

Spiritual Formation Student WorkBook

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**Spiritual Formation**

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**What are Spiritual Disciples?**

Spiritual Disciples are practices found in Scriptures that promote spiritual growth among believers. In this study we will examine both personal and interpersonal disciplines. Both are means to blessings for Christians. Our focus will be on Interpersonal Disciplines which are disciplines that emphasizes things we should be focused on like, attitudes, not activities; disciplines taught or modeled in the Bible, not declaring anything we fancy as a Spiritual Discipline and realizing that these disciplines are sufficient for knowing and experiencing God.

This study will guide us in developing practices that are derived from the Gospels, taking us deeper into the Gospel of Jesus and not moving us toward more advanced levels of Christianity.

And so, we are not godly just because we practice the Spiritual Disciplines. That was the great error of the Pharisees. They felt by doing these things they were godly. No, they are not means to godliness. Rightly motivated, they are the means to godliness.

**Lesson One - Introduction**

1. What are the Spiritual Disciplines? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What is the meaning of Spiritual Discipline? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What is the purpose of Spiritual Discipline? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Name three things that will help you persevere in the practice of Spiritual Discipline. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. How do you feel about Spiritual Discipline? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Spiritual Formation**

**Chapter One – Lesson Two**

**The Spiritual Disciplines for the Purpose of Godliness**

**Objective - Discipline Yourself for the Purpose of Godliness**

**Scripture - 1 Timothy 4:7-8**

The only road to Christian maturity and Godliness (Christlikeness and holiness) passes through the practice of the Spiritual Disciplines. These personal and corporate disciplines promote spiritual growth and have been practiced by God’s people since biblical time. Jesus modeled them for us and expects us to pursue them. In doing so, we will taste the joy of a Spiritual Disciplined lifestyle.

1. Describe a time when you disciplined yourself to reach a specific goal, or when you did not discipline yourself and did not reach a specific goal. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. In the past how have you felt about Spiritual Disciplines such as Bible intake, prayer, worship, evangelism and fasting? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What single purpose unites the Spiritual Disciplines? (Colossians 2:20-23,

1 Timothy 4:7-8) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What does 1 Peter 1:15-16 say about the importance of holiness in believers’ lives?

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1. Often God brings people into our lives whose input leads us to become more Christlike. Read Proverbs 17:17. Describe a time when God used someone to file your rough, ungodly edges. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. We have all faced trying circumstances that God uses to make us more like Himself. What does Romans 8:28 say about our difficult circumstances? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Describe a time when God used your prayer time or Bible study to change you from the inside out? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Life Application**

The expectation of disciplined spirituality is implied in Jesus’ offer of Matthew 11:29 and Luke 9:23. These verses tells us that to be a disciple of Jesus means, at the very least, to learn and follow Him. Learning and following involve discipline, for those who only learn and follow accidently are not true disciples.

**Spiritual Formation**

**Chapter One – Lesson Three**

**The Spiritual Disciplines (Part 2) ... For the Purpose of Godliness**

**Objective - Discipline Yourself for the Purpose of Godliness**

**Scripture - 1 Timothy 4:7-8**

People place great emphasis on physical exercise as a means of staying healthy. Spiritual Disciplines are like physical exercise, in that when we exercise ourselves spiritually, we promote Godliness in our lives.

1. What strikes you about Bartimaeus response to Jesus in Luke 18:35-43? What did Jesus do for him because of his response? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. How did Zacchaeus pursue Jesus in Luke 19:1-10? What does his story tell you about Jesus’ mercy? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What do the following verses say about what it means for each of us to be Jesus’ disciple?

Matthew 11:29 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Luke 9:23 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Galatians 5:22-23 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Jesus is our example of discipline. When we practice the Spiritual Disciplines with the goal of Godliness in mind, our discipline has direction. What does the following verses say about Jesus and His pursuit of the Spiritual Disciplines:

Matthew 4:2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Luke 2:46-47 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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John 13:2-6; 17:4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Through the Holy Spirit, we have the power to persevere in the Spiritual Disciplines. Read 2 Timothy 1:7 and describe why this truth should encourage us.

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**Lesson Application**

Focus on God’s deep love for you and on His desire to communicate with you through the Spiritual Disciplines. Ask the Lord to help you become willing to practice these Disciplines during the coming weeks of study.

**Spiritual Formation**

**Chapter Two - Lesson Four**

**Bible Intake (Part 1) … For the Purpose of Godliness**

**Objective – Develop the Discipline of regular Bible intake so you can get to know Him better.**

**Scripture – John 17:17**

No Spiritual Discipline is more important than the intake of God’s Word. Nothing can substitute for it. Bible intake is not only the most important Spiritual Discipline, but also the broadest. It consists of several subdisciplines. It is made up of many consortiums, specializing in different discipline, yet all united under the general name.

1. If we are not disciplined in hearing God’s Word, which negative consequences will occur? Be specific. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Why do you think Jesus emphasizes hearing God’s Word in Luke 11:28?

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1. Why is it important to not be a “passive listener” to God’s Word? How can you cultivate the ability to be an “intent listener”? Be specific. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Why can Bible intake become a chore instead of a Discipline of joy? In what ways might meditating on Scripture deepen your appreciation of God’s Word?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What happens to a person that reads the Bible? See Revelations 1:3.

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1. Have you seen a connection between the time you spend in Bible intake and your knowledge of God and His power? Describe your experience.

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1. Consider Ezra 7:10. To which three key areas of study did Ezra devote himself? What did he do before he began teaching God’s Word to the people?

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1. What do you think are the differences between hearing, reading, and studying God’s Word? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Lesson Application**

Focus on thanking God for sharing His Word with you. Ask Him to help you develop the Discipline of regular Bible intake so you can get to know Him better. Express your need for Him and His truths in your daily life.

**Spiritual Formation**

**Chapter Three - Lesson Five**

**Bible Intake (Part 2) … For the Purpose of Godliness**

**Objective – Develop the Discipline of regular Bible intake so you**

**can get to know Him better.**

**Scripture – John 17:17**

The intake of God’s Word is the most important Spiritual Discipline. Only as we read and study the Bible can we appreciate what God has for us. We do this through memorizing and meditating on Scripture and by applying what we learn to our daily lives.

1. Which verses that you have memorized have special meaning to you?

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1. How does Jesus’ confrontation with Satan (Matthew 4:1-11) illustrate the power of Scripture that is committed to memory? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What was the psalmist’s attitude toward Scriptures? Read Psalms 119:97.

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1. Read Joshua 1:8. What did God command Joshua to do, and what did God promise would happen because of Joshua’s obedience?

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1. Read James 1:22-25. When you read the Bible, do you find it easy to apply what you read to your life? Why or why not? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Sometimes Christians use verses incorrectly to try to prove a certain point. Why is it so important for people to understand the meaning of verses in context before applying the verses to their lives? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Why is an overall intake of Scripture through hearing, reading, and studying the Bible so important? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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The Bible refers to four general objects of meditation:

1. The content of Scripture
2. God’s creation
3. God’s providence
4. God’s character

Using the following chart, write down specific objects of meditation found in each of these verses:

Joshua 1:8

Psalm 1:2

Psalm 119:15 (two objects)

Psalm 119:23

Psalm 119:48

Psalm 119:78

Psalm 119:97

Psalm 119:99

Psalm 119:148

Psalm 143:5

Psalm 77:12 (two objects)

Psalm 119:27

Psalm 143:5

Psalm 145:5

Psalm 63:6

Psalm 145:5

God’s Word:

God’s Creation

God’s Providence

God’s Character

**God’s Word:**

**Life Application**

Ask God to open your eyes and show you the wonderful truths of His word. Praise Him for who He is and ask Him to guide you as you seek to apply biblical truths in your life.

**Spiritual Formation**

**Chapter Four - Lesson Six**

**Prayer … For the Purpose of Godliness**

**Objective – Develop a plan to link your Bible reading to prayer through biblical meditation.**

**Scripture – Matthew 6:5-7; 9; Luke 11:9**

Prayer is a vital Spiritual Discipline, second only to the intake of God’s Word. To be like Jesus, we must pray. Knowing that without prayer we will lack Godliness, God expects us to pray. What a blessing it is to know that He hears every prayer.

1. Have you ever felt that prayer was more obligation than opportunity? If so, why? If not, why not? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Read Luke 5:16, why did Jesus pray in a “lonely place”? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Why should the truth of Scripture govern our praying rather than by our feelings? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. How would you describe the relationship between biblical meditation and prayer presented in Psalm 5:1 and Psalm 19:14?

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1. What is the difference between learning “principles of prayer” and learning “phrases for prayer”? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Why do you think more churches today do not teach about the relationship between meditation and prayer? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Life Application**

Thank the Lord that He not only hears your prayers but also desires them because He longs to develop a deeper relationship with you. Ask Him to draw your deeper into disciplined prayer, to teach you what it means to “prayer continually,” and to show you how biblical meditation can strengthen your Bible intake and prayers.

**Spiritual Formation**

**Chapter Five - Lesson Seven**

**Worship … For the Purpose of Godliness**

**Objective – Worship the Lord Your God**

**Scripture – Matthew 4:10**

Worship – focusing on and responding to God – is the duty and privilege of all people. Worship often includes words and actions but goes beyond them to the focus of our hearts and minds. God expects us to worship Him, our Creator, in Spirit and according to the truth of Scripture. We cannot become Godly without worshipping Him, but it is possible to worship Him in vain (Matthew 15:8-9).

1. What does the following passages reveal about worship: Johns 20:28, Revelations 4:8, 5:12-13? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. According to the following verses, in which ways has God revealed Himself to us so that we might focus on Him?

John 1:1, 14; Hebrews 1:1-2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Romans 1:20 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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2 Timothy 3:16, 2 Peter 1:20-21 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What do you think this text means: “To worship God in spirit is to worship from the inside out”? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. When you do not have the “feelings of worship.” Does that mean you should stop engaging in forms of worship? Why or why not? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What is God’s view of corporate worship? (Hebrews 10:25) How does this verse conflict with the common assumption that religion is an individual matter only? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Why do you think it seems easier to worship God one day a week instead of worshipping Him seven days a week? Is one-day-a-week worship even possible? Explain your answer. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Many Christians believe they have “worshipped” if they merely attend church on Sunday. How does what you have learned in this session expand this perspective of worship? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Life Application**

Focus your mind and heart on the worthiness of God and praise Him for who He is. Thank Him for His willingness to meet you in worship every day. Focus on His character as revealed in Scripture and respond to Him sincerely. Allow your deep feelings for Him to well up within you and let them out through praise and adoration.

**Spiritual Formation**

**Chapter Six - Lesson Eight**

**Evangelism … For the Purpose of Godliness**

**Objective – No matter how well we live the gospel, sooner or later we must communicate the content of the gospel before a person can become a disciple of Christ.**

**Scripture – John 20:21; Acts 1:8**

All Christians are not expected to use the mase methods of evangelism; all Christians are expected to evangelize. Godliness requires that we discipline ourselves in the practice of evangelism but many of us do not witness in effective ways is our lack of discipline.

1. Why do you think many Christians are afraid to evangelize? What are your fears about evangelism? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What do the following verses reveal about evangelism?

Luke 24:27 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

John 20:21 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Why do you think God commands all His people to evangelize and not just to those who find it easy to present themselves and their beliefs to other people?

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1. We read in John 9 about the blind man Jesus healed. What is striking about His words to the Pharisees? When should we witness? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What does 2 Corinthians 2:14-17 say about God’s power through us? About our impact on non-Christians? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What does Colossians 4:5-6 say about how to approach evangelism? Why is such preparation so important? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Are you confident that God has given you Acts 1:8 power? Why, or why not?

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**Life Application**

Focus on what God has done for you and on the importance of sharing Him with others. Ask Him to guide you to at least one person who is hungry for His truths.

**Spiritual Formation**

**Chapter Seven - Lesson Nine**

**Serving … For the Purpose of Godliness**

**Objective – To serve the Lord with gladness is every Christian’s commission. In God’s kingdom, no one is spiritually unemployed or retired. Everyone is gifted to serve, with the goal of being more like Jesus.**

**Scripture – Psalm 100:2; Deut. 13:4; 1Peter 4:10; Eph. 4:12**

1. Would you agree that most servers receive little appreciation for their efforts? If so, why is this? If not, what type of recognition do they deserve?

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1. What does Psalm 84:10 show us about David’s view of service? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What can we learn about humble service from each of these passages:

Mark 12:28-31: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

John 13:12-16: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Philippians 2:3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What do each of the following passages reveal about spiritual gifts:

1 Corinthians 12:4-11, 27-31: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Ephesians 4:7-13 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1 Peter 4:10-11 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. a. What promise does God make concerning our service to Him?

1 Corinthians 15:58 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Hebrews 6:10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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b. Does that mean we will always see the fruit of our labor? Why or why not? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Life Application**

Serving God is not a job for the casually interested. It is a costly service. He asks for your life. He asks for service to Him to become a priority, not a pastime. Every Christian is gifted to serve and expected to serve.

**Spiritual Formation**

**Chapter Eight - Lesson Ten**

**Stewardship … For the Purpose of Godliness**

**Objective – The clock and the dollar influence our lives, so we must consider their role in Godly living. The Discipline of time and money are at the heart of a disciplined spiritual life that leads to Christlikeness.**

**Scripture: 1 Cor. 16:1-2; Psalm 27:1; 2 Corinthians 9:7**

1. What must you do to obey the command found in Colossians 3:2?

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1. What does Hebrews 5:12 say about using your time to gain spiritual maturity?

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1. a. Consider ways in which you have misused time, if you feel comfortable doing so, share them with the group. Also tell your most effective means of minimizing the misuse of time. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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b. Read Philippians 3:13-14. What is the will of God for us, despite the ways in which we have misused time? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What does Matthew 12:36, 25:14-30 say about God’s judgement of our actions? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What are the benefits of a systematic giving plan? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Are you preparing, through your stewardship of time and money, to stand before God and give an account of your use of time and money? Explain.

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1. Is it easy to grasp that God owns everything we possess? Why, or why not?

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**Life Application**

Thank God for His love, faithfulness, provision, and -- most important of all --for giving His son as a sacrifice for your sins. Ask Him to reveal ways in which you can better use time and money for the purpose of Godliness.

**Spiritual Formation**

**Chapter Nine - Lesson Eleven**

**Fasting … For the Purpose of Godliness**

**Objective – Purposeful fasting provides strong benefits in**

**the disciplined pursuit of a Christlike life. It is a**

**discipline that Jesus both taught and practiced. It is**

**hard for us to go against the mainstream of cultural**

**fasting so radically.**

**Scripture: Matthew 6:14-17, Isaiah 58:6-7**

1. List the biblical purposes of fasting. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Consider the following passages, noticing the word ***when***: Matthew 6:2-3,

5-7, 16-17. What do they reveal about the importance of fasting?

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1. What specific instructions about fasting are given in Matthew 6:16-18?

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1. What does Isaiah 58:6-7 reveal about the role of fasting in meeting the needs of others? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. God is always pleased to hear His people’s prayers and is also pleased when we choose to strengthen our prayers through fasting. Why did the following people fast?

Nehemiah (Nehemiah 1:3-4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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The early Christians (Acts 13:2-3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Why is having a biblical purpose for your fast perhaps “the single most important concept to take from this chapter”? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Life Application**

God has often crowned fasting with extraordinary blessings, but we should be careful not to have what Martyn Lloyd-Jones called a mechanical view of fasting. We cannot manipulate God to do our bidding by fasting any more than we can by any other means. As with prayer, we fast in hope that by His *grace* God *will* bless us as we desire.

**Spiritual Formation**

**Chapter Ten - Lesson Twelve**

**Silence … For the Purpose of Godliness**

**Objective – The Discipline of Silence is the voluntary and**

**temporary abstention from speaking so that**

**certain spiritual goals might be looked for.**

**Scripture: Matthew 4:1; 14:23; Mark 1:35; Luke 4:42**

1. Why do you think many of us are uncomfortable when we are alone with our own thoughts and God’s voice? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. In which area(s) do you need to discern God’s will? What can you learn from Jesus’ actions in Luke 6:12-13? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Psalm 62:1-2, 5-6 contains some beautiful phrases that relate to our faith. Read these verses and write out your thoughts in the form of a prayer.

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1. Consider 1 Kings 6:7. In the same manner, our personal “temple of the Holy Spirit” (1 Corinthians 6:19) needs to be built up with interludes of silence and solitude. What can you do to adapt your life to the same standards?

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1. How can you arrange for times of quiet and separation from daily obligations? What will point to God in such times? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Consider five ways you can make silence more of a reality and habit. Which will you pursue in the coming weeks? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Life Application**

Sometimes silence is observed to read, write, pray, study, etc. Though there is not outward speaking, there are internal dialogues with self and with God. This can be called “outward silence.” At other times silence is maintained not only outwardly but inwardly so that God’s voice can be heard more clearly.

**Spiritual Formation**

**Chapter Ten - Lesson Thirteen**

**Solitude … For the Purpose of Godliness**

**Objective – Solitude is the Spiritual Discipline of voluntarily**

**and temporarily withdrawing to privacy for**

**spiritual purposes.**

**Scripture: Matthew 4:1; 14:23; Mark 1:35; Luke 4:42**

1. Which relationships in your life could be strengthened by a time of solitude? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Are you willing to put aside your physical needs to seek God? Why, or why not? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. List five (5) ways you can make silence and solitude more of a reality and a habit that you will begin to pursue this and the following weeks?

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1. What are two (2) significant emphasis Luke place on solitude in Luke 5:16, 4:42, 9:18? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. As you read John 16:31-33, what do Jesus’ words teach you about the difference between loneliness and solitude? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. 1 Kings 17:1-6 and 1Kings 19:1-10 describes two (2) extraordinary periods marked by multiple miracles. What are the miracles of solitude?

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1. What is one thing you got out of this chapter? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Life Application**

Solitude is not merely a negative relationship. It is not merely the absence of people or of presence with people. True solitude is a participation in the solitariness of God – Who is in all things.

**Spiritual Formation**

**Chapter Eleven – Lesson Fourteen**

**Journaling…for the Purpose of Godliness**

**Objective – As a Christian, your journal is a place to document the works and ways of God in your life.**

**Scripture: Proverbs 9:9-10; Mark 12:29-30**

1. Is your impression of journaling positive or negative? What has helped to shape this impression?

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1. Why is it important to record the works and ways of God in your life?

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1. How might journaling aid you in doing what Romans 12:3 tells us to do? I biblical meditation?

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1. Read Psalm 77:11-12. Which “deeds of the Lord” should you write down and preserve?

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1. Why is self-accountability so important in our Christian walk?

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**Life Application**

Although journaling is not commanded in Scripture, something very much like what we call journaling is modeled in Psalms and in Jeremiah’s Lamentations. God has blessed the use of journals since biblical times. Keeping a spiritual journal can be a valuable aid to maintaining other Spiritual Disciplines. Although there are no rules for keeping a journal and journaling can be fruitful at any level of involvement, journaling requires persistence through the dry times. Its value can be experienced only through doing it.

**Spiritual Formation**

**Chapter Twelve – Lesson Fifteen**

**Learning … For the Purpose of Godliness**

**Objective – Godly learning is an important Spiritual Discipline because the more Christlike we grow, the more we will pursue a full head as well as a full heart.**

**Scripture: Proverbs 9:9; 10:14; 18:15; Romans 12:2**

1. Have you ever known a professing Christian who deliberately chose not to learn new things? Or a believer who sought learning continually? What did you observe about each? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What is your personal view of the importance of seeking wisdom and knowledge? What do the following Proverbs say about this?

Proverbs 9:9\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Proverbs 10:14\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Proverbs 18:15 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Proverbs 23:12\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. How does mark 12:29-30 help you better understand the importance of godly learning? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. In Romans 12:2, what does God call us to do? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. List three (3) ways in which you can learn intentionally? Which one might help you become an intentional learner? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Do you agree the “growing Christians are reading Christians”? Why or why not? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. What do you think of the theory that many do not read as adults because to them “reading” means being required to read poorly written textbooks about subjects that did not interest them? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Life Application**

God will help you cultivate a desire for learning more about Him and His Word. In providing His Word, we can discover His truths, and know that we have the Holy Spirit to teach us.

**Spiritual Formation**

**Perseverance in the Disciplines…for the Purpose of Godliness**

**Chapter Thirteen – Lesson Sixteen**

**Objective – Would you be godly? Then practice the Spiritual Disciplines in light of Eternity. There’s no other way but through the Spiritual Disciplines.**

**Scripture: John 16:14-15; Romans 8:29; 2Timothy 1:7**

There are three matters that are indispensable in helping us persevere in the practice of the Spiritual Disciplines: 1) the role of the Holy Spirit, 2) the role of fellowship, and 3) the role of struggle in Christian living. Discuss how each of these three will assist you in becoming more Christlike.

**The role of the Holy Spirit \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**The role of fellowship**

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**The role of struggle**

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**Life Application**

“One of the surest signs that someone does cling to Christ is his or her ever-deepening desire to know Him better and to become as much like Him as possible. This is what godliness is, and genuine disciples of Jesus passionately pursue it. And just as the only way to God is through Christ, so the only way to godliness is through the Christ-centered practice of the Spiritual Disciplines. Will you “discipline yourself for the purpose of godliness”? Where and when will you begin?” **Donald Witney**

**Group Project Discussions**

1. Do you agree with the following statement: “Laziness is the real reason why Christians don’t study God Word enough.” Why, or why not?
2. Consider this statement: “Biblical meditation isn’t an end in itself; it is the key to putting the truths and realities of Scripture into practice.” Do you agree? Why, or why not?

Name several differences between biblical meditation and other kinds of meditation.

1. Does persistent prayer tend to develop deeper gratitude towards God? Faith in God? Explain your answer?
2. What do you think is the relationship between a Christian’s View of God’s willingness and ability to answer prayer, the person’s love for God, and his/her willingness to persevere in prayer?
3. What is the difference between serving someone as an act of love and righteousness and serving someone in order to train ourselves away from covetousness, arrogance, envy, possessiveness, or resentment?
4. It is said that “worship empowers serving; serving expresses worship.” What is the relationship between service, on the one hand, and regular personal and corporate worship? Are both intertwined? Why, or why not?
5. What does Judges teach us about the purpose of fasting? In reading

1 Samuel, Joel, and Jonah, what is the relationship between repentance and fasting

1. Review the various kinds of fasts mentioned in the Bible. Then determine which kind of fast each of the following passages describes:

Deuteronomy 9:9 \_\_\_\_\_\_\_\_\_\_\_ Jonah 3:5-8 \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Ezra 10:6 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Matthew 3:4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Esther 4:16 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Matthew 4:2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Daniel 1:12 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Luke 4:2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Place the first four biblical purposes of fasting into a group, then the next three, then the last three. Which one from each group do you think would be most common?