

FOLLOWING
JESUS
EVERY
DAY

THE BIG THREE




**‘WE DON’T SEEK
HIS POWER
WE SEEK HIS
PRESENCE**

**HIS POWER AND
EVERYTHING
ELSE WE NEED IS
ALWAYS FOUND
IN HIS PRESENCE’**



**JOHN
WIMBER**



WHETHER YOU ARE EXPLORING FAITH, JUST STARTED FOLLOWING JESUS OR HAVE BEEN A CHRISTIAN FOR DECADES, IT CAN BE EASY TO FEEL CONFUSED AND OVERWHELMED BY WHAT IT LOOKS LIKE TO WORSHIP JESUS AND LIVE HIS WAY EVERY DAY.

AT BIRMINGHAM VINEYARD WE WANT TO MAKE IT AS CLEAR AND SIMPLE AS POSSIBLE. THAT'S WHAT THIS BOOKLET IS ALL ABOUT.

INTRO

This booklet outlines 3 spiritual practices that are designed to be used at the start, throughout, and at the end of the day. These practices are designed to easily integrate into every day, no matter how busy we are! Our hope is that they will be easily achievable and lifegiving, strengthening your relationship with Jesus as you learn to hear His voice. They are meant as a clear foundation on which to build. This doesn't mean longer periods of prayer or Bible study are unnecessary. As your relationship with Jesus grows, you'll find your own rhythm for spending time with Him.

Ultimately the choice to follow Jesus and invest in your relationship with Him is yours. If you're looking to do that, then here is what we suggest:

START WELL
CONTINUE WELL
FINISH WELL

THE BIG THREE

READ AND LISTEN

PRAY YOUR THOUGHTS

GUARD YOUR HEART

START WELL READ AND LISTEN

Throughout the centuries, Christians have met with Jesus through the Bible. The scriptures are a way to regularly hear from God. They are a timeless record of what He has spoken, which is made alive and applied freshly to our lives through the Holy Spirit. Time spent in daily Bible reading is hugely beneficial. A key part of getting the most out of Bible reading is planning in advance what you are going to read.

There are lots of great reading plans out there – we’ve recommended some on our webpage (bvc.so/bigthree). You could also work slowly through a gospel or the Psalms, studying just a few verses a day.

When seeking to hear God through the passage, you might find it helpful to read it more than once or to read it out loud. In this exercise, pay attention to the words and phrases that stand out to you, and have somewhere to note down your thoughts about them.



EXERCISE

Growing in your faith is like exercising; even five minutes a day will benefit you in the long run. As you get used to it, you can lengthen the time you spend reading and talking to God: the more, the better!

READ

A passage from the Bible. It can be helpful to follow a reading plan.

LISTEN

Pray and ask God “What are you saying to me today God?”

PRAY

Jesus, thank you for revealing yourself through the Bible. Speak to me now as I read, I am listening.

ACT

Write it down. Think about how you might act on what you have read today.

MATTHEW
4:4

IT TAKES MORE THAN BREAD
TO STAY ALIVE. IT TAKES A
STEADY STREAM OF WORDS
FROM GOD'S MOUTH.

CONTINUE WELL PRAY YOUR THOUGHTS

Prayer is simply talking to God. There are loads of books out there, recommending all kinds of different ways to pray. However, prayer doesn't have to be complicated!

At its heart, prayer is chatting to a God who loves us, about the things we care about. Our lives are full of thoughts - small everyday things, difficult or hurtful situations, or moments of joy and celebration. As our Father, God loves to hear how we're doing and to help us deal with life well. Prayer can change us and the situations we care about. There's no one formula - you don't have to use special long words or position your body in a certain way. God promises that He is always with us and that He always hears us.

Jesus, in His teaching on prayer, reassures us that God knows what we need already (Matthew 6:8) and He wants to answer us. Paul encourages us to pray continually. These two ideas are at the heart of this exercise.



EXERCISE

During your day, be aware of what is going on in your head. Bring your thoughts to God throughout the day with short simple prayers.

KEEP IT SIMPLE

Talk to God as you go about your day, chatting to Him like you would if your best friend was in the room.

KEEP IT HONEST

Just tell God what you're thinking, without censoring it.

KEEP IT GOING

If you're busy or upset, that's when you may find it most helpful to chat to God. Don't stop!

1 THESSALONIANS
5:17

REJOICE ALWAYS, PRAY CONTINUALLY, GIVE THANKS IN ALL CIRCUMSTANCES;

FOR THIS IS GOD'S WILL FOR YOU IN CHRIST JESUS.

FINISH WELL GUARD YOUR HEART

What's God's will for your life? Paul writes in 1 Thessalonians 5:18 that His will is that you are thankful in all circumstances.

There are so many things in our lives we can be thankful for. From small things like the smell of coffee, to a smile from a stranger, to the big stuff - your family, friends, health and home.

Thankfulness shapes our ability to respond to more difficult or painful moments, by bringing us back to the heart of Christianity, the cross of Jesus; where we know we're forgiven and we learn to forgive.

We want to follow Jesus, worshiping Him and living His way, fully enjoying the life He made available for us. We believe this exercise will help you do just that. This exercise is all about ending your day well, so you can start tomorrow right.



EXERCISE

GIVE
THANKS

Before you go to sleep, think back over your day.

SAY
SORRY

Think of three things you're thankful for today.

LET IT GO

Think of one thing you need to ask forgiveness from God for.

WRITE IT
DOWN

Think of one person you need to forgive or a situation you need to give to God.

Then you'll have lots of great things to celebrate as you look back!

PROVERBS
4:23

ABOVE ALL ELSE, GUARD
YOUR HEART,

FOR EVERYTHING
YOU DO FLOWS
FROM IT.





BIRMINGHAM
VINEYARD

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