## 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 develope?

  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 fueling 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.
- 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.

Thomas F. Chambers January 2000

## MAKING SURE YOU RECOGNIZE CHRIST'S PRESENCE IN CHURCH EACH SUNDAY

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

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DURING THE WEEK	100	/	/ (0	1/. 1		/	essin dina	200
I have mentally determined that Sunday morning with Christ in his church will be the high point of my week.	ye di fr	ei ei pog	ar i nheld	ni t'i	tow b	Lor	r the Your	edme " 3
I have learned what the main text of the sermon will be and have meditated (see page 2) on that passage.	27:1	12.	25:4	(Ps l:1)	h Me' Lk.I	Teac::10;	Lord : 143	Y: " ,135
I have prepared myself to sing God's praises by reading through the hymns chosen for the service.	er e	0 00	on a	wan	lov c	b ni	8 350	W , B
have carefully considered the offering I want to present to the Lord with gladness.	0.3 9	n · JA	SW U(	ny ob	zehu	0133	5 350	w ,b
I have prayed about inviting a friend who would benefit from being with me in Christ's presence.		on d	EW I	o you	nds d	smmo	nat d	W , b
ON SATURDAY alasaga eas nov ded	pni	Inul	I mu	ces	netar	nosi	5 Jan	W D
have asked Christ to make me sensitive tomorrow to needs of people in the body who are hurting.	_ 30	ods	65 o:	bes	oddns	I m	5 JSA	W LD
have solved the "Sunday clothes hassle" by making sure that what I will wear is ready today.	130/3	<del>odd</del> olds	roeur roeur	e bu	aarni	I IU	of v	SIDE
have spent time in confession so all will be right between myself and my Lord when we meet comorrow.	: alr	2.7 d ba	sed :	200	you	qbno	៨៩ ខ	ten
have determined to get to bed early so I will be refreshed and ready for church tomorrow.	an s	iniq sId	Ny 8 ke a	H SA	bni	3 NO	ess yes	##O
have planned on sustaining the delight of this time with Christ and his people by guarding against Sunday afternoon infringements.	6138 4.3/10	appr a 2	STEN	oy s	ono : bnin	(2) SB	A BU	iigit
ON SUNDAY  have gotten up in plenty of time so I will not feel		MEAU	5 Y . G	ex: s	, bad gled	NI SA	3 03	з по
ushed.	Da F	7100	godd	TUO		ri gj	50	entof
have programmed my morning so I will not just arrive at church on time, but get there early.		9: 3s	13. 2 13. 2	KUME B Kalasay	3	2019	ueld:	to i
have eaten a good breakfast, so an empty stomach will not detract from my worship.		09-08	, 80	01167	Jani.	8, 1.	8100	. kg:
have my Bible in hand plus a pen and paper for aking notes.	17 E	tvoi	qmi	to sa	ogum	953	Hol:	v 119:
have left for church with a great sense of expec- ancy because I know Christ will be there.	11.	Lone	loil	19 97	on L	1193	Sm S	10 - 61

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