**Storm Prep**

**Part 1**

*As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God?*

Psalm 42:1-2 (NIV)

*Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me.*

Psalm 42:7 (NIV)

**How do the inward disciplines help me grow deep as a Christ follower?**

1. **Meditation helps me \_\_\_\_\_\_\_\_\_\_\_\_ to God.**

*Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night.*

Psalm 1:1-2 (NIV)

1. **Prayer helps me \_\_\_\_\_\_\_\_\_\_\_\_\_\_ to God.**

*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.*

Mark 1:35 (NIV)

1. **Fasting helps me \_\_\_\_\_\_\_\_\_\_\_\_\_ on God.**

*“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”*

Matthew 6:16-18 (NIV)

1. **Study helps me \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ God.**

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.*

Romans 12:2 (NIV)