

# RECHARGE

DISCIPLINES FOR SPIRITUAL GROWTH

## ESSENTIAL ELEMENTS OF LIFE IN CHRIST



VOLUME TWO



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This book belongs to:



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# Introduction

**“Open my eyes so that  
I will observe amazing things  
from your instruction.”**

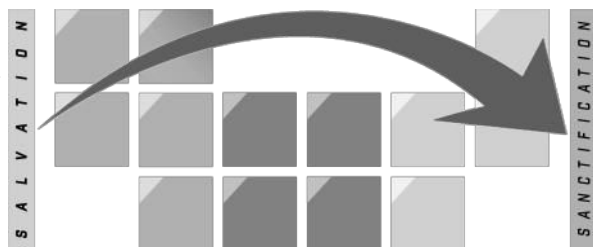
Psalm 119:18 (ISV)

Congratulations! You’ve made it to book #2! God will bless you as you choose to invest in your personal, spiritual development! It is His desire for you to grow to be more like His Son each and every day. This booklet will help guide you in that journey—your daily walk with God.

## “Essential Elements of Life in Christ” Sermon Series

In this current sermon series, we have been focusing on many of the daily practices needed for growing in your spiritual walk with God. We hope that you have been blessed by the first volume of studies in this series.

As we said in the first half of our studies, when we trust in Jesus for our salvation, we begin the process



of total life transformation. This is the journey from salvation to sanctification. God begins doing the ongoing work of conforming us to the image of His Son (Romans 8:29). This is a lifelong process that only happens through the inner working of the Holy Spirit when we practice personal, spiritual disciplines.

So far in this series, we have introduced you to what we deem to be “essential” disciplines for the Christian walk. For this second

half of the study, we will continue looking at spiritual disciplines that are essential for spiritual development, but these are disciplines that we suggest you use regularly, but not necessarily daily. The next seven essential elements of life in Christ include:



### Daily Recharge

The book you hold in your hand has been designed to be your companion throughout this study. Each week contains:

- A page to take notes from each Sunday’s sermons,
- A page to reflect on the things you learned in your own study,
- Follow-up study materials for 3 to 6 days each week.

These study materials are scheduled for Monday, Wednesday and Friday; however, you may find that you need to spread out each study over two days, which would give you studies for Monday through Saturday. Each day will be designed to help you incorporate that week’s particular discipline into your spiritual journey.

**WARNING!!** SOME OF THE DAILY RECHARGE DEVOTIONALS WILL LOOK VERY DIFFERENT FROM PREVIOUS STUDIES THAT WE HAVE DONE! THE REASON FOR THIS IS THAT WE WILL BE FOCUSING MORE ON THE PRACTICAL APPLICATION OF THE DISCIPLINES RATHER THAN JUST LEARNING MORE ABOUT THEM.

The second half of the Essential Elements studies (weeks 8-14) will be focused on *knowing*, *abiding* and *obeying*. What this means is that each week, we will have one day dedicated to each of these aspects



(knowing, abiding and obeying). Day 1 will focus on knowing more about the particular discipline. Day 2 will look at why that discipline is important to your relationship with God. And Day 3 will challenge you to implement the discipline into your personal discipleship pathway.

### **Additional Resource Material**

Because of the nature of this study guide, we are including some additional resources as appendices in the back of this book. Some of these appendices are repeated from Volume 1, but there are also some new sections. Several times throughout the Recharge studies we will refer to details that you will be able to find in one of the appendices. These will serve as your reference guides to some of the spiritual discipline exercises that we will be introducing in the studies.

As you are probably aware, we will not be having our normal community group meetings during the second half of this sermon series. The goal behind this decision is to challenge you to choose something to study on your own (or with a few friends for accountability) from the list of options that we are providing to you. On page 10, there is space to log in all of the different studies and books that you are completing in lieu of participating in community groups this summer. This is called the “Personal Discipleship Pathway Journal Log.” Our hope is that these resources will provide you with consistent time in the Word during the hectic summertime schedule.

### **Final Thoughts**

Our goal with Recharge is to provide you with tools to use as you grow each day in Christ. These spiritual disciplines have helped believers throughout the centuries to know God, obey God and abide in Him.

If you have any questions or concerns, please contact Pastor Wade or Pastor John. Again, our prayer is that these studies will provide you with a daily recharge for your life!





# Personal Discipleship

In the space below, list/describe the studies or books you are working on each week.

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**Week of May 30**

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**Week of June 6**

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**Week of June 13**

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**Week of June 20**

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**Week of June 27**

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# Pathway Journal Log

In the space below, list/describe the studies or books you are working on each week.

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**Week of July 4**

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**Week of July 11**

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**Week of July 18**

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**Week of July 25**

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**Week of August 1**

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**Week 8**

**May 23, 2021**

**Topic: Doctrine**

**Sermon Text:**

**Sermon Notes:**

## My Personal Discipleship Pathway:

What is the most important thing that I learned this week from the personal, spiritual disciplines that I chose to work through?

How will this truth impact my life? What will I do as a result?

What do I need to pray for as a result of my personal studies?

Who do I need to talk to about this for accountability?

Questions for Reflection:

Read **“Appendix 4: What is Christian Doctrine?”**

What four things does the Bible claim to be profitable for (2 Timothy 3:16-17)? What was God’s purpose for giving us His Word?

Read Ephesians 1:3-14. List out all the doctrinal truths that you see in this passage.



## Scripture Meditation Journal:

**Title:**

**Date:**

**Bible Reading:** 2 Timothy 1

**Focus Text:**

Consider using either the SOAP Journal or Lectio Divina method.

**Questions for Reflection:**

Next Sunday, Pastor David will be teaching on the meditation and memorization of God's Word. In today's Recharge, we want to challenge you to spend some time meditating on the passage that you studied on Day 1 of this week—Ephesians 1:3-14. If you need some help knowing what to do, please look at the guidelines in Appendix 5.

What truth from this passage did God lead you to focus on today?

Why do you think that He led you to focus on this?

How does that make you feel?

How will you respond to God's Word for you today?

## Scripture Meditation Journal:

**Title:**

**Date:**

**Bible Reading:** 2 Timothy 2

**Focus Text:**

Consider using either the SOAP Journal or Lectio Divina method.

**Questions for Reflection:**

**CHALLENGE: CHOOSE A STUDY TO WORK ON INDIVIDUALLY OR IN A SMALL GROUP FOR THE NEXT 6-8 WEEKS**

## Scripture Meditation Journal:

**Title:**

**Date:**

**Bible Reading:** 2 Timothy 3:1—4:8

**Focus Text:**

Consider using either the SOAP Journal or Lectio Divina method.

**Week 9**

**May 30, 2021**

**Topic: Bible Meditation and Memorization**

**Sermon Text:**

**Sermon Notes:**

## My Personal Discipleship Pathway:

What is the most important thing that I learned this week from the personal, spiritual disciplines that I chose to work through?

How will this truth impact my life? What will I do as a result?

What do I need to pray for as a result of my personal studies?

Who do I need to talk to about this for accountability?

**Questions for Reflection:**

In our studies last week, we were introduced to the concept of meditating on Scripture. Unlike Eastern methods of meditation which encourage you to empty your mind, biblical meditation encourages you to fill your mind with the Word of God. Read Colossians 3:16. What does it mean to let the Word of Christ dwell in you richly?

Read Psalm 119:9-11. Why is it important to memorize the Word of God?

Read Joshua 1:8. In the next few moments, write out the entirety of this verse in at least three places (e.g. a post it note, 3x5 note card, wallpaper of your phone or computer, here in your Recharge book, etc.). Place the handwritten copies of Joshua 1:8 in various places where you will see them regularly in order to memorize it this week. If you already have Joshua 1:8 memorized, choose a different verse to memorize this week.

When you've had to memorize something, what helped you to make that happen? If something else works better for you, will you do that?

(For more insight about memorizing Scripture, see **Appendix 5**.)



## Scripture Meditation Journal:

**Title:**

**Date:**

**Bible Reading:** Psalm 119:1-56

**Focus Text:**

Consider using either the SOAP Journal or Lectio Divina method.

Questions for Reflection:

In **Appendix 6**, there are several methods described for meditating on God's Word. Choose one of these methods and spend at least 15 minutes using that method to meditate on God's Word. You may choose to meditate on Joshua 1:6-9 or just focus in on verse 8. Use the space below to record what you learn from this time of meditation.

If you do not want to utilize any of the methods in **Appendix 6**, you could utilize the Lectio Divina method found in **Appendix 2**.

## Scripture Meditation Journal:

**Title:**

**Date:**

**Bible Reading:** Psalm 119:57-112

**Focus Text:**

Consider using either the SOAP Journal or Lectio Divina method.

**Questions for Reflection:**

By now, you should be getting close to memorizing Joshua 1:8.  
Write it out from memory in the space below.

Were you able to write the verse without any mistakes?    | Yes | No |

How has spending time thinking about and memorizing this verse  
affected you this week?

Read John 2:18-22. How important is it that you remember what the  
Bible says? How will Bible memorization impact your life?

## Scripture Meditation Journal:

**Title:**

**Date:**

**Bible Reading:** Psalm 119:113-176

**Focus Text:**

Consider using either the SOAP Journal or Lectio Divina method.

**Week 10**

**June 6, 2021**

**Topic: Ministry**

**Sermon Text:**

**Sermon Notes:**

## My Personal Discipleship Pathway:

What is the most important thing that I learned this week from the personal, spiritual disciplines that I chose to work through?

How will this truth impact my life? What will I do as a result?

What do I need to pray for as a result of my personal studies?

Who do I need to talk to about this for accountability?

## Questions for Reflection:

In his sermon this week, Pastor Wade explained the concept of being “God’s workmanship” by likening it to a beautifully hand crafted bookcase.

Read Ephesians 2:8-10. What does it mean when it says that we are God’s workmanship?

In his book *S.H.A.P.E.: Finding and Fulfilling Your Unique Purpose for Life*, Erik Rees uses the acronym to refer to a person’s **S**piritual gifts, **H**eart, **A**bilities, **P**ersonality and **E**xperiences. God has created you to be uniquely you—there is nobody else like you. He did this so that you are able to serve in ministry roles that are uniquely *shaped* for you. Take a few minutes to think about the way that God has *shaped* you.

### **Spiritual Gifts\*** –

How does God most often work through you to impact the lives of others?

### **Heart** –

What are you passionate about? What drives you? What cause will you conquer?

### **Abilities** –

What do you love to do that you are also good at doing?

### **Personality** –

How do you relate to other people and to opportunities you face?

### **Experience** –

What have you experienced in life that has made you who you are?

\*If you are not familiar with the concept of spiritual gifts and would like more information, please contact Pastor Wade who will be able to walk you through a process to discover your giftedness.



## Scripture Meditation Journal:

**Title:**

**Date:**

**Bible Reading:** Titus 1

**Focus Text:**

Consider using either the SOAP Journal or Lectio Divina method.

Questions for Reflection:

In his book *Discovering Your Ministry Identity*, Paul Ford asks the question, “How can we describe God’s workmanship in us? [He says,] I call it Ministry Identity: not what you do for God, but who you already are in Christ.” We believe that your *shape* helps to determine your *ministry identity*. Our goal is to help you discover both of these in order to discover your ministry role.

Spend a few moments reflecting on your responses to your S.H.A.P.E. from Day 1. Are there any answers that you need to modify? Is there anything that you need to add or delete?

Read Romans 12:1-8 and 1 Corinthians 12:4-30.

As you spend time reading these passages, ask God to reveal to you what your ministry role might be in the body of Christ—the local church.

What is God impressing upon you to do in response to this study?

## Scripture Meditation Journal:

**Title:**

**Date:**

**Bible Reading:** Titus 2

**Focus Text:**

Consider using either the SOAP Journal or Lectio Divina method.

Questions for Reflection:

Read Ephesians 4:11-16.

What functions do the leaders of a church fulfill according to verse 11?

Describe the outworking of each of these functions.

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What is the church leader's primary responsibility according to verse 12? What is the ultimate goal of this process (4:12b-14)?

What is the responsibility of the church member in this process (4:15-16)?

Realizing that it is the responsibility of every member to be a minister, what will you do? How has God *shaped* you to minister in and through the church?

## Scripture Meditation Journal:

**Title:**

**Date:**

**Bible Reading:** Titus 3

**Focus Text:**

Consider using either the SOAP Journal or Lectio Divina method.

**Week 11**

**June 13, 2021**

**Topic: Fasting**

**Sermon Text:**

**Sermon Notes:**

## My Personal Discipleship Pathway:

What is the most important thing that I learned this week from the personal, spiritual disciplines that I chose to work through?

How will this truth impact my life? What will I do as a result?

What do I need to pray for as a result of my personal studies?

Who do I need to talk to about this for accountability?

Questions for Reflection:

Read Matthew 6. What are the major themes that Jesus dealt with in His teaching?

Matthew 6:1-4—

Matthew 6:5-15—

Matthew 6:16-18—

Matthew 6:19-24—

Matthew 6:25-34—

If Jesus spoke of fasting in the immediate context of prayer and giving, should fasting have a more prominent role in our Christian walk? Why has the giving of money and prayer been recognized as essential elements in spiritual growth while fasting has been disputed?

Read Matthew 6:16-18 again. What do we learn in these verses about how to fast?

What is the purpose of fasting?



## Scripture Meditation Journal:

**Title:**

**Date:**

**Bible Reading:** Matthew 4

**Focus Text:**

Consider using either the SOAP Journal or Lectio Divina method.

## Questions for Reflection:

**THINK ABOUT IT...** In discussing the relationship between fasting and prayer, Andrew Murray once wrote:

“Prayer needs fasting for its full growth... Prayer is the one hand with which we grasp the invisible; fasting, the other, with which we let loose and castaway the visible. In nothing is man more closely connected with the world of sense than in his need of food, and his enjoyment of it. It was the fruit, good for food, with which man was tempted and fell in Paradise. It was with bread to be made of stones that Jesus, when hungered, was tempted in the wilderness, and in fasting that He triumphed. The body has been redeemed to be a temple of the Holy Spirit; it is in body as well as spirit, it is very specially, Scripture says, in eating and drinking, we are to glorify God. It is to be feared that there are many Christians to whom this eating to the glory of God, has not yet become a spiritual reality. And the first thought suggested by Jesus’ words in regard to fasting and prayer is, that it is only in a life of moderation and temperance and self-denial that there will be the heart or the strength to pray much.” (from *With Christ in the School of Prayer* by Andrew Murray)

Read 1 Corinthians 10:31. What does this verse mean in relation to fasting?

Sit with God for a moment today. Ask Him to reveal to you what temptations you are facing that could be overcome with periods of fasting. What is He asking you to do in response to this truth?

## Scripture Meditation Journal:

**Title:**

**Date:**

**Bible Reading:** Matthew 6

**Focus Text:**

Consider using either the SOAP Journal or Lectio Divina method.

## Questions for Reflection:

**THINK ABOUT IT...** Richard Foster writes,

“How easy it is to take something like fasting and try to use it to get God to do what we want... Fasting must forever center on God. It must be God-initiated and God-ordained... Once the primary purpose of fasting is firmly fixed in our hearts, we are at liberty to understand that there are also secondary purposes in fasting. More than any other Discipline, fasting reveals the things that control us.” (*Celebration of Discipline*)

What things control you? You may not be able to answer this question today. Would you consider fasting for a period of time to explore this further? What will you do? When?

Foster continues,

“We cover up what is inside us with food and other good things, but in fasting these things surface. If pride controls us, it will be revealed almost immediately. David writes, ‘I humbled my soul with fasting’ (Ps 69:10). Anger, bitterness, jealousy, strife, fear—if they are within us, they will surface during fasting. At first we will rationalize that our anger is due to our hunger; then we will realize that we are angry because the spirit of anger is within us. We can rejoice in this knowledge because we know that healing is available through the power of Christ.”

Read Matthew 4:1-4. What can we learn from Jesus’ experience in the wilderness? How can we apply the truth of verse 4 to our lives today?

## Scripture Meditation Journal:

**Title:**

**Date:**

**Bible Reading:** Luke 4

**Focus Text:**

Consider using either the SOAP Journal or Lectio Divina method.

**Week 12**

**June 20, 2021**

**Topic: Sabbath**

**Sermon Text:**

**Sermon Notes:**

## My Personal Discipleship Pathway:

What is the most important thing that I learned this week from the personal, spiritual disciplines that I chose to work through?

How will this truth impact my life? What will I do as a result?

What do I need to pray for as a result of my personal studies?

Who do I need to talk to about this for accountability?

**Questions for Reflection:**

Where did the concept of a Sabbath rest come from? (Genesis 2:1-3)

Why did God rest? Was He tired? (Isaiah 40:28)

If God was not tired, why does the Book of Genesis use the term “rest”? According to [BlueLetterBible.com](http://BlueLetterBible.com), many times the “Scripture simplifies the language about God's nature and works so that we finite humans can better understand. For example, we have such statements as, God rested, God repented, and God forgot. These statements are to be understood from a human standpoint, not a divine standpoint. God does not rest, repent, or forget, but the Bible explains His acts in terms we can understand. From our vantage point God rested but the eternal all-powerful God does not need rest.”

Read Exodus 31:12-18. How did God describe the Sabbath to Moses in these verses? How are God's actions an example for us today?

In Mark 2:27, Jesus said that “Sabbath was made for man, not man for the Sabbath.” What was God's purpose in giving us the Sabbath?



## Scripture Meditation Journal:

**Title:**

**Date:**

**Bible Reading:** Psalm 23

**Focus Text:**

Consider using either the SOAP Journal or Lectio Divina method.

## Questions for Reflection:

There is a story written by the late, Mrs. Lettie Cowman that is found in her book, *Springs in the Valley*. Mrs. Cowman's story (which was summarized in a blog) described a journey in the deep jungles of Africa.

A traveler was making a long trek through the jungle and had hired some jungle tribesmen to carry all of the gear needed for the journey. The traveler, who hoped to make a speedy trip, pushed hard the first day and they made great progress. The second morning came and the tribesmen refused to move—they just sat there and rested. As the traveler sought to find out why his hired men were acting this way, he was informed that they believed that they had gone too fast the first day and that they were now waiting for their souls to catch up with their bodies.

Mrs. Cowman then made this statement—somewhat as an encouragement and somewhat as an indictment—“This whirling rushing life which so many of us live does for us what that first march did for those poor jungle tribesmen. The difference: they knew what they needed to restore life's balance; too often we do not.”

What do you need today to restore balance to your life?

What will you do? When will you do it?



A friend and mentor, Dr. John Bond from Perth, Australia, once told me (in his Aussie accent), ***“Sometimes the most holy thing that a person can do is to get flat out for the Lord!”***

He was referring to taking a nap!

## Scripture Meditation Journal:

**Title:**

**Date:**

**Bible Reading:** Psalm 19

**Focus Text:**

Consider using either the SOAP Journal or Lectio Divina method.

Questions for Reflection:

What is your normal work schedule each week?

What day(s) do you have off from work?

What do you normally do on your day(s) off?

In the Old Testament, the Sabbath day was a specific time every week. In the culture we now live in, it would be next to impossible to set a specific time for everyone to rest from their normal activity (for example, my Sabbath day is Monday because Saturday and Sunday are work days for me).

What is the best day for you to set aside as a Sabbath day in your life?

In his book, *Sabbath*, Wayne Muller warns us: “If we do not allow for a rhythm of rest in our overly busy lives, illness becomes our Sabbath—our pneumonia, our cancer, our heart attack, our accidents create Sabbath for us.” Have you ever experienced this? What happened?

Read Matthew 11:25-30. When I was a Children’s Pastor, one of my more energetic kids was prone to go-go-go until he didn’t go anymore. It wasn’t unusual to find him asleep in strange places. Essentially, he listened to his body and when it said to rest, he rested. What is Jesus saying to you today as you read this passage? What will you do to find rest for your soul?

## Scripture Meditation Journal:

**Title:**

**Date:**

**Bible Reading:** Psalm 80

**Focus Text:**

Consider using either the SOAP Journal or Lectio Divina method.

**Week 13**

**June 27, 2021**

**Topic: Simplicity**

**Sermon Text:**

**Sermon Notes:**

## My Personal Discipleship Pathway:

What is the most important thing that I learned this week from the personal, spiritual disciplines that I chose to work through?

How will this truth impact my life? What will I do as a result?

What do I need to pray for as a result of my personal studies?

Who do I need to talk to about this for accountability?

**Questions for Reflection:**

The spiritual discipline of simplicity is not about some type of asceticism.<sup>1</sup> Our attitude toward our possessions is what really impacts the idea of simplicity. Richard Foster defines the Christian discipline of simplicity as “an *inward* reality that results in an *outward* life-style... To attempt to arrange an outward life-style of simplicity without the inward reality leads to deadly legalism” (*Celebration of Discipline*).

Read Matthew 6:19-24. According to Jesus’ teaching here, what should our attitude be toward our earthly possessions? Why is it important that we do not focus too much on possessions?

Read Matthew 6:25-34. How does Jesus encourage His followers to approach life and the things that are needed to live day by day?

<sup>1</sup> Asceticism is the “severe self-discipline and avoidance of all forms of indulgence, typically for religious reasons” (Oxford English Dictionary). You do not have to live in a monastery or an ‘off-the-grid’ cabin with an outhouse to practice the discipline of simplicity.



## Scripture Meditation Journal:

**Title:**

**Date:**

**Bible Reading:** Luke 12

**Focus Text:**

Consider using either the SOAP Journal or Lectio Divina method.

Questions for Reflection:

“The majority of Christians have never seriously wrestled with the problem of simplicity, conveniently ignoring Jesus’ many words on the subject. The reason is simple: this Discipline directly challenges our vested interests in an affluent life-style. But those who take the biblical teaching on simplicity seriously are faced with severe temptations toward legalism. In the earnest attempt to give concrete expression to Jesus’ economic teaching, it is easy to mistake our particular expression of the teaching for the teaching itself. We wear this attire or buy that kind of house and canonize our choices as the simple life.” (Richard Foster in *Celebration of Discipline*)

When you compare yourself with other people in our culture, do you think that your life would be characterized as simple or extravagant? Please give an example of why you think what you think.

Simple      1      2      3      4      5      Extravagant

When you compare yourself with other people in other cultures or developing countries, do you think that your life would be characterized as simple or extravagant? Please give an example of why you think what you think.

Simple      1      2      3      4      5      Extravagant

When you compare your life with the way that Jesus lived His life, do you think that your life would be characterized as simple or extravagant?

Simple      1      2      3      4      5      Extravagant

In what way is God convicting you of your extravagance today?  
 What will you do in response?

## Scripture Meditation Journal:

**Title:**

**Date:**

**Bible Reading:** 1 Timothy 6

**Focus Text:**

Consider using either the SOAP Journal or Lectio Divina method.

## Questions for Reflection:

Pastor Wade explained that one of the most effective ways to develop a heart for simplicity (that “*inward*” reality that results in an *outward* life-style”) is by showing gratitude in all things. Read 1 Thessalonians 5:16-18. How will giving “thanks in all circumstances” impact your life?

How often do you find yourself griping and complaining instead of thanking God? How often do you find yourself questioning God’s care for you because you do not have what others have? What do you need to do to change these tendencies in your life?

“Freedom from anxiety is characterized by three inner attitudes. If what we have we receive as a gift, and if what we have is to be cared for by God, and if what we have is available to others, then we will possess freedom from anxiety. *This is the inward reality of simplicity...* When we are seeking first the kingdom of God, these three attitudes will characterize our lives... And we can be certain that when we live this way the ‘all these things’ that are necessary to carry on human life adequately will be ours as well” (Foster, *Celebration of Discipline*).

## Scripture Meditation Journal:

**Title:**

**Date:**

**Bible Reading:** James 4

**Focus Text:**

Consider using either the SOAP Journal or Lectio Divina method.

**Week 14**

**July 4, 2021**

**Topic: Evangelism**

**Sermon Text:**

**Sermon Notes:**

## My Personal Discipleship Pathway:

What is the most important thing that I learned this week from the personal, spiritual disciplines that I chose to work through?

How will this truth impact my life? What will I do as a result?

What do I need to pray for as a result of my personal studies?

Who do I need to talk to about this for accountability?

**Questions for Reflection:**

Read Acts 1:1-9. When did Jesus say these things to His disciples? What was the last thing He said to them?

Have you ever been afraid when the opportunity came up to be a witness? What did you do?

According to Acts 1:8, what was promised to His disciples when they went out to be Christ's witnesses?

Later in the Book of Acts, Peter and John were arrested for being witnesses of Jesus. Read Acts 4:23-31. When they were released, what did they do? What did they pray for moving forward?

What does this teach us about our prayers? Should we be praying for safety or for courage—for protection or for boldness? How are we doing in this area?



## Scripture Meditation Journal:

**Title:**

**Date:**

**Bible Reading:** Acts 6-7

**Focus Text:**

Consider using either the SOAP Journal or Lectio Divina method.

Questions for Reflection:

God calls each of us to be His witnesses, but it is possible to invalidate our witness by the way we live our lives. Read John 13:34-35. What is necessary for people to know that we are Christians?

Read 1 John 7-21. What happened to you when you trusted in Christ as your Savior that makes it possible for you to love God and love others?

In verse 14, what does the Bible say that we are to be a witness of?

According to verses 15-18, do we have any reason to fear death? Why?

Look back at the *Recharge* lesson from Week 1 Day 1 of this series.

Have you finished writing your testimony of salvation?

If not, will you finish it now?

Have you shared your testimony with anyone over these past three months? If not, why not?

## Scripture Meditation Journal:

**Title:**

**Date:**

**Bible Reading:** Acts 8

**Focus Text:**

Consider using either the SOAP Journal or Lectio Divina method.

**Questions for Reflection:**

Look once again at Acts 1:8. Where does Jesus tell His disciples to be His witnesses?

It is important to understand that Jesus told them to begin at home—in Jerusalem and in all Judea. Each of us needs to start being Jesus' witness in our 'home' too. All of us have relationships that exist in one of four areas: biological (family and extended relatives), geographical (where we live), vocational (who we work with), and recreational (who we spend our free time with). How are you investing in each of these areas with the gospel?

- Biological –
- Geographical –
- Vocational –
- Recreational –

In the space above, will you write the names of individuals that you are trying to reach with the truth of the gospel.

What will you do to be a witness to each of these individuals?

## Scripture Meditation Journal:

**Title:**

**Date:**

**Bible Reading:** Acts 9

**Focus Text:**

Consider using either the SOAP Journal or Lectio Divina method.

## Appendix 1:

# SOAP JOURNALING

As we read God's Word, we begin to see how God responds to things. Doing **daily devotions** re-patterns the way we think and transforms the spirit of the mind. Then, when we face similar situations as Jesus did, we begin to respond in the same way.

**Journaling is an excellent way to both record and process what God has spoken to us.** It's also a useful tool to use at a later time to reflect on and review some of the "gems" that you have received. Without writing these down, you may forget those blessings and some very important lessons!

**S for Scripture**  
Open your Bible to today's reading on your Bible Reading Plan. Take time reading and allow God to speak to you. When you are done, look for a verse that spoke to you that day, and write it in your journal.

**O for Observation**  
What is God saying in this scripture? Ask the Holy Spirit to teach you and reveal the truth of this verse to you. Now write a one or two sentence observation about that verse. What does the verse say? What does it mean?

**A for Application**  
Personalize what you have read, by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, revelation of a new promise, or correction for a particular area of your life. Now write how this Scripture can apply to you today.

**P for Prayer**  
This can be as simple as asking God to help you apply this Scripture, or it may be a greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so be sure to listen to what God has to say!

Don't forget to give your journal entry a title and put it in the Table of Contents. This will help you find it when you want to read it again.

## Appendix 2:

# LECTIO DIVINA

Here is a brief outline of the *lectio divina* process. As mentioned before, *lectio divina* is an attempt to balance silence and the Word. Before you begin, choose a passage of Scripture that you would like to focus on. The passage should not be more than 6-8 verses in length.

Once you have your Bible ready, begin with a time of silence. There is no specific timeframe here, but it should be long enough to clear your mind of the “world’s noise” so you can focus on your time with God. Each time you read your passage, read it aloud and read it slowly so that the Holy Spirit has time to speak to your heart in the process. You will need a journal to be able to record the things that God reveals to you through this process. God bless you as you seek Him!

### **Silence**

Focused breathing while praying Psalm 119:18.

### **First Reading – Read (*Lectio*)**

Looking for God’s Word for me from His Word.

### **Silence**

Focused breathing while thinking about God’s word for me.

### **Second Reading – Reflect (*Meditatio*)**

Why is this God’s Word for me today?

### **Silence**

### **Third Reading – Respond (*Oratio*)**

How will I respond to God’s Word for me today?

### **Silence**

### **Fourth Reading – Rest (*Contemplatio*) & Resolve (*Incarnatio*)**

Resolving to abide in and obey His Word for me today.

## Appendix 3:

# TEMPLE'S DISCIPLESHIP PATHWAY

Here is a brief outline of the discipleship studies that are available here at Temple. Each Discipleship Path is a nine week study—with three weeks focused on each of the topics. These studies are available online or on paper—whatever you prefer. Contact Pastor Wade for more information about getting started on the discipleship journey today!

### **DISCIPLESHIP PATH ONE**

- Assurance of Life in Christ
- Prayer and the Christian Life
- Faith and the Christian Life

### **DISCIPLESHIP PATH TWO**

- The Bible and the Christian Life
- Bible Study and the Christian Life
- God's Will and the Christian Life

### **DISCIPLESHIP PATH THREE**

- Lordship and the Christian Life
- Integrity and the Christian Life
- Holiness and the Christian Life

### **DISCIPLESHIP PATH FOUR**

- Relationships and the Christian Life
- Forgiveness and the Christian Life
- Family and the Christian Life

### **DISCIPLESHIP PATH FIVE**

- Personal Worship and the Christian Life
- Public Worship and the Christian Life
- Stewardship and the Christian Life





## Appendix 4:

# WHAT IS CHRISTIAN DOCTRINE?

Doctrine, by definition, is “a set of beliefs or stated principles.” In a practical sense, doctrine refers to the content of one’s teaching. If that doctrine is Christian then it focuses on the teachings of Christ as found in the Holy Bible.

The Bible itself claims to be a book of doctrines given to mankind by an Almighty God. In 2 Timothy 3:16-17, the Bible says, “All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.”

If the Bible is profitable for teaching and training then it is imperative that we learn what it says. When we are in school, we learn about the science of living things (Biology). In the same way, we need to learn about God, which is Theology (from the Greek *theos* for God and *logia* for study or learning). There are three primary methods utilized in the study of God: 1) **Biblical Theology**, 2) **Historical Theology**, and 3) **Systematic Theology**. While Systematic Theology is most common, all three disciplines are important.

Biblical Theology focuses primarily on what the Bible says as it says it. Biblical Theology seeks to discover and understand the teachings of the sixty-six books of God’s revelation as these truths are progressively (or chronologically) revealed in Scripture. Consider this as an example: Abraham obeyed God by making a sacrifice to Him on Mt. Moriah, but Abraham’s understanding of the need for blood sacrifice as an atonement for sin was not as complete as Moses and Aaron’s understanding because so much happened between Genesis 22 and Exodus 12 when God instituted the Passover. In time, God revealed more and more truth about it and the understanding of this doctrine became more and more complete. Paul explains the scope and grandeur of our salvation through Jesus Christ in Ephesians 1:3-14 when he describes all the spiritual blessings that are ours through Jesus’ sacrifice.

Historical Theology focuses on the beliefs of the church throughout history. Doctrinal understanding has continued to develop over time. In Historical Theology, “the great events and major participants are examined and critiqued to help God’s people see how we arrived where we are today.” (Daniel Akin)

Systematic Theology focuses on how all the truth of Scripture fits together—enabling us to have the most complete understanding of its teaching in a number of different categories. It is called Systematic Theology because it limits its focus to the different systems (or topics) that are being studied. Here is a list of the ten most common systems of theology (with their proper names):

1. Doctrine of God (Theology)
2. Doctrine of the Bible (Bibliology)
3. Doctrine of Man (Anthropology)
4. Doctrine of Sin (Hamartiology)
5. Doctrine of Salvation (Soteriology)
6. Doctrine of Christ (Christology)
7. Doctrine of the Holy Spirit (Pneumatology)
8. Doctrine of Angels (Angelology)
9. Doctrine of the Church (Ecclesiology)
10. Doctrine of End Times (Eschatology)

The study of Theology (or Christian Doctrine) is a lifelong pursuit. Thousands of books have been written on the subject—some are excellent and some are not worth the paper they are printed on. These theological texts are helpful, but we must never forget that God chose to reveal Himself to us through His Holy Word. When studying Theology, the Bible must always be our primary source of information!

## Appendix 5:

# HOW CAN I MEMORIZE SCRIPTURE?

Memorization of Scripture equips you for daily meditation on God’s Word. **It makes meditation possible anywhere, anytime**—not just when it’s convenient to pull out a Bible.

Since memorization of Scripture requires a significant investment of time and effort, some conclude that simply reading and studying the Bible is sufficient. However, God promises special blessings to those who meditate on His Word day and night, an activity that is made possible through the discipline of memorization.

- *“This book of the law shall not depart out of thy mouth; but **thou shalt meditate therein day and night**, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success”* (Joshua 1:8).
- In Psalm 1, a man who is blessed by God is described in this way: *“**His delight is in the law of the Lord**; and in his law doth he meditate day and night”* (verse 2).
- *“Thy word have I hid in mine heart, that I might not sin against thee”* (Psalm 119:11).

### ASK SOMEONE TO HOLD YOU ACCOUNTABLE

If you make a commitment to memorize Scripture on a consistent basis, ask someone to hold you accountable to keep your commitment. Choose someone whom you do not want to disappoint, and **set a time each week when you will quote to him** the verses you have memorized that week.

It is usually best to recruit an accountability partner who is not a family member. When you experience special pressures, family members will be aware of those and may assume that you were unable to do your memory work that week. However, if you are accountable to someone outside your family, he will expect to hear you quote your Scripture verses regardless of what excuses may arise.

**Accountability will help you make Scripture memorization a priority in your life.**

### **LOOK FOR TIME TO MEMORIZE SCRIPTURE**

Most people have more time for memory work than they realize they have. Here are a few suggestions to consider as you find time to memorize. (See Ephesians 5:15–16.)

- **Write your memory verses on 3 x 5 cards.**
- **Tape the cards in key places** in your home to remind you to memorize and meditate on those verses.
- **Carry the cards with you** in your purse or wallet. As you wait for appointments, stand in line, ride the bus, or do similar activities, make the most of your time.
- **Make an audio recording** of your verses. Listen to it as you ride to work or travel elsewhere during the day.
- **Listen to recorded Scripture** as you do other tasks.

Be alert to other opportunities to use your time wisely by memorizing Scripture.

### **USE A PRACTICAL METHOD TO MEMORIZE SCRIPTURE**

Just as there are various methods of exercise, **there are also various ways to memorize a passage.** The following suggestions may be helpful to you as you memorize a verse at a time, using pen and paper as tools.

- **Write out the passage**, printing one idea, or thought, per line.
- Indent ideas that support the main thought.
- **Highlight key words**.
- Make the first letter of some lines bold.
- **Underline key words** or phrases.
- **Draw boxes** around words or phrases that you tend to forget.
- If you still forget key words, enlarge them in the boxes.

(From <https://iblp.org/questions/how-can-i-memorize-scripture>)



**What are the most effective tools for you  
to use when memorizing the Bible?**

## Appendix 6:

# HOW CAN I MEDITATE ON SCRIPTURE?

**The words of Scripture are living words** (See Hebrews 4:12). They contain eternal wisdom held in the shell of human words. God wants us to “break open” these human words and begin to discover the rich wealth of personal application and understanding that they hold. This goal can be accomplished as you memorize and meditate on Scripture.

The Apostle Paul said, “*Let the word of Christ dwell in you [live in you] richly in all wisdom*” (Colossians 3:16). **Meditation on Scripture will cause Scripture to “dwell in you” and become a source of wisdom in your mind, will, and emotions.**

Remember, meditation cannot be done in a hurry. It takes time. Doing studies on the meaning of a passage and committing it to memory prepare you to meditate on it. As you meditate, the Holy Spirit will teach you the ways of God through His Word. (See John 16:13.) Use the following keys to meditation:

### **WORSHIP GOD IN YOUR SPIRIT**

Your times of meditation should be times of worship and fellowship with God. Worship God in your spirit as you quote God’s Word back to Him. Reverence God’s Word and **purpose to “do according to all that is written therein”** (Joshua 1:8).

### **PERSONALIZE THE PASSAGE**

**Turn the Scripture into a first-person prayer back to God.** Personalize it by putting it in the first person, using *I*, *me*, and *my*. For example, Colossians 3:16 (quoted above) could be personalized by saying, “Let the word of Christ dwell in ME richly in all wisdom.” **When you put Scripture in the first person, it becomes a living expression within your heart**, which is one aspect of meditation.

## GIVE ATTENTION TO EACH WORD OF EACH VERSE

Focusing on one verse at a time, quote it to the Lord, pondering each word. **With each recitation of a verse, emphasize a different word.**

For example, if you are meditating on John 3:16, you would emphasize a different word each time you repeated the passage:

- “**For** God so loved the world ... .”
- “For **God** so loved the world ... .”
- “For God **so** loved the world ... .”
- “For God so **loved** the world ... .”
- “For God so loved **the** world ... .”
- “For God so loved the **world** ... .”

Be attentive. This simple method of meditation will reveal new insights and give you greater understanding of phrases and sentences. As you hear the words of the passage, you will discern nuances and associations that are often overlooked when the passage is read silently.

“Martin Luther, one of the pivotal figures of church history, gave detailed instructions on how to meditate ... . ‘**You should meditate not only in your heart, but also externally, by actually repeating and comparing oral speech and literal words of the book, reading and rereading them** with diligent attention and reflection, so you may see what the Holy Spirit means by them.’” (Doug McIntosh, *God Up Close: How to Meditate on His Word*, Moody Press, Chicago, Ill., 1998, 65.)

## ILLUSTRATE THE MAIN CONCEPTS FOUND WITHIN THE PASSAGE

As you memorize and meditate on a passage, **look for Biblical concepts and patterns**. Sometimes drawing simple illustrations with stick figures and symbols can help you remember the main ideas of the passage. Not only will the actual creation of the illustration help you further meditate on the meaning of the passage, but your illustration can serve as a simple summary of what the Lord taught you through meditation on His Word.

Each illustration should represent your current understanding of the action being described in the verse or phrase. **As your understanding of the verse deepens, your illustrations will expand.**

## **MEDITATE ON SCRIPTURE AS YOU GO TO SLEEP AT NIGHT**

**One of the most critical times to meditate on God’s Word is as you go to sleep each night.** In Scripture, there are many references to meditating on Scripture at this time. (See Joshua 1:8, Psalm 1:2, 63:6, and 119:148.)

The quiet moments of preparing for sleep offer an ideal setting for contemplation and fellowship with the Lord. The thoughts that are on your mind as you go to sleep will be in your subconscious mind all through the night. They will strongly influence your attitudes the next day, consciously or subconsciously.

## **RESPOND TO GOD AS HE TEACHES YOU**

As you meditate, **don’t be discouraged if you have to go over the passage several times before insights begin to come to mind.** As God reveals an insight to you, pray it back to Him and ask Him for the grace to apply that truth in your life. If the Holy Spirit convicts you of sin in your life, confess it to the Lord and be forgiven.

(From: <https://iblp.org/questions/how-can-i-meditate-scripture>)





## Appendix 7:

# LEARNING TO LIVE THE SIMPLE LIFE

Listed below are some outward expressions of the *inward* reality of simplicity, or gratitude. Read each statement and mark the ones that you need to work on personally. Then answer the question at the bottom of the page.

I already  
do this:

I need to  
work on it:

Buy things for their usefulness rather than for their status.

Reject/eliminate anything that is producing an addiction in you.

Develop a habit of giving things away (and not just your junk)—de-clutter.

Don't be brainwashed into thinking that you need every new gadget available.

Spend more time in nature appreciating God's creation.

Be leery of the "buy now, pay later" plans offered by retailers.

Remove anything in your life that distracts you from seeking first God's kingdom.

What is God calling you to do in the area of simplicity? Will you do it?

**NOTES:**



When it comes to personal, spiritual growth, there are many elements that a believer may use to help him in his relationship with God. Each of these elements fall into one (or more) categories—knowing, abiding, and obeying. The growing Christian life requires that we find a balance between all three. An imbalance can cause problems on multiple levels:

**Knowing + Obeying - Abiding = Legalist**  
**Obeying + Abiding - Knowing = Heretic**  
**Abiding + Knowing - Obeying = Hypocrite**

Our goal in this series of studies will be to equip you to live a spiritual life that is growing and balanced. "So let us stop going over the basic teachings about Christ again and again. Let us go on instead and become mature in our understanding." [Heb 6:1 NLT].

