

Momentum

How spiritual disciplines gain traction when done often and with others.

This four week series is designed for launching into the fall with students focused on gaining and sustaining spiritual momentum in the year ahead. Momentum is powerful movement and is something that can be hard to stop, however, if not careful with resistance every object comes to rest and every good attempt to grow spiritually is hindered. Traction, momentum, is gained when we look to God's Word to guide us and lean on one another for encouragement and support.

Week 1 (Sept 10): Scripture

Bottom Line: We gain spiritual momentum reading God's Word.

Passages: Joshua 1:8, Hebrews 4:12-13, 10:24-25a

Week 2 (Sept 17): Prayer

Bottom Line: Prayer creates spiritual momentum by moving our thoughts off ourselves and onto God

Passages: Luke 11:1-4, 1 Thessalonians 5:17

Week 3 (Sept 23): Giving

Bottom Line: Giving creates spiritual momentum because it demonstrates we are all in.

Passages: Malachi 3:10, Luke 12:13-34 (Matthew 16:19ff)

Part 4 (Sept 30): Memorization

Bottom Line: Memorizing sustains spiritual momentum by bring back God's Word just when we need it.

Passages: Psalm 1, Psalm 119:11, 1 Peter 3:15