

Spiritual Disciplines – Lesson 1 Workbook

Study

Memory Work

"I have hidden your word in my heart that I might not sin against you." Psalm 119:11 (NIV)

The Goal of Study

1. What does Romans 12:1-2 say is the goal of studying God's Word?

2. According to Psalm 119:11, what other purpose is there for studying God's Word?

The Meaning of Study

1. What does Deuteronomy 11: 18-20 say about studying God's Word?

2. Read Luke 5: 16. How should we study God's Word?

3. Read Acts 8: 30,31. To what extent should we study God's Word?

4. Read James 1: 22. What must happen once we understand the Scriptures?

Three questions to guide your study:

- What is Being Said? (assumes habit, takes focus)
- What Does it Mean? (leads to insight)
- What Should Be Done Because of it? (causes reflection, leads to change)

Three actions to expand your study:

- Pray about it (ask God to give you insight)
- Think about it (ask yourself what's being said, ask questions)
- Talk about it (ask other people what they think)

Practice:

Luke 8: 40-56

1. What do you find interesting about this passage?

2. What questions do you have about this passage?

3. Where might you go for answers to these questions?

4. What are some application points that can be made here?

Homework:

- Memorize Psalm 119: 11
- Pick a passage from the Bible each day this week and study it using the ideas learned from this lesson.
- Continue to pray for God to help you understand His Word and to be able to apply it to your life.

Spiritual Disciplines – Lesson 2

Service

Verses to Remember

"Just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many"
Matthew 20:28 (NIV)

Galatians 5:13, Matthew 20:28 & 1 Peter 4:10

1. What do these passages have to say about service?

2. What does the Matthew passage say is the main way Jesus served us?

3. How might that resemble the way we should serve? Should it be partial or temporary

Three things about service you need to know

- It's how people know God's grace (it's an outward discipline)
- It's not optional (it's commanded in Scripture)
- It's hard (a discipline)

1. Why do you think it is hard to get into the habit of serving people?

2. How much do you really serve other people?

3. What are some ways you can server people; even today?

Homework:

- Memorize Matthew 20:28
- Brainstorm to come up with a unique service project, that will show God's love to people in your community.
- Look for simple ways to serve others each day.

Spiritual Disciplines – Lesson 3 Workbook

Worship

Verses to remember

"Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. Do not conform any longer 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 12:1,2 (NIV)

Exodus 3: 9-12

1. What is the reason Moses is to go to Egypt?

2. How would he know that it is YHWH that is sending him?

- Worship is an Expression of: _____

Exodus 7:16, 8:1, 8:20, 9:1, 9:13, 10:3, 10:7

1. What is the common theme in these verses?

2. Why does God want His people to be released?

- Worship is an Expression of: _____

Exodus 26ff, 40:34-35

1. Imagine that scene for a moment, what do you think it looked like?

2. If you were an eyewitness to what happened right then, what would you have said/done/felt?

- Worship is an Expression of: _____

Exodus 14; Exodus 15

- Worship is Being: _____ by God.

1. How often do you feel that way during worship?

2. Why do you feel we don't have this type of experience more often? Is it God's fault or ours?

3. What is your attitude when you are worshipping?

4. How Do You Worship?

Romans 12: 1,2

1. What does this passage say worship is?

2. How might transformation take discipline that singing does not?

Homework:

- Memorize Romans 12: 1,2.
- Consider the different ways you worship God, and ask yourself how you can make worship more meaningful.
- Spend one hour completely alone with God, no reading, and without any distractions, to simply worship Him.