



SPIRITUAL DISCIPLINE – Week 1 – Studying
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Summer Session 2014

Article I - Brooks, I. (2014). Can you afford to do today what you did yesterday?. NZ Business, 28(4), 58.

Notes:

- If we fail to study to increase our knowledge, we would still be lighting fires by rubbing two sticks together as opposed being efficient and using other resources.
- Doing something because your parents, those around you, and you have always done it that way is not a good reason to continue doing so.
- *“It has become accepted wisdom that what worked for us yesterday, might make little difference today and could be the cause of our downfall. Yet we persist on doing the things we have always done”* (Brooks, 2014).
- *“We continue doing them without questioning why”* (Brooks, 2014).
- Mentally, many people get caught in a mindset of **loss aversion** and remain at **status quo** because of it.
- Because we are comfortable, we reject new ideas. Then, we remain stagnant, meaning, in the same position we were before.
- We cannot expect to meet new demands with old techniques.

Six steps for change:

1. Understand that change is not optional – NO EXCUSES.
2. Have a clear picture of what needs to change, and how and why it must happen; **Self-actualization**.
3. Have a clear plan – know where you are and where you want to go.
4. Set targets – consistently measure your progress towards your goal (ex. Weight loss).
5. Communicate – let others know the old you has passed away.
6. Celebrate success – celebrate your new beginnings with what you enjoy doing.

Defined terms:

Loss aversion – people’s tendency to weigh potential losses greater than potential gains of the same amount (Kahneman and Tversky, 1979).

Self-actualization – the understanding of oneself towards the achievement of one’s full potential in comparison to what the “real-world” suggests.

Status quo – to allow things to be the way they were before; *“to keep things they were before the war.”* Long version of term: *“in statu quo res erant ante bellum.”*



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Article II - Vos, Beverly. *Evangelical Review of Theology*. Apr2012, Vol. 36 Issue 2, p100-114. 15p.

Page 8 – 5 Study

- Studying is about engaging our minds in the word of God.
- Replace old habits and thoughts with positive ones.
- Studying is analytical.
- Meditation is devotional.
- Study requires repetition, memorization, concentration, reflection, and humility.
- Don't get through the scriptures, get the scriptures through you (Ortberg).