## The Inward Journey

HOLIDAY PROGRAMMING | Dr. David Jeremiah 1 Thessalonians 2:13



## I. THE DISTRACTIONS OF THE INWARD LIFE

- A. Distraction Number One—Frenzy
- B. Distraction Number Two—Familiarity

## II. THE DISCIPLINES OF THE INWARD LIFE

- A. The Discipline for Frenzy is Solitude and Prayer
- B. The Discipline for Familiarity is Bible Study
  - 1. Accept the Word of God
  - 2. Anticipate the Word of God
  - 3. Apply the Word of God