**Spiritual Disciplines**

**Introduction**

Each year in our Village Groups, we spend four weeks considering *spiritual disciplines*. These are practices that help us grow in our relationship with God. Some examples of spiritual disciplines are Bible reading, prayer, corporate worship, and fasting.

Perhaps “spiritual disciplines” is a negative phrase to you. Maybe you engaged in certain disciplines in the past but thought you failed because you weren’t interested enough, consistent enough, or persistent enough. Maybe you believed that if you practiced them correctly, you would earn God’s approval. Instead, you were left feeling bitter; like you could never measure up.

To experience spiritual disciplines positively, we must practice them in a way that points us to grace, not in a way that contradicts grace. Because salvation is by grace from first to last, we don’t need a “success or failure” paradigm with spiritual disciplines. Nor do we need to practice them in order to earn God’s favor. In Christ, God’s favor was freely given to us long before we attempted to practice a spiritual discipline.

Of all the spiritual disciplines we might consider, the reading of Scripture is perhaps the most foundational. Bible reading is a catalyst for living in light of how helpless we are, how gracious God is, and how He is working throughout history to bring His people to be with Him forever. Every passage is a piece of that grand story. The Bible is not a list of rules or a weapon with which to attack our opponents. Instead, it’s a story of grace that leads us to repent, to trust our Father’s promises, and to seek to bring its truth to our actions, words, jobs, relationships, and neighbors.

As your Village Group goes through the next four weeks, regularly talk about what it means to hear grace in Scripture, and to let that grace motivate you to trust God in practical, obedient ways.

Pastor Scotty Smith has said that “*Spiritual disciplines aren’t contrary to grace, but conduits of grace when rightfully practiced*.” May these four lessons help each of us experience that!

**Spiritual Disciplines**

**Week 1—How to Meditate on the Bible**

**Memory Verse:**

*Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and on his law he meditates day and night* (Psalm 1:1-2).

**TRUTH**

Read Psalm 1, a passage often called “a meditation on meditation,” and answer the following questions. (You will memorize two verses of Psalm 1 each week of this study and be able to recite it all by the end of the fourth week!)

1. Rewrite verses 1 and 2 in your own words.
2. What is the contrast between the blessed man and the wicked man in verses 3 and 4?
3. What is the outcome for the wicked and the righteous in verses 5 and 6?

What comes to your mind when you hear the word “meditation?” Usually, we think of someone with their eyes closed, sitting cross-legged, and trying to empty their mind. But that’s not what the Bible means when this word is used. In Scripture, meditation isn’t emptying your mind, but *filling it* with the reality of God and His truth. It’s where, as Pastor Tim Keller says, “*Bible reading and prayer come together so that our reading of Scripture is not just informative but also formative*.”[[1]](#footnote-1)

Don’t be intimidated by the concept of meditation. It’s not something only for the super-spiritual. The first step is simply to be exposed to Scripture. There are many ways to do this. You can memorize a verse a week. You can listen to sermons in your car or on a walk or run. You can set up a time to read a chapter a day. All exposure to Scripture is good, even in tiny amounts. It’s how we begin to fill our minds with truth. Over the next three weeks, we’ll look at ways to be consistently exposed to Scripture.

Once we’re exposed to truth, we will begin to meditate on it in any number of ways. Here are three examples:

1. **Listing truths**—pick a passage of Scripture and list some of the truths you find there. These could be truths about God (what He’s like, what He does, what He cares about, etc.) or mankind (examples to follow or avoid, commands to obey, promises to rely on, etc.).

Pick one of those truths and ask God how you would be different if that truth were explosively alive in your inner being. Or ask Him why He is showing you this truth today. Spend some time before God with that truth in your prayers, seeking His face.[[2]](#footnote-2)

1. **The ACTS formula**—this is often taught as a method to focus your prayers, but you can also use it to help you meditate on Scripture:

*Adoration*: Praise God for what this passage or truth reveals about Him.

*Confession*: What wrong behavior, harmful emotions, or false attitudes result when you forget God’s promises in Scripture? Grieve your sin as it is—hurtful to God, others, and yourself.

*Thanksgiving*: How is the grace we have in Jesus the key to helping you overcome the sins you just confessed? Thank Him for it.

*Supplication*: What do you want to do or become in light of this? Ask Him about it![[3]](#footnote-3)

1. **Repent, Believe, Fight**—otherwise known as the “Gospel Waltz,” this method developed by Pastor Bob Flayhart outlines our progress in sanctification as a three-step, grace-based process. But those same three parts can also inform our meditation on Scripture:

*Repent*: Ask God how this text shows a need for a change in your attitude or behavior or illuminates your need for Christ. Confess your sins to Him and grieve them as hurtful to God, others, and yourself.

*Believe*: What does this text invite you to believe about God and the redemptive work of Christ? What does this text invite you to believe about God’s care for you? As you pray about those things, let them lead you to enjoy those truths, to praise God, and to worship Him.

*Fight*:As you trust in the promises you have discovered or rediscovered in Scripture, how should you live? Ask God for the strength to obey because you trust Him.

These are only three examples of ways to begin to meditate on Scripture. There are many more. Anything that helps us pray over what we’re reading to the point that it comes alive in our hearts leads us to meditation.

And the benefits are tremendous! Psalm 1 begins by telling us that the person who meditates on God’s Law (and by extension, all of Scripture) is “blessed.”

Verses 3 and 4 take this idea further, promising that those who meditate on the Word will endure and be fruitful, prospering in all they do. This does not mean we will always be wealthy and successful, but that we will grow and become more and more what God intendeds us to be, and that His kingdom will come in us and through us.

Finally, verses 5 and 6 say that the Lord *knows* the blessed person who meditates on Scripture. This doesn’t mean that He is simply aware of our existence or knows some things about us. This means that the Lord loves, cares about, and approves of us!

**EQUIPPING**

1. We may not realize it, but we’re always meditating on *something*. The things that occupy our thoughts can come from outside of us or inside. If meditation isn’t about emptying your mind but *filling* it, what is filling your thoughts? How is it shaping you?
2. In each of the four weeks of this study, we’ll practice meditation during the week and then debrief with our groups on how it went. To do this, we’ll use the methods explained above (listing truths, ACTS, and the “Gospel waltz”). You can do this during your regular devotions or carve out extra time with God on a walk or hike. Here are some suggested passages for your group to use. You can use others if you like, but everyone in your group should meditate on the same passage each week:

* Meditate on a passage of Scripture (suggestions: Genesis 1, Joshua 1, 2 Samuel 7, Psalm 73, Isaiah 60, Matthew 8, Luke 14:7-11, Romans 4, Ephesians 5)
* Write down some truths you find in this passage. They could be about God (what He’s like, what He does, what He cares about, etc.) or mankind (examples to follow or avoid, commands to obey, promises to rely on, etc.)

* Pick one of those truths and ask God how you would be different if that truth were explosively alive in your inner being. Or ask Him why He is showing you this today. Spend some time before God with that truth in your prayers, seeking His face. Write down some of your prayers below:

**ACCOUNTABILITY**

1. Have you spent time with God in His Word this week?
2. What idols keep you from spending regular time with God in Scripture?
3. What are some wrong ways you’ve approached spiritual disciplines in the past—particularly Bible reading?
4. What are ongoing struggles with sin that you need to start—or keep—confessing to your group?
5. How can your group help you spend time reading God’s Word?

**MISSION**

1. List some friends and acquaintances you know who don’t have a relationship with Christ. Should you invite one of them to read Scripture with you? If so, consider starting with the Gospel of John.
2. How and when did God’s Word first work powerfully in your life? Pray for your lost friends to experience this same power.
3. What next step can you take to serve the physical needs of the lost people God has placed in your life? Ask your group to pray for you and hold you accountable for doing it.

1. What next question can you ask a lost person in your life to point them to God? How can you expose them to God’s grace? Ask your group to pray for you and hold you accountable for doing it.

**SUPPLICATION**

It’s important that your group spend time praying together regularly. Below are some suggestions to get you started.

1. What burdens or concerns can your group pray about for you? What are the requests of the others?
2. Spend time praying for the lost people in your lives.
3. Pray for God to give everyone in your group a love of His Word as you meditate on it.
4. Pray that you would become more disciplined to receive God’s grace through His Word.
5. God promises that His Word will not return void. Pray that you would experience this in your own life.

**Spiritual Disciplines**

**Week 2—Bible Memorization**

**Memory Verse:**

*He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. The wicked are not so but are like chaff that the wind drives away* (Psalm 1:3-4).

**TRUTH**

Spiritual disciplines are meant to be channels of God’s grace to us. We continuously need to be strengthened by the grace that is ours in Christ Jesus (2 Timothy 2:1). They are ways for His grace to further infuse our thinking, feeling, and behavior. They help us rely on His grace in all moments.

After exploring the importance of reading Scripture last week, we now turn our attention to the spiritual discipline of *memorizing* Scripture. The are two primary reasons why Bible memorization is important.

First, by repeating a truth over and over to the point of memorization, it becomes ingrained in us. We repeat it and rehearse it until its sounds and rhythms become natural. In focusing on truth in such a concentrated way, we begin to meditate on it. And it begins to take root not just into our minds, but in our hearts.

Second, when we have God’s Word stored in our hearts, the Holy Spirit often brings it to mind at just the right time. In moments of temptation we can remember God’s grace to us and consider how His love compels us towards obedience (Psalm 119:11). In times of trial or shock, we remember God’s character and promises. In times when we are asked to walk with a friend through trials, we can offer them hope from God’s Word that we’ve memorized previously.

In Psalm 16, we read that David set the Lord always before him:

*I have set the LORD always before me; because he is at my right hand, I shall not be shaken. Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure* (Psalm 16:9).

Memorizing and rehearsing Scripture is one way we can set the Lord continually before us and find our hearts gladdened.

Many people avoid memorizing Scripture because they don’t know where to start. The Bible is a big book, after all! Here are a few suggestions:

* If you’ve never tried to memorize Scripture before, start with the verses supplied in this curriculum.
* If you’d like to move on to a more significant challenge, you can search online for “Navigator Fighter” verses. These are verses suggested by The Navigators ministry that have been used for decades by many believers.
* You can also download a Bible memory app for your smartphone, which will most likely come with suggested verses.

While some people don’t know where to start when it comes to Bible memorization, others assume they simply can’t do it. They may try but quickly fail to remember what they were trying to memorize. The key is not to attempt memorizing a lot very quickly or to do it in bursts. The best approach is to memorize small amounts of Scripture (nearly) every day. If you can remember everyday details like addresses, phone numbers, recipes, or sports statistics, you can memorize Scripture!

This is where your smartphone can prove incredibly useful. Most of us carry a phone with us everywhere. Check your app store for Bible apps. At the time of writing, “Bible Memory Pro” and “Verses” are two of the best options. You can use these to help you not only learn new verses, but to keep previously memorized verses fresh in your mind. An app will provide you with daily reminders for memorization, and some even have a feature that allows every member of your study group to encourage one another in memorization and hold each other accountable.

Bible memorization can be like other things in life: you may be disappointed by how much you can learn in a day but surprised by how much you can learn over time! The key is to memorize consistently but in manageable doses. With just a few minutes a day, you can memorize verses, chapters, and even entire books.

And remember, the goal is not simply to memorize something, but to open a channel of God’s grace into your heart. Covenant Theological Seminary president Bryan Chapell says it well: “*The reason that we engage in the Christian disciplines … is not to bribe God to act in accord with His nature, but to feed our faith in His unchanging nature so that we will consistently act in accord with his Word*.”

**EQUIPPING**

1. Make a plan to memorize some Bible verses over the next few weeks. Be specific. What tool will you use? When will you spend a few minutes a day on Bible memory? What will you memorize? (Start with Psalm 1!). Share the plan with your group. For this first step, it’s best if everyone in the group memorizes the same passage and shares their progress in the group every week.

* Tool (app, reading plan, etc.) I will use to help with memorization:
* Passage I will memorize:

1. In each of the four weeks of this study, we’ll practice meditation during the week and then debrief with our groups on how it went. To do this, we’ll use the methods explained during Week 1 (listing truths, ACTS, and the “Gospel waltz”). You can do this during your regular devotions or carve out extra time with God on a walk or hike. Here are some suggested passages for your group to use. You can use others if you like, but everyone in your group should meditate on the same passage each week:

* Meditate on a passage of Scripture (suggestions: Genesis 1, Joshua 1, 2 Samuel 7, Psalm 73, Isaiah 60, Matthew 8, Luke 14:7-11, Romans 4, Ephesians 5)
* *Adoration*: Praise God for what this passage reveals about Him.

* *Confession*: What wrong behavior, harmful emotions, or false attitudes result in you when you forget He is like this? When have you gone in a different direction than what is prescribed this passage? Grieve your sin as it is—terrible.

* *Thanksgiving*: How is the grace we have in Jesus the key to helping you overcome the sins you just confessed? Thank him for it.

* *Supplication*: What do you want to do or to become in light of this? Ask Him for it![[4]](#footnote-4)

**ACCOUNTABILITY**

1. Have you spent time with God in His Word this week?
2. What idols keep you from spending regular time with God in Scripture?
3. What are some wrong ways you’ve approached spiritual disciplines in the past—particularly Bible reading?
4. What are ongoing struggles with sin that you need to start—or keep—confessing to your group?
5. How can your group help you spend time reading God’s Word?

**MISSION**

1. List some friends and acquaintances you know who don’t have a relationship with Christ. Should you invite one of them to read Scripture with you? If so, consider starting with the Gospel of John.
2. How and when did God’s Word first work powerfully in your life? Pray for your lost friends to experience this same power.
3. What next step can you take to serve the physical needs of the lost people God has placed in your life? Ask your group to pray for you and hold you accountable for doing it.

1. What next question can you ask a lost person in your life to point them to God? How can you expose them to God’s grace? Ask your group to pray for you and hold you accountable for doing it.

**SUPPLICATION**

It’s important that your group spend time praying together regularly. Below are some suggestions to get you started.

1. What burdens or concerns can your group pray about for you? What are the requests of the others?
2. Spend time praying for the lost people in your lives.
3. Pray for God to give everyone in your group a love of His Word as you meditate on it.
4. Pray that you would become more disciplined to receive God’s grace through His Word.
5. God promises that His Word will not return void. Pray that you would experience this in your own life.

**Spiritual Disciplines**

**Week 3—Plan to Read the Bible**

**Memory Verse:**

*Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous; for the LORD knows the way of the righteous, but the way of the wicked will perish* (Psalm 1:5–6).

**TRUTH**

It’s doubtful there is any Christian who has been significantly shaped and influenced by the Bible who didn’t have a plan to read it on their own. The blessing in their life has come from God’s Word itself, not their discipline or obedience. But without regular exposure to God’s Word, they never would have known the blessing.

In many ways, that is the message of Romans 15:4: *For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope*.

Spend a few moments considering the words of that verse and answer the following questions:

1. What does “whatever was written in former days” refer to?
2. When God inspired the words of Scripture over the centuries, who did He have in mind? What do you learn about Him from that? What do you learn about yourself?
3. Do all the parts of Scripture give you hope? How?
4. What do you think is the relationship between endurance and hope? Explain it in your own words.

We learn several important things from Romans 15:4. First, this passage tells us that when God inspired each word of the Bible, He had you in mind. Scripture was written over the course of centuries by dozens of people. But at each point along the way, God guided the process not just for the sake of the contemporary moment of each section, but for all His people throughout the centuries—including you.

Second, Romans 15:4 explains that each word was inspired so that each believer might have hope. It’s easy to see how some parts of the Bible give us hope. But when you read other parts of the Bible, that hope can be harder to grasp. For instance, obscure (to us) Old Testament laws, commands we can never seem to live up to fully, or oracles of judgment against ancient nations we’ve never heard of aren’t what come to mind when we imagine hope.

But every part *can* give us hope when we connect it to the larger story of Scripture. All 66 books come together to tell us a true story of a God who made all things—with humanity, in a perfect relationship with Him, as the apex of it all. But humanity rebelled against God and brought upon itself and creation all the pain, tears, destruction, and brokenness we see everywhere. God comes to the rescue by sending His own beloved Son to take the punishment our sin deserved so that we might have a relationship forever with Him. One day soon, God will restore all things.

Therefore, we need to see each part of Scripture as part of that story. The commands we can’t seem to fully obey show us our need for salvation, and in so doing point us to our hope in Christ. Each part, in some way, leads us to Him, as He is the center of the story. John Calvin said it well:

“*You will see a number of people who labor very hard at reading the holy scriptures – they do nothing but turn over the leaves of it – they only wander about … because they do not know the point on which they are to rest, namely the knowledge of our Lord Jesus Christ*.”[[5]](#footnote-5)

You and I cannot live without hope and, therefore, we need all of the Scripture to point us to Christ and give us that life-necessary hope. That is where having a reading plan comes in. Without a plan, we will only go back to the parts of the Bible we’re familiar with and neglect other parts that are necessary for our instruction and hope.

What plan should you use? Ligonier Ministries has several suggested plans at [www.ligonier.org/blog/bible-reading-plans](http://www.ligonier.org/blog/bible-reading-plans), or you can find others with a quick internet search. The important thing is to use the plan not as a formula, but as a guide for

receiving God’s grace from the Bible. Don’t approach it with a success-or-fail paradigm, but with open hands to gain strength from grace. If you miss a day, don’t let that cause you to give up on the whole project. Just as a good father wouldn’t dismiss a child who didn’t seek him out one day, so God doesn’t reject us if we neglect our Bible reading plan. Life will try to rob you of your hope, so commit to finding hope in God’s Word!

**EQUIPPING**

1. If you have a regular Bible reading plan, come prepared to share it with your group. What do you like about it? What would you change? If you don’t have a plan, look over the options above and share with your group what your plan will be.
2. In each of the four weeks of this study, we’ll practice meditation during the week and then debrief with our groups on how it went. To do this, we’ll use the methods explained during Week 1 (listing truths, ACTS, and the “Gospel waltz”). You can do this during your regular devotions or carve out extra time with God on a walk or hike. Here are some suggested passages for your group to use. You can use others if you like, but everyone in your group should meditate on the same passage each week:

* Meditate on a passage of Scripture (suggestions: Genesis 1, Joshua 1, 2 Samuel 7, Psalm 73, Isaiah 60, Matthew 8, Luke 14:7-11, Romans 4, Ephesians 5)
* *Repent*: Ask God how this text shows a need for a change in your attitude or behavior, and/or your need for Christ. Confess your sins to him. Grieve them for what they are—hurtful to God, others, and yourself.

* *Believe*: What does this text invite you to believe about God and the redemptive work of Christ? What does this text ask you to think about God’s care for you? As you pray about those things, let them lead you to enjoy those truths, to praise God, and worship Him.

* *Fight*: As you trust what you discovered above, how should you live because of it and through it? Ask God for the strength to obey because you trust Him.

**ACCOUNTABILITY**

1. Have you spent time with God in His Word this week?
2. What idols keep you from spending regular time with God in Scripture?
3. What are some wrong ways you’ve approached spiritual disciplines in the past—particularly Bible reading?
4. What are ongoing struggles with sin that you need to start—or keep—confessing to your group?
5. How can your group help you spend time reading God’s Word?
6. How’s your Bible memory plan going?

**MISSION**

1. Pray about friends and acquaintances you know who don’t have a relationship with Christ. Should you invite one of them to read Scripture with you? If so, consider starting with the Gospel of John.
2. How and when did God’s Word first work powerfully in your life? Pray for your lost friends to experience this same power.
3. What next step can you take to serve the physical needs of the lost people God has placed in your life? Ask your group to pray for you and hold you accountable for doing it.
4. What next question can you ask a lost person in your life to point them to God? How can you expose them to God’s grace? Ask your group to pray for you and hold you accountable for doing it.

**SUPPLICATION**

It’s important that your group spend time praying together regularly. Below are some suggestions to get you started.

1. What burdens or concerns can your group pray about for you? What are the requests of the others?
2. Spend time praying for the lost people in your lives.
3. Pray for God to give everyone in your group a love of His Word as you meditate on it.
4. Pray that you would become more disciplined to receive God’s grace through His Word.
5. God promises that His Word will not return void. Pray that you would experience this in your own life.

**Spiritual Disciplines**

**Week 4—How to Profit from Preaching**

**Memory Verse:**

*Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. The wicked are not so, but are like chaff that the wind drives away. Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous; for the LORD knows the way of the righteous, but the way of the wicked will perish* (Psalm 1).

**TRUTH**

We’ve spent three weeks looking at practical ways we can use Scripture as a means of grace in our lives through meditation, memory, and regular reading. There are other ways, of course, to grow in grace through God’s Word. One that is often overlooked is preaching.

Hearing God’s Word preached in the context of a corporate worship service can be a tremendous benefit to our walk with the Lord. Read the following catechism question and underline the ways preaching can benefit us:

**Larger Catechism Question 155**: *How is the Word made effectual to salvation?*  
**Answer**: *The Spirit of God makes the reading, but especially the preaching of the Word, an effectual means of enlightening, convincing, and humbling sinners; of driving them out of themselves, and drawing them unto Christ; of conforming them to his image, and subduing them to his will; of strengthening them against temptations and corruptions; of building them up in grace, and establishing their hearts in holiness and comfort through faith unto salvation*.

But preaching won’t be effective if we are passive. Too often, we show up to church with no preparation, little attention, and no follow-up. When that happens, we should not be surprised if we get little or no benefit from preaching. Read the following catechism question and underline how we can be active in benefiting from preaching:

**Shorter Catechism Question 90**: *How is the word to be read and heard, that it may become effectual to salvation?*   
**Answer**: *That the word may become effectual to salvation, we must attend thereunto with diligence, preparation, and prayer, receive it with faith and love, lay it up in our hearts, and practice it in our lives*.

Another way to be active is to compare what we hear, even a sermon, to God’s Word to discern whether it’s true. In that way, we can follow the example of the Bereans in Acts 17, who “received the word with all eagerness, examining the Scriptures daily to see if these things were so” (v. 11). We must do the same, knowing that human preachers are not perfect. Our final authority is the Bible, not the preacher.

It’s also important to remember that a preacher’s effectiveness doesn’t depend on his rhetorical ability, his entertainment value, or any other human measure. Some preachers are indeed more gifted than others. Transformation by God’s Word doesn’t depend on a preacher’s gifts, but rather on their faithfulness to Scripture and our preparation to hear God speaking to us.

**EQUIPPING**

1. How have you approached preaching in the past? In what ways are you passive or active?
2. What will be your plan to profit more from preaching in the future?
3. Someone once said that we often want preachers to be bold when they preach things we agree with, but to be gentle when preaching what might convict us. In what ways does this describe you?
4. In each of the four weeks of this study, we’ll practice meditation during the week and then debrief with our groups on how it went. To do this, we’ll use the methods explained during Week 1 (listing truths, ACTS, and the “Gospel waltz”). You can do this during your regular devotions or carve out extra time with God on a walk or hike. Here are some suggested passages for your group to use. You can use others if you like, but everyone in your group should meditate on the same passage each week:

* Meditate on a passage of Scripture (suggestions: Genesis 1, Joshua 1, 2 Samuel 7, Psalm 73, Isaiah 60, Matthew 8, Luke 14:7-11, Romans 4, Ephesians 5)
* Pick a method that we have explored in previous weeks to meditate on the passage and record some of what God showed you below:

**ACCOUNTABILITY**

1. Have you spent time with God in His Word this week?
2. What idols keep you from spending regular time with God in Scripture?
3. What are some wrong ways you’ve approached spiritual disciplines in the past—particularly Bible reading?
4. What are ongoing struggles with sin that you need to start—or keep—confessing to your group?
5. How can your group help you spend time reading God’s Word?
6. How’s your Bible memory plan going?

**MISSION**

1. Pray about friends and acquaintances you know who don’t have a relationship with Christ. Should you invite one of them to read Scripture with you? If so, consider starting with the Gospel of John.
2. How and when did God’s Word first work powerfully in your life? Pray for your lost friends to experience this same power.
3. What next step can you take to serve the physical needs of the lost people God has placed in your life? Ask your group to pray for you and hold you accountable for doing it.
4. What next question can you ask a lost person in your life to point them to God? How can you expose them to God’s grace? Ask your group to pray for you and hold you accountable for doing it.

**SUPPLICATION**

It’s important that your group spend time praying together regularly. Below are some suggestions to get you started.

1. What burdens or concerns can your group pray about for you? What are the requests of the others?
2. Spend time praying for the lost people in your lives.
3. Pray for God to give everyone in your group a love of His Word as you meditate on it.
4. Pray that you would become more disciplined to receive God’s grace through His Word.
5. God promises that His Word will not return void. Pray that you would experience this in your own life.

1. *Prayer,* by Tim Keller. © 2007 Tim Keller and Redeemer Pres. Church [↑](#footnote-ref-1)
2. Ibid [↑](#footnote-ref-2)
3. Ibid [↑](#footnote-ref-3)
4. Ibid [↑](#footnote-ref-4)
5. Sermon on Ephesians 2:19-22, 1559 [↑](#footnote-ref-5)