
“Low-Key” Spiritual Pra

Ivy Baptist Church Bible Study
Teacher: Pastor Kevin Swann
February 28, 2024

Goals of this series:

- To better understand the value of spiritual practices
- **To apply the studies spiritual practices into our walk with God**

Review: Low-Key Spiritual Practice #1: Simplicity

- Jesus lead a simple life; so should we
- We were not created to have it all! All doesn't leave room for God!
- Who/what do you need to “let go” to lead a more simple life for the Lord?

Low Key Spiritual Practice #2: Gratitude

- **Gratitude:** The quality of being thankful
- **Gratitude:** Readiness to show appreciation and return kindness
- **KEY: Gratitude and thanksgiving are NOT the same**
- Thankfulness tends to remain at an emotional level
- Gratitude includes thanksgiving but at a deeper level
- **Gratitude is a STATE of BEING in ALL CIRCUMSTANCES**

1 Thessalonians 5:18: In everything give thanks; for this is the will of God in Christ Jesus for you

- Gratitude/giving thanks is GOD'S WILL for your life!
- We are **GRATEFUL** for GOD'S PRESENCE in EVERYTHING! HE'S WITH US IN ALL THINGS!

What are some things that make it hard to be grateful?

-
- People are quicker to express **wrongdoing** than what's right
- **Spiritually speaking:** We at times feel defeated because we FORGET that God is ALWAYS WITH US!

How do I PRACTICE having more gratitude?

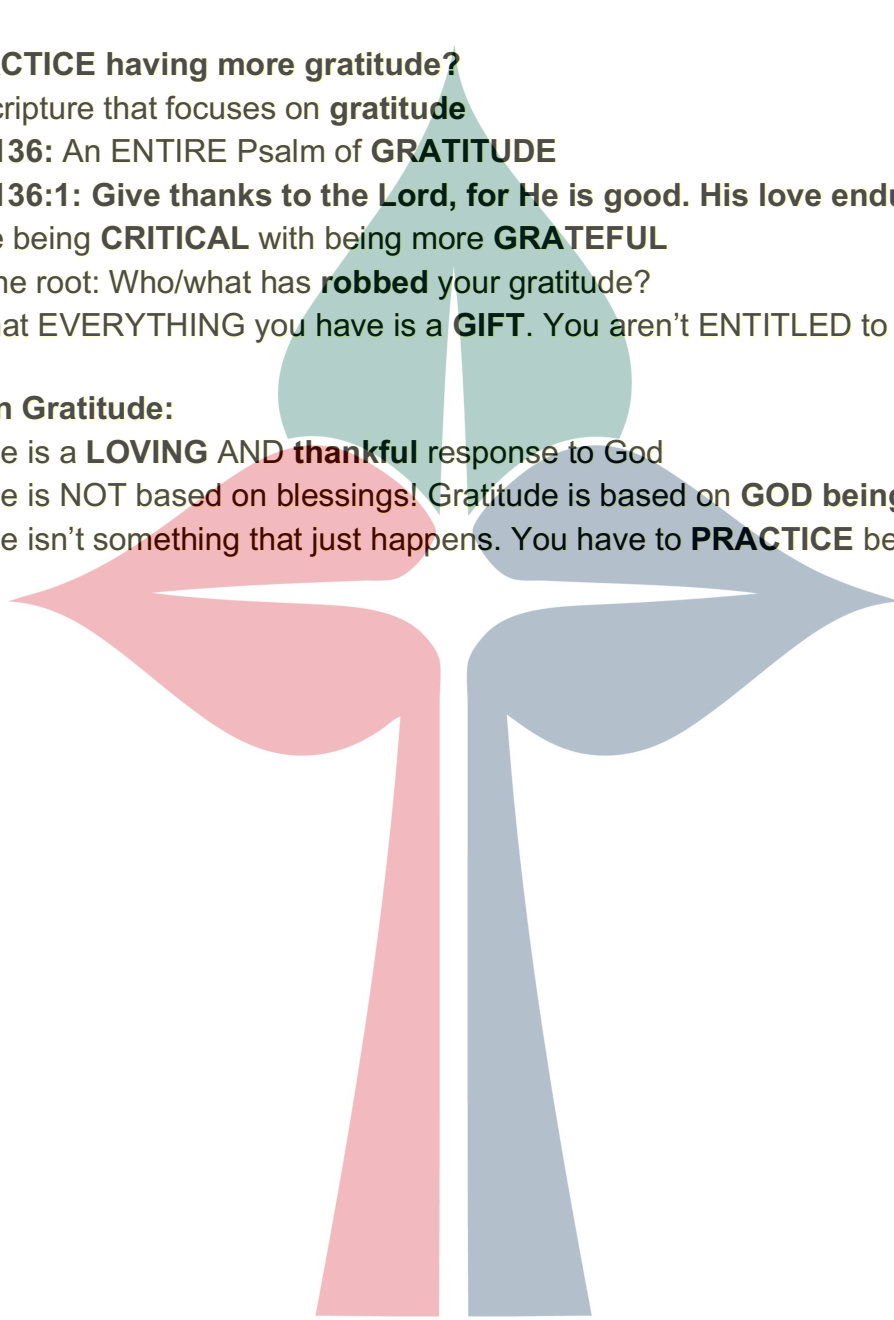
- Start with your **WORDS: SPEAK** on things that bring you JOY! And make you have more gratitude
- Find the “**good**” in others and share it with them
- Count your **blessings!** Focus in prayer and worship on God's **GOODNESS** toward you!

How do I PRACTICE having more gratitude?

- Read scripture that focuses on **gratitude**
- **Psalm 136:** An ENTIRE Psalm of **GRATITUDE**
- **Psalm 136:1:** Give thanks to the Lord, for He is good. His love endures forever
- Replace being **CRITICAL** with being more **GRATEFUL**
- Get to the root: Who/what has **robbed** your gratitude?
- Know that EVERYTHING you have is a **GIFT**. You aren't ENTITLED to it!

Conclusion on Gratitude:

- Gratitude is a **LOVING AND thankful** response to God
- Gratitude is NOT based on blessings! Gratitude is based on **GOD being with us!**
- Gratitude isn't something that just happens. You have to **PRACTICE** being grateful!



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“Low-Key”
Spiritual
Practices

IVY

Dr. Kevin Swann, Pastor-Teacher

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Community Outreach & Culinary Ministry



TOILETRIES DRIVE

NOW until Wed | Mar 6

Items Needed for Men, Women, & Children



- Shampoo
- Bar Soap (individually wrapped)
- Toothpaste/Toothbrush, Dental Floss
- Deodorant
- Lotion
- Kleenex (travel size)
- Disposable Wipes
- Socks



- Gallon Sealable Bags
- Rain Ponchos
- Bottled Water
- New Disposable Mask
- New Underwear
- Toilet Paper
- Wash Cloths/Twin Sheets
- Sweatshirts/Pants/Jeans



Drop off M-Th 9-5 | Bible Study | Sunday Morning
50 Maple Ave, NN, VA 23607

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IBC Pathfinder Classes-Open to Anyone

1. How to Effectively Read the Bible

Thur|FEB 22|7pm Zoom 757 244 5004

2. I'm Saved, But What Does That Mean (deeper dive)

Thur|FEB 29|7pm Zoom 757 244 5004

3. Work On It (daily practices/disciples as a follower of Christ)

Thur|MAR 7|7pm Zoom 757 244 5004

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BLACK AWAKENING CHOIR

SPRING

Love

2024

DATES &
LOCATIONS

29 THE LIFE CHURCH RVA | 7 PM
FEB 5515 BRYCE LANE | RICHMOND, VA 23224

1 IVY BAPTIST CHURCH | 7:30 PM
MAR 50 MAPLE AVENUE | NEWPORT NEWS, VA 23607

2 FIRST BAPTIST CHURCH DENBIGH | 4 PM

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FITNESS SATURDAY

@8:00 AM-9:00 AM
IVY CHAPEL
COST \$5.00

REGISTER NOW

MARCH 2ND, 9TH & 16TH

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Bible Overview

There are 66 books in
the Bible

The Bible is divided
into two main sections

These sections are
called Testaments

Testaments are binding
agreements between 2
parties sealed by blood

Bible Overview

There are 39 Old
Testament Books

STORYLINE:
Genesis-Esther

WISDOM:
Job-Song of Solomon

Prophecy:
Isaiah-Malachi

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Bible Overview

There are 27 books in
the **New Testament**

GOSPELS:

Matthew-John

HISTORY:

Acts

LETTERS:

Romans-Jude

APOCALYPSE:

Revelation

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Goals for this Study

To better understand
the value of spiritual
practices

To apply the
studies spiritual
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our walk with

I V Y God

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Review:
Low-Key
Spiritual
Practice #1
Simplicity

**Jesus lead a simple
life; so should we**

**We were not created to
have it all! All doesn't
leave room for God!**

**Who/what do you need to
"let go" to lead a more
simple life for the Lord?**

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Opening Question

What are some
things that
God/Christ has
done for us that
we often take
for granted?

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**Low Key
Spiritual
Practice
#2
Gratitude**

**Gratitude: The quality of
being thankful**

**Gratitude: Readiness
to show appreciation
and return kindness**

**Gratitude and
thanksgiving are NOT
I V Y the same**

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Low Key Spiritual Practice

#2

Gratitude

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Gratitude includes thanksgiving but at a deeper level

Gratitude is a **STATE** of
BEING in **ALL**
CIRCUMSTANCES

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**Low Key
Spiritual
Practice**
#2
Gratitude

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Gratitude/giving thanks is GOD'S WILL for your life!

We are GRATEFUL for GOD'S PRESENCE in EVERYTHING! HE'S WITH US IN ALL THINGS!

What are
some things
that make it
hard to be
grateful?

Our culture promotes
NEGATIVITY

People are quicker to
express wrongdoing
than what's right

Spiritually speaking: We at
times feel defeated because
we **FORGET** that God is
ALWAYS WITH US!

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How do I
PRACTICE
having more
gratitude?

Start with your **WORDS**:
SPEAK on things that bring
you **JOY**! And make you
have more gratitude

Find the "good" in
others and share it
with them

Count your blessings! Focus
in prayer and worship on
God's **GOODNESS** toward
you!

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How do I
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focuses on gratitude**

Psalm 136

**An ENTIRE Psalm of
GRATITUDE**

Psalm 136:1

**Give thanks to the Lord, for He
is good.**

His love endures forever

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CRITICAL with being
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Who/what has robbed
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Conclusion on Gratitude

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