

# Starting Point: Spiritual Disciplines

**Life Steps** | January 20 & 21, 2018

## **Monday**

### **Psalm 1**

What does it mean to you to “meditate” on the law or word of God? Why is someone who meditates on the word of God blessed? What is meditation contrasted with in Verse 1? What does that teach you about the importance of reading your bible? (Hint: what is the significance of the progression from “Walk” to “Stand” to “Sit.”)

## **Tuesday**

### **Galatians 5:13-21**

According to Paul, what command fulfills the entire Law? How might God be challenging you to better live out that command? What will keep us from living out the desires of the flesh? List what you need to stop doing. Date it and pray over it. See message notes as needed.

## **Wednesday**

### **Galatians 5:22 – 6:10**

What does it mean to you to “keep in step with the Spirit?” Why is it important to have relationships with others who share your passion for reading scripture? How have you seen the law of sowing and reaping work in your life? List what you need to start doing (sowing). See message notes as needed.

## **Thursday**

### **Psalm 46**

How are the promises in this Psalm meaningful to you? How has God been a fortress to you? According to this Psalm, how are we to handle our fears? Why is it important to “Be still and know that I am God.” Who is God to you?

## **Friday**

### **Psalm 119:97-112**

List all of the various qualities of God’s word as described in his passage. What would it look like for the word of God to be the “joy” of your heart? What does Vs. 105 mean to you? Memorize Vs.105.

## **Saturday**

### **Matthew 7:24-29**

What is the difference between the foolish and wise builder? Scan the headings of Matthew 5, 6 and 7. Read the passage that most pertains to your current life circumstances. How will you put this passage into “practice?” Review your Life Step journal entries from the past week and pray.

## **Sunday**

### **II Timothy 3:10-17**

Like Timothy, most of us have been tempted to give up on our faith in God? What were some of the reasons you were tempted to quit? What were some of your reasons for not quitting? How does Paul encourage Timothy to endure? (Vs 14 refers to 1:5) What is your one take away application from this passage?