

“For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.”

-2 Peter 1:8

“But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil.”

-Hebrews 5:14 ESV

“Be diligent in these matters; give yourself wholly to them, so that everyone can see your progress.”

-1 Timothy 4:15

“Be very careful, then, how you live – not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord’s will is.”

-Ephesians 5:15-17

## **Do You Want a Strong Spiritual Life?**

“ Think about the things of heaven, not the things of earth. For you died to this life, and your real life is hidden with Christ in God.”

-Colossians 3:2-3 NLT

“ His master replied, ‘Well done, good and faithful servant! You have been faithful over a little; I will set you over much. Come and share your master’s happiness.’” -Matthew 25:21

“ My son, if your heart is wise, then my heart will be glad; my inmost being will rejoice when your lips speak what is right.”

-Proverbs 23:15-16

“ When the righteous thrive, the people rejoice.”

-Proverbs 29:2

## **Sabbath**

*Rest and Focus*

## **Quiet Time**

*Word & Prayer*

## **Fellowship**

*Build Relationships*