Spiritual Disciplines – Lesson 1 Workbook
Study

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?

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________________________________________________________________________________________


________________________________________________________________________________________
________________________________________________________________________________________

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 the parallel passages, if any?

________________________________________________________________________________________
________________________________________________________________________________________

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

________________________________________________________________________________________
________________________________________________________________________________________


________________________________________________________________________________________
________________________________________________________________________________________
Homework

- Memorize Psalm 119:15-16
- 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 Workbook
Service

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)

MAKING IT REAL

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 serve 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

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; 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 worshiping?
________________________________________________________________________________________
________________________________________________________________________________________

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
• 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.