
FAITHFULNESS

Practice Guide

PRACTICE 1 - SCRIPTURE MEMORIZATION

Each time Jesus is faced with a temptation from the devil, He responds by quoting Scripture. He repeatedly says “it is written” (Lk 4:4, 8, 12), showing the devil how what he is offering Jesus is contrary to the Word of God. In doing so, Jesus gives us an example to follow in our own battle against temptation. As the devil pulls us to compromise theologically and morally, we must fight with the truths of God’s Word. As the psalmist says in Psalm 119:19 - “I have stored up Your Word in my heart, that I might not sin against you.”

Here are some passages to start with that we would recommend memorizing in order to help fight against temptation:

- 1 Corinthians 10:13
- Galatians 5:16-17
- Ephesians 6:10-11
- Matthew 5:6
- James 4:7
- Romans 6:11-12
- 1 John 4:4
- Romans 6:14
- Hebrews 4:16
- Genesis 39:9

PRACTICE 2 - MAKE SOME PROMISES

In our culture of compromise, we are taught to break commitments and promises if it makes our life harder or doesn’t lead to our happiness. But the invitation of Jesus is that we let our “yes” be “yes”, and our “no” be “no.” One of the ways to grow in our faithfulness to Christ, is to grow in our faithfulness to others. And we can stretch our “faithfulness muscles” by learning to make (and keep!) some promises, even smaller ones. By learning to commit ourselves to small things, we grow our ability to commit to larger things.

This week, think about various areas in your life where you can make and keep promises. Don’t just do this internally, but communicate them to those who need to know. Here are some examples to help get you started:

- Promise your kid(s) you’ll spend quality time together every Tuesday for the next 4 weeks.
- Promise your spouse that you’ll turn off the TV and your phones and talk every Monday night.
- Promise your boss or coworker you’ll be 5 minutes early to every Tuesday morning meeting this month.
- Promise your Community Group you will be at group every week for the next two months.



FAITHFULNESS

Practice Guide

PRACTICE 1 - SCRIPTURE MEMORIZATION

Each time Jesus is faced with a temptation from the devil, He responds by quoting Scripture. He repeatedly says “it is written” (Lk 4:4, 8, 12), showing the devil how what he is offering Jesus is contrary to the Word of God. In doing so, Jesus gives us an example to follow in our own battle against temptation. As the devil pulls us to compromise theologically and morally, we must fight with the truths of God’s Word. As the psalmist says in Psalm 119:19 - “I have stored up Your Word in my heart, that I might not sin against you.”

Here are some passages to start with that we would recommend memorizing in order to help fight against temptation:

- 1 Corinthians 10:13
- Galatians 5:16-17
- Ephesians 6:10-11
- Matthew 5:6
- James 4:7
- Romans 6:11-12
- 1 John 4:4
- Romans 6:14
- Hebrews 4:16
- Genesis 39:9

PRACTICE 2 - MAKE SOME PROMISES

In our culture of compromise, we are taught to break commitments and promises if it makes our life harder or doesn’t lead to our happiness. But the invitation of Jesus is that we let our “yes” be “yes”, and our “no” be “no.” One of the ways to grow in our faithfulness to Christ, is to grow in our faithfulness to others. And we can stretch our “faithfulness muscles” by learning to make (and keep!) some promises, even smaller ones. By learning to commit ourselves to small things, we grow our ability to commit to larger things.

This week, think about various areas in your life where you can make and keep promises. Don’t just do this internally, but communicate them to those who need to know. Here are some examples to help get you started:

- Promise your kid(s) you’ll spend quality time together every Tuesday for the next 4 weeks.
- Promise your spouse that you’ll turn off the TV and your phones and talk every Monday night.
- Promise your boss or coworker you’ll be 5 minutes early to every Tuesday morning meeting this month.
- Promise your Community Group you will be at group every week for the next two months.

