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Deliberate Practice

The things you have learned and received and heard and seen in me, _____ these things, and the God of peace will be with you. Philippians 4.9

ABIDE!

“ _____ in Me, and I in you. As the branch cannot bear fruit of itself unless it _____ in the vine, so neither can you unless you _____ in Me. “I am the vine, you are the branches; he who _____ in Me and I in him, he bears much fruit, for apart from Me you can do nothing. “If anyone does not _____ in Me, he is thrown away as a branch and dries up; and they gather them, and cast them into the fire and they are burned. “If you _____ in Me, and My words _____ in you, ask whatever you wish, and it will be done for you. “My Father is glorified by this, that you bear much fruit, and so prove to be My disciples. “Just as the Father has loved Me, I have also loved you; _____ in My love. “If you keep My commandments, you will _____ in My love; just as I have kept My Father’s commandments and _____ in His love. “These things I have spoken to you so that My _____ may be in you, and that your _____ may be made full. John 15.4-11

ABIDE!

- ◆ This is all about being correctly _____.
- ◆ We are _____ to Jesus who is the vine.
- ◆ Jesus is _____ to the Father who is the source of everything.
- ◆ The secret of defeating anxiety, stress, & to worry free living is more about _____ than it is _____.
- ◆ If you are the branch and Jesus is the vine your key responsibility is to _____.

PRACTICE!

- ◆ _____ is all about remaining _____ to JESUS no matter what happens.
- ◆ Rejoice in the Lord ALWAYS is about _____ in Jesus all the time.
- ◆ To _____ in Jesus you have to _____ what he wants to do for you.
- ◆ To _____ in Jesus you have to _____ on the truth you have learned, received, heard. This is the _____ we talked about.

YOU DECIDE!

- ◆ I can _____ Jesus my worry, fear, anxiety, stress.
- ◆ I can _____ it with Worship, Asking, supplication, thanks & I can _____ in Christ.
- ◆ He _____ me “love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.” Galatians 5.22-23



Deliberate Practice for the Christian Believer

1. It requires _____ to succeed. Luke 9.62
2. Desire to _____ beyond current level. 1 Thes. 4.10
3. Requires _____ commitment. Phil. 3.12
4. Must be _____ . Philippians 4.9
5. True honest _____ is required for quality results. Ephesians 4.15
6. Reachable _____ you are accountable for. Phil. 3.14
7. In the moment _____ - _____ and follow-up self reflection. Philippians 4.8
8. Reflect on your _____ compared to the goals you have set. 2 Timothy 4.8

Where you start is where you end & where you end is where you start again...

- ◆ “_____ in the Lord” is where we started and we have repeated it over and over.
- ◆ This is a key to _____ and _____.
- ◆ This is the _____ of FEAR, STRESS, WORRY, ANXIETY to God & _____ in Jesus.
- ◆ “so that Jesus’ JOY may be in you, and that your JOY may be _____.”

