

## **Sunday, January 3, 2016**

“Practices for the Life You Want to Live”

First in the Series, “Spiritual Practices: Ancient Paths to Freedom and Joy”

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### **How Can I Be Happy and Calm at the Dawning of a New Year?**

1. Consider a single resolution – to increasingly center your short life on the words and person of Jesus.
2. Experiment with regular spiritual practices these next six weeks.
3. Plan for full participation in our 40 Days of Faith (February 14 – March 26)
4. This week, try Reading the Bible Together. ([reservoirchurch.org](http://reservoirchurch.org) –classes and programs – reading the Bible together)

### **Colossians 3:11-17 (NLT)**

<sup>11</sup> In this new life, it doesn't matter if you are a Jew or a Gentile, circumcised or uncircumcised, barbaric, uncivilized, slave, or free. Christ is all that matters, and he lives in all of us.

<sup>12</sup> Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. <sup>13</sup> Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. <sup>14</sup> Above all, clothe yourselves with love, which binds us all together in perfect harmony. <sup>15</sup> And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.

<sup>16</sup> Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts. <sup>17</sup> And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.

### **Galatians 5:22-26 (NLT)**

<sup>22</sup> But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, and self-control. There is no law against these things!

<sup>24</sup> Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. <sup>25</sup> Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives. <sup>26</sup> Let us not become conceited, or provoke one another, or be jealous of one another.

### **Matthew 7:24-25 (NLT)**

<sup>24</sup> “Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. <sup>25</sup> Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won't collapse because it is built on bedrock.

### **Matthew 28:20 (NLT)**

<sup>20</sup> Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.”