



The Practicing the Way Course

Luke 6:40

“The student is not above the teacher, but everyone who is fully trained will be like their teacher.”

Key Word

Training

Desire is good, but it is not enough.

We must train daily... Pick up your cross... and follow Him.

Becoming like Jesus is **not** just about *hoping* we will change.

It's about *showing up daily*

staying *consistent*

trusting the Teacher,

and letting Him work on us from the **INSIDE OUT**

It's doing what He did:

- Practicing Sabbath
- Praying Daily
- Fasting Weekly
- Practicing solitude with HIM weekly
- Living Open Handed generously at every opportunity
- Immersing ourselves in Scripture... a serious student of the Word.

James 1:2-4

“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.”

Romans 5:3-5

“Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance, perseverance, character; and character, hope. And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.”

1 Peter 4:12-13

“Dear friends, do not be surprised at the fiery ordeal that has come upon you to test you, as though something strange were happening to you. But rejoice inasmuch as you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed.”

1 Peter 5:10

“And the God of all grace, who called you to his eternal glory in Christ, after you have suffered for a little while, will himself restore you and make you strong, firm and steadfast...”

Challenge for this week:

Replace 30 mins of Social Media (or any other Media) with 30 mins of Scripture reading per day.

Stretch Goal go for 1 hr per day!

For the whole week!

Discussion, Prayer, and Sharing

1. What's an area in your life where you desire to be more like Jesus, but find it hard to actually grow?
2. When have you experienced slow or frustrating growth in your spiritual life, a time when you wondered, "am I really changing?" What helped you keep showing up in that season?
3. What does the image of Jesus as your Trainer mean to you, and how could you rely on the Holy Spirit more intentionally in your formation this week?
4. Of the practices: Sabbath, prayer, fasting, solitude, generosity, Scripture and suffering. Which one helps you stay connected to Jesus right now, and which one have you've been avoiding or neglecting?
5. What would "being like your Teacher" look like in your daily life: at home, work, or in your relationships, if you kept training over time?