

# HABITS OF A HEALTHY DISCIPLE

## SESSION 1: INTRODUCTION TO THE DISCIPLINES & SCRIPTURE INTAKE

### INTRODUCTION TO THE HABITS

#### I. PURPOSE OF SPIRITUAL DISCIPLINES

Spiritual Disciplines...

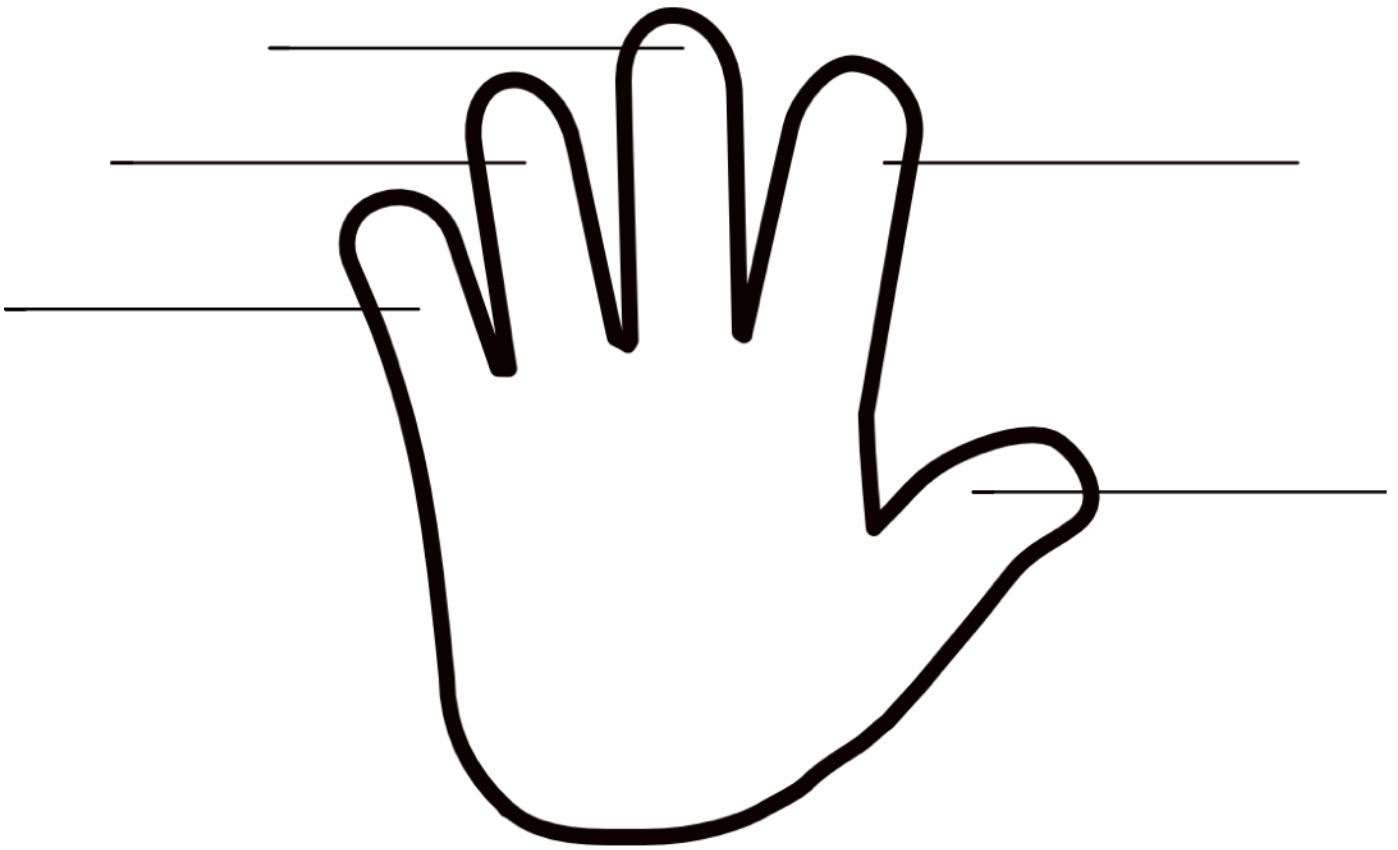
- A. Flow out of \_\_\_\_\_. We do them as a \_\_\_\_\_ of our \_\_\_\_\_ not to \_\_\_\_\_ it.
- B. Are for \_\_\_\_\_ in \_\_\_\_\_ and \_\_\_\_\_.
  - Romans 8:29
  - 1 Timothy 4:7-8
- C. Are a \_\_\_\_\_.
- D. Take \_\_\_\_\_.
- E. Are \_\_\_\_\_.

#### II. DISCIPLINE 1: SCRIPTURE INTAKE

- A. Scripture is the \_\_\_\_\_ of the disciplines.
  - We must begin with the Word of God, this is our \_\_\_\_\_
  - The Bible is where we will most \_\_\_\_\_ and \_\_\_\_\_ hear \_\_\_\_\_.
  - Acts 17:11
  - "Visit many good books, but live in the Bible." - Charles Spurgeon
- B. The Bible is \_\_\_\_\_ to Life as a Christian
  - 2 Timothy 3:16-17
  - Deuteronomy 8:3

### C. Ways we take in Scripture

**Five Finger Method:** *(Andy George, Crossroads Fellowship in Raleigh, NC - Equip Discipleship Training)*



**ADDITIONAL NOTES:**

## DISCUSSION QUESTIONS:

*(Discuss as many as you can now, take the others home to think through.)*

- What has been some successful ways that you have been able to make reading and studying the Bible a daily habit?
- Have you spent much time studying the Bible? What are some ways its been helpful in your understanding and application of Scripture?
- What is the importance of being familiar with Scripture? Why bother taking the time to commit it to memory?
- What stumbling blocks/reservations do you have when it comes to memorization? What fruit have you seen from memorization?
- What's one area of Scripture you want to better understand?
- How does deepening our understanding of the Bible effect our walk with Christ?

## ACTION STEPS:

- Establish a Bible Reading goal and begin this week.
- Choose a passage to commit to memorize and meditate on (think small and manageable to start).
- Let someone else know your goals so they can walk with you.

## HELPFUL RESOURCES:

*Spiritual Disciplines for the Christian Life* by Don Whitney

*Habits of Grace* by Dave Mathis

*Truth for Life: 365 Daily Devotions* by Alistair Begg

*New Morning Mercies: A Daily Gospel Devotional* by Paul Tripp

*Understanding God's Word: An Introduction to Interpreting the Bible* by Jon Neilson

Look at the Book from John Piper - <https://www.desiringgod.org/labs>

Versify Bible Memory App