

2022

STRUCTURE Group Guide W3

Living intentionally forward



Overview

Discipline, it's a word that has taken on a life of itself. Having it has created fortunes. Not having it has lost them. However, its modern application seems a bit watered down, a bit self-centered. Biblical discipline, properly understood and applied, holds the key to knowing God and following him well. And, its benefits don't just stop with us, they impact everyone around us. Structure, as unnatural as it can feel at times, is written into the very world around us. And, when we let it guide what's in us, true freedom can be found.

WEEK THREE

Structure helps us understand who we were with honesty and humility. Building on this base, we are able to see far enough to believe who we were made to be, to own the new version of ourselves and disown the old one. But, we cannot do this on our own. It takes meeting with and learning from God. How? We use our words and read his.

Big Idea: Spiritual Disciplines [Habits] are to enjoy not earn the love of God.

Scripture: Matthew 4, Matthew 6, Luke 6:12, Luke 11:1, Luke 22:39-41

Key Takeaways & Action Items:

- get rid of the filth, worship as best you know how, prepare for spiritual attack, pray, and wait.
- Spiritual habits aren't to earn God's love. They are to enjoy God's love.
- Jesus implemented spiritual habits before us.
- this weeks spiritual disciplines discussed: Bible consumption & Prayer
- The bible is a light in a dark world. (psalm 119:105)
- the bible is alive and active(hebrews 4:12)
- the bible is our weapon against spiritual attacks (eph 56:17)
- Get a journal- write down your prayers, your fears and your frustrations. after some time, go back and see the faithfulness of God in your prayers.
- Download the Bible Project app
- Download The Bible App
- Sign up for The Discipleship Process at Vertical Church (tuesdays at 6 starting Feb 1)

Group Guide Questions:

1. How do you want to "grow" or to accomplish this year?
2. Why haven't you done that or made time for it yet?

3. A lot of times our answer is to “be closer to God, know God more, be better at following God”. Spiritual disciplines aren’t easy, that’s why they’re call disciples. so, are you able to pray and read your bible consistently to grow closer to God?
4. One spiritual disciple is Bible Consumption - Recall Matthew 4 when Jesus is being tempted. What we’re doing, Jesus did before us: Jesus knew Gods word and promise and combated the enemy with the Word. If Jesus needed that, how much more do we need to read and study the bible?
5. Luke 6:12, 11:1, 22:39-41 Jesus always prayed before he did anything. His followers knew the rule of prayer, but they wanted to pray like him. What do you think about “how we should pray” and “how often we should pray?” What can we take away from Jesus’ teachings on how to pray to implement prayer into our daily lives?
6. Which of these two spiritual disciples (bible consumption and prayer) is the hardest to put into your daily rhythm? what seems to be the easiest? Why?
7. We discussed 4 practical next steps to apply these two disciples into our life: write in a **journal** your prayers, your fears, frustrations and then go back and see how God has worked and give him thanks. download the **bible project**- it’s a video series to help readers and understand the bible. the **bible app** has devotional and plans to walk you through the bible. and **Vertical Church’s discipleship process** which begins Feb 1 you can sign up now. which of these practical steps are you committing to starting now? are you willing for 1 or more people from this group to hold you accountable to it?
8. Spiritual habits aren’t to “earn” the love of God. they are to know him and fully enjoy the love of God. how can you implement these habits without it becoming mundane or a check list?

Resources:

- “In these days he went out to the mountain to pray, and all night he continued in prayer to God.” Luke 6:12 ESV
- “Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, “Lord, teach us to pray, as John taught his disciples.” Luke 11:1 ESV
- “And he came out and went, as was his custom, to the Mount of Olives, and the disciples followed him. And when he came to the place, he said to them,

"Pray that you may not enter into temptation." And he withdrew from them about a stone's throw, and knelt down and prayed," Luke 22:39-41 ESV

- "And the tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, "'Man shall not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and set him on the pinnacle of the temple and said to him, "If you are the Son of God, throw yourself down, for it is written, "'He will command his angels concerning you,' and "'On their hands they will bear you up, lest you strike your foot against a stone.'" Jesus said to him, "Again it is written, 'You shall not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory. And he said to him, "All these I will give you, if you will fall down and worship me." Then Jesus said to him, "Be gone, Satan! For it is written, "'You shall worship the Lord your God and him only shall you serve.'" Then the devil left him, and behold, angels came and were ministering to him." Matthew 4:3-11 ESV
- "'And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you. "And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask him. Pray then like this: "Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil. For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses." Matthew 6:5-15 ESV