

LEVEL 1: SIX ESSENTIAL HABITS OF A DISCIPLE

October 2	HABIT 1:	Living for the Glory of God	1 Corinthians 10:31
October 9	HABIT 2:	Having Daily Quiet Times	Matthew 4:4
October 16	HABIT 3:	Maintaining an Evangelistic Lifestyle	Matthew 28:18-20
October 23	HABIT 4:	Embracing Discipling Relationships	John 13:34-35
October 30	HABIT 5:	Preparing to Meet Together	Acts 2:38
November 6	HABIT 6:	Developing a Disciplined Life	Take Home Test

Review: Habit 1: Living for the Glory of God

1 Corinthians 10:31 So whether you eat or drink or whatever you do, do it all for the glory of God.

Habit 2: Having Daily Quiet Time

Matthew 4:4 Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"

1. RELATIONSHIP WITH GOD

- *To act justly and to love mercy and to walk humbly with your God.* (Micah 6:6-8)
- *Your words... were my joy and my heart's delight* (Jeremiah 15:16) ENJOY GOD!
- Don't think everyone is having great time with God – it's actually like any relationship, you build it!
- Communicate with God: Talk to God (Pray); Listen to God's Word (Psalm 5:3)
- Call it what you want: prayer/closet time, meditation, quiet time, "loud cries and tears" (Psalm 119:148)
- Satan uses instant gratification and our lazy, complacent human nature to stop us (2 Corinthians 2:11)
- Jesus withdrew to lonely places early/often/late every day (Mark 1:35, Luke 5:16, Matthew 14:23)
- Meditate on God's law day and night (Psalms 1:1-2, Joshua 1:7-8)
- Even the Kings were to write a personal copy of the law to keep them humble (Deuteronomy 17:18-20)

2. KEYS TO SUCCESS

- **Attitude:** Our privilege – the King of the Universe is our Dad! (1 John 3:1); music helps the heart.
- **Consistent:** Establish a habit. We need spiritual/physical food/drink daily! (Deuteronomy 8:3) Set a time, pick a quiet place each day and keep it sacred. Do what you can (20+ min/day for new Christians).
- **Spontaneous:** Unscheduled time, when you feel the need, be flexible, change things around so you're not repetitive; morning/noon/night (Psalm 42:1-2).
- **Perspective:** Give your heart. Praise and worship the king through prayer, singing, listening to him. There's no benefit to legalistically reading and praying. Enjoy nature or be in your closet; Choose your position: Sit/Study/Walk/Kneel/Prostrate (Psalm 119:32).

3. PRACTICAL PRAYER

- Come before God – Revere Him, Recognize Him, Relate to Him (Jeremiah 30:21)
- Be honest!!! Examine your heart – what do you need? Renewal or Nourishment; Inspiration or Power, Knowledge or Connection (Ezra 9:6)
- The Lord's Prayer: **ACTS** (Matthew 6:9-13)
 - **Adoration:** praise & worship him
 - **Confession:** be real and ask for strength in temptation
 - **Thanksgiving:** thank him; be grateful for what he has given you
 - **Supplication:** Your will; Your kingdom; ask for needs but don't over-ask
- Pray Scripture: Psalms 42, 51, 73, 119; Ex. 33:15, 1 Ki 8:23ff, Job 42, Jn 17, Eph 3:14-20, Acts 4:24ff
- Keep a journal; pray with someone; go on a "prayer walk"; ask another disciple (Luke 11:1)

4. PRACTICAL BIBLE STUDY

- Start with Prayer – is your heart receptive? Be still and listen, ready to obey. (Psalm 119:18,24,50,133)
- The Scriptures (OT) are about Jesus (John 5:39-40); don't stray too far from NT / Gospels
- Read the Bible! Faith comes from hearing the word (Romans 10:17)
 - Learn what each Book is about; Don't get so distracted that you stray from the Scriptures
 - Recommended Reference: *"How to Read the Bible for All its Worth"* by Fee and Stuart
 - Recommended: *"How to Read the Bible Book by Book"* by Fee and Stuart
 - The scriptures help us understand salvation (2 Timothy 3:14-15)
- Get the right tools: Bible & Notebook; Spiritual Books & Commentaries; Websites & Apps; Sermons
 - Tecarta App; YouVersion App; BibleGateway.com; BibleHub.com; NVCO.org
- Meditate & Memorize: Hear God's truth on subjects; Ask others for their "go-to" verses; use cards and quiz each other. *"I have hidden your word in my heart that I might not sin against you."* (Psalm 119:11)
- Choose a topic, focus on a character trait, a character, do a word study (Concordance); But never lose sight of the goal – to do what the Word says! (James 1:22-25)

GREAT QUESTIONS TO ASK AS YOU STUDY THE BIBLE

1. Who wrote this, who did they write to, and why?
2. What did the scripture mean to the original audience?
3. Do I understand what the scripture means in context?
4. Is there an example for me to follow or sin to avoid?
5. Is there a command for me to obey?
6. What can be done positively to use this in my life?
7. What does the scripture teach me about Jesus Christ?
8. Is there a promise for me to claim?
9. Is there a difficult-to-understand passage for me to ask about, study, or search out?
10. Is there something for me to pray about?

5. Conclusion

- If God is for us, who can be against us?
 - God's Word humbly applied keeps us from drifting (Hebrews 2:1)
- What makes Christians different?
 - God's presence (Moses, Exodus 33:15-16)
 - The Holy Spirit (Romans 8:9)
 - *You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you.*
 - Being with Jesus (Apostles, Acts 4:13)
- What promise inspires us to change the world?
 - *"I am with you always to the very end of the age"* (Matthew 28:20)

Matthew 4:4 *Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"*