



'n
Regula
vir die
lewe

**Daaglik:
Stilte**

**Weeklik:
Sabbat**

**Jaarlik:
Retreat**

**Matthew
28:19-20 MSG**

"To undertake the disciplines is to take our activities – our lives – seriously and to suppose that the following of Christ is at least as big of a challenge as playing the violin or jogging." Dallas Willard

Exercise daily in God – no spiritual flabbiness, please! workouts in the gymnasium are useful, but a disciplined life in God is far more so making you fit both today and forever. 1 Timothy 4:7-8 MSG

Die 5 P's

1. Place / Prepare

Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace. Matthew 6:6 MSG

2. Passage

Every part of Scripture is God-breathed and useful one way or another – showing us truth, exposing our rebellion, correcting our mistakes, training us to live God's way. Through the Word we are put together and shaped up for the tasks God has for us. 2 Timothy 3:16,17 MSG | Maar Hy antwoord en sê: Daar is geskrywe: Die mens sal nie van brood alleen lewe nie, maar van elke woord wat deur die mond van God uitgaan. Mattheus 4:4

3. Ponder

Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious – the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Philippians 4:8 MSG

4. Prayer

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Philippians 4:6 MSG

5. Peace

Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life. Philippians 4:7 MSG

Ek word 'n dader van die Woord deur ...