

GETTING THE MOST OUT OF SUNDAYS

"Preparation Steps to Increase Application & a More Fruitful Relationship"

1. Throughout the week be drawing near to God (Js.4:8) daily through the word (Ps.119) & prayer. This builds your faith (Rom.10:17) since doubt & unbelief keep the Lord from doing mighty works on our behalf (Mt.13:58).
2. Be confessing sin (1Jn.1:9) & forsaking it (Prov.28:13). Repentance means turning from sin to righteousness (1Thes.1:9; Eph.4:20-32). Remember the Lord won't hear us if we harbor sin in our hearts (ps.66:18) & "your sins have withheld good from you" (Jer.5:25).
3. PRAY: "Lord Teach Me" (Ps.25:4,5; 27:11; 86:11; 119:12,26,33,64,68,108,124,135; 143:10; Lk.11:1)
Lord, what truths do you want me to realize about _____ (myself,you,others)
Lord, what sin do you want me to confess?
Lord, what example do you want me to follow or avoid?
Lord, what attitudes do you want me to develop?
Lord, what challenges do you want me to accept?
Lord, what commands do you want me to obey?
Lord, what promise do you want me to believe?
Lord, what circumstances am I feeling that you are speaking to me about?
Lord, what am I supposed to do about _____?

The more you pray these things the more you'll increase your listening capacity, your learning expectations, & sensitivity to the Holy Spirit.

"Open my eyes Lord" (Ps.119:18; Lk.24:31,45)

4. Listen as though you never heard this before. Realize that there must be some reason that the Holy Spirit has for me to hear this a 2nd or 3rd time. Let your mind be like a blank slate. There's always some connection they'll make that you'll appreciate more.
5. Discipline your mind to LISTEN & concentrate. Commit distractions quickly to the Lord.
6. Take notes: this helps keep you awake, alert, & following the speaker. By doing so it uses your other senses which help you remember what God is revealing to you personally. Be ready to write down a word, definition, explanation, & verses that connect a deeper concept for further study, quotes, illustrations, specific applications, or some other key points.
7. Listen with the purpose of improving your mental filing system - organizing the material more efficiently in your mind.
8. When you leave church, while riding home in the car, discuss with your family/or someone what you're going to apply & when. Pray that the Holy Spirit will prompt your memory to apply what you've learned when the situation arises in the future.

