

theHOME SHEET

Wear Better Pants | Part 2 | When Spiritual Disciplines Stop Working
January 16, 2022

SCRIPTURE READING

So Abram went up from Egypt, he and his wife, and all that he had, and Lot with him, into the Negeb. ² Now Abram was very rich in livestock, in silver, and in gold. ³ He journeyed on by stages from the Negeb as far as Bethel, to the place where his tent had been at the beginning, between Bethel and Ai, ⁴ to the place where he had made an altar at the first; and there Abram called on the name of the Lord. ⁵ Now Lot, who went with Abram, also had flocks and herds and tents, ⁶ so that the land could not support both of them living together; for their possessions were so great that they could not live together, ⁷ and there was strife between the herders of Abram's livestock and the herders of Lot's livestock. At that time the Canaanites and the Perizzites lived in the land. ⁸ Then Abram said to Lot, "Let there be no strife between you and me, and between your herders and my herders; for we are kindred. ⁹ Is not the whole land before you? Separate yourself from me. If you take the left hand, then I will go to the right; or if you take the right hand, then I will go to the left." ¹⁰ Lot looked about him, and saw that the plain of the Jordan was well watered everywhere like the garden of the Lord, like the land of Egypt, in the direction of Zoar; this was before the Lord had destroyed Sodom and Gomorrah. ¹¹ So Lot chose for himself all the plain of the Jordan, and Lot journeyed eastward; thus they separated from each other. ¹² Abram settled in the land of Canaan, while Lot settled among the cities of the Plain and moved his tent as far as Sodom.

-Genesis 13:1-12

SOMETHING TO THINK ABOUT

1. Think about Pastor Fernie's example of stomach gripping. Have you ever done something you thought was good too much, to the point of it being detrimental?
 - a. Think about how this applies to spiritual disciplines. Name a spiritual discipline that used to work for you, but no longer works, or has even become unhealthy for you.
2. "Just because a spiritual discipline works for you today doesn't mean that it has to work for you tomorrow." – Pastor Fernie
 - a. What spiritual disciplines are currently working for you?

PUTTING IT INTO PRACTICE

In the scripture above, Abram and Lot journeyed together and it worked well for them. That is, until doing life together didn't make sense for them anymore. They acknowledged that being together didn't work anymore and they went their separate ways without hard feelings. Think about the spiritual disciplines you are currently practicing. Are they still working for you, or were they only working for a season of life you used to be in? If need be, adapt new spiritual disciplines that work for you this week and kindly say goodbye to any that aren't working.