

Men's Breakfast

Food - Friends - Spiritual Growth

Maximizing my God Time – Review

Memorization and Meditation

Learning about meditation from worry

In-Class Exercise – Reading Slowly

The verse I picked is: _____

What I noticed when I slowed down: _____

Homework Assignment 3

Challenge yourself to read Romans 12 – Out Loud – only looking when necessary:

- 1 I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.
- 2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.
- 3 For by the grace given to me I say to everyone among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned.
- 4 For as in one body we have many members, and the members do not all have the same function,
- 5 so we, though many, are one body in Christ, and individually members one of another.
- 6 Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith;
- 7 if service, in our serving; the one who teaches, in his teaching;
- 8 the one who exhorts, in his exhortation; the one who contributes, in generosity; the one who leads, with zeal; the one who does acts of mercy, with cheerfulness.
- 9 Let love be genuine. Abhor what is evil; hold fast to what is good.
- 10 Love one another with brotherly affection. Outdo one another in showing honor.
- 11 Do not be slothful in zeal, be fervent in spirit, serve the Lord.
- 12 Rejoice in hope, be patient in tribulation, be constant in prayer.
- 13 Contribute to the needs of the saints and seek to show hospitality.
- 14 Bless those who persecute you; bless and do not curse them.
- 15 Rejoice with those who rejoice, weep with those who weep.
- 16 Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight.
- 17 Repay no one evil for evil, but give thought to do what is honorable in the sight of all.
- 18 If possible, so far as it depends on you, live peaceably with all.
- 19 Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord."
- 20 To the contrary, "if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head."
- 21 Do not be overcome by evil, but overcome evil with good.

Maximizing my God Time – Session 2

Review In-class Memory Verse 1 – Jeremiah 15:16:

Your words were found, and I ate them,
and your words became to me a joy
and the delight of my heart,
for I am called by your name,
O LORD, God of hosts.

Review In-class Memory Verse 2 – Proverbs 15:29

The LORD is far from the wicked,
but he hears the prayer
of the righteous.

Review In-class Memory Verse 3 – Psalm 119:11

I have stored up your word
in my heart,
that I might not sin against you.