

Growing in Grace: Being at Peace with Myself

Psalm 23

The lifelong journey revealing our hearts...

1. **The Bible** with our minds open to the Word of God as God's primary means of revelation
2. **Prayer** that listens and recognizes God's voice
3. **Examination**, knowing God and knowing self as helplessly depraved
4. **Meditation**, Godward, intently focusing our mind, coming to grips with our heart
5. **Contemplation**, giving intention and thought, rest your mind and focus on Christ
6. **Sabbath**, our weekly rhythm focused on God, devoted against the powers of sin and flesh
7. **Fasting**, which creates space in your weakness for prayer, repentance, and trust
8. **Conferencing**, emphasizing wisdom: 1-on-1, family, church groups
 - First, talk about scripture, the latest sermon heard.
 - Second, discuss what affected your heart.
 - Third, worship and prayer response.
 - Key: growing in wisdom through scripture-based gatherings that lead to life discussions. Don't digress into debates.
9. **Soliloquy**, integrating prayer and self-examination, a posture of complete honesty
 - He will unveil our hearts to us when we are real. God unconditionally wants us.
10. **Silence**. To have a calm, collected heart and mind, free from chaos and busyness
11. **Solitude**, to really hear God. Walk alone in fields, on trails, find a quiet place

These are how God exposes our need for him and assures us of his love that makes everything right.