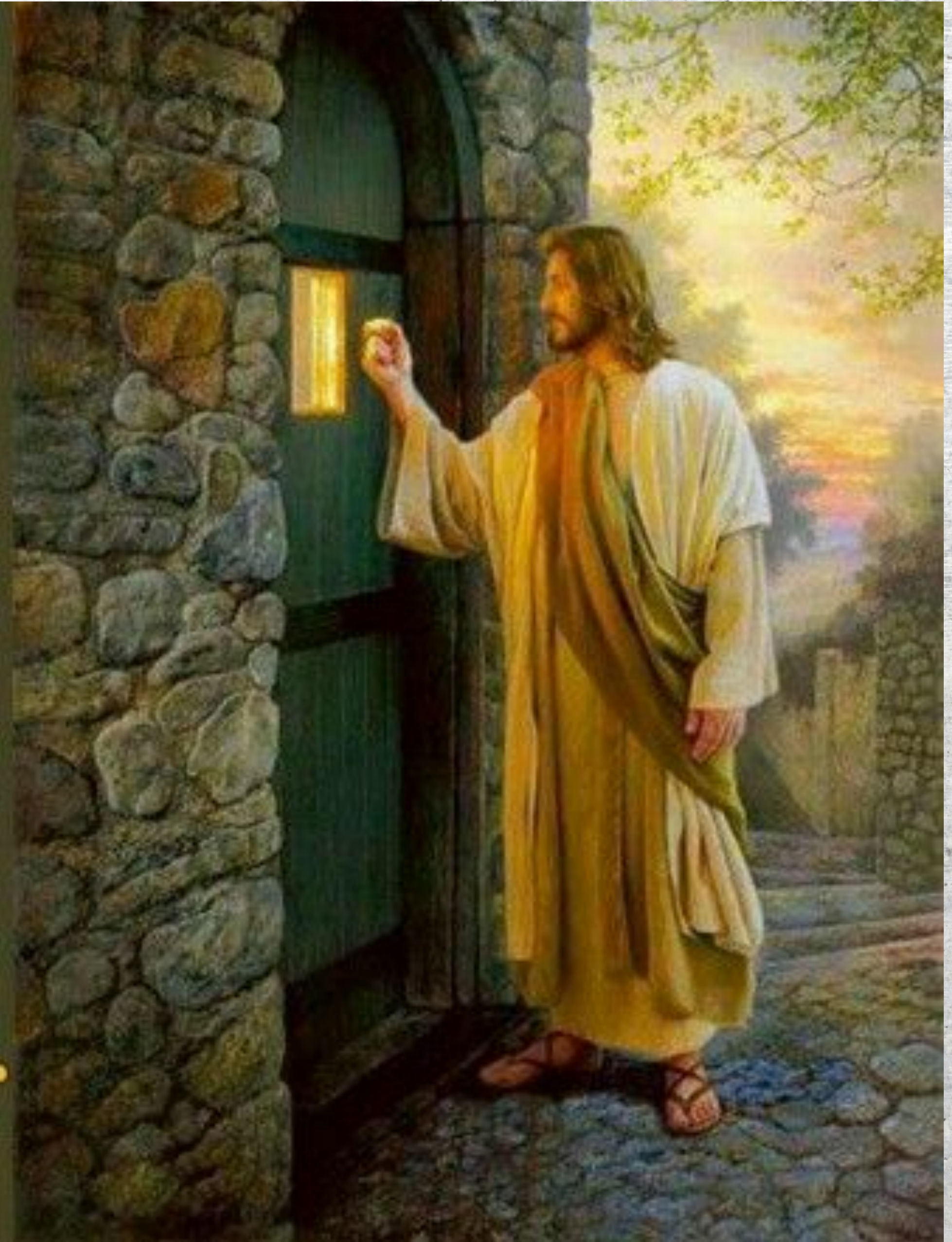
I am with you always,
even unto the end of the age.

Jesus

from Matt. 28:20

Revelation 3:20

**If anyone hears
my voice and
opens the door,
I will come in
and eat with
that person,
and they with me.**



*And in him you too
are being built together
to become a dwelling in
which God lives by his Spirit.*

Ephesians 2:22





Is there room for Jesus in your heart?



SEARCH ME

O GOD, AND KNOW MY HEART

TEST ME

AND KNOW MY ANXIOUS THOUGHTS

POINT OUT

ANYTHING IN ME THAT OFFENDS YOU

AND LEAD ME

ALONG THE PATH OF EVERLASTING LIFE

PSALM 139:23-24



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Meditation is where we meet Jesus



**Meditation is being still and
listening to Jesus.**

**God Wants
Us Close
To Him**



Asking, Listening and Obeying



Silent Meditation in Prayer?

Be STILL before the LORD and wait patiently for him.

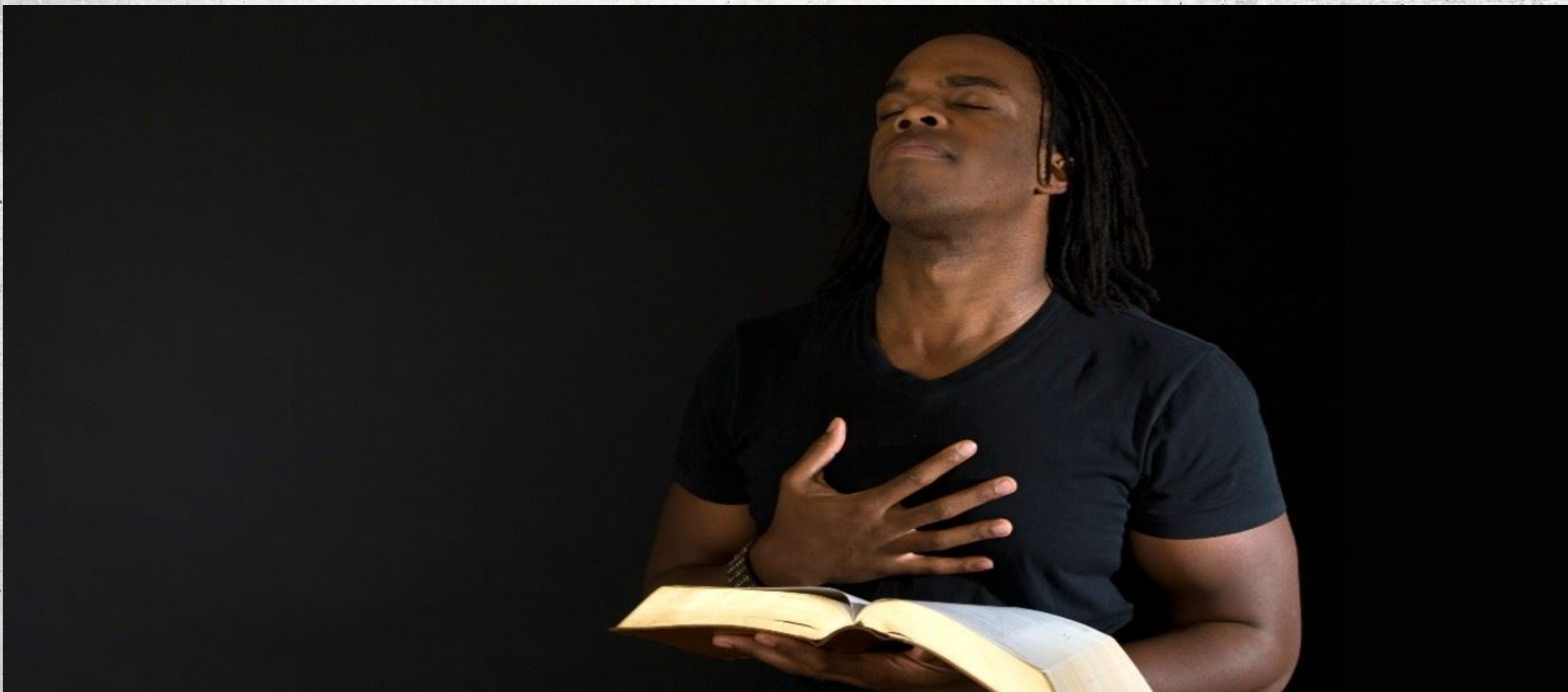
psalm 37:7




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A painting of Jesus kneeling in prayer on a rocky shore at sunset. He is wearing a white robe and has his head bowed, with his hands clasped in front of him. The background shows a vast, hazy landscape under a warm, golden sky. The overall mood is one of solitude and devotion.

So He Himself often
withdrew in the
wilderness and
prayed.

∞ Luke 5: 16 (NKJV)

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**Meditation is being transformed---
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Who will you spend time with in 2021





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