



# KNOW YOUR DISCIPLINES



**BIBLE INTAKE**



**PRAYER**



**FASTING**



**FELLOWSHIP**



**GIVING**

# KNOW YOUR DISCIPLINES



## LEARNING TO FEED LIKE JESUS

### I. Bible Intake

#### 1 Peter 2:2 (CSB)

*2 Like newborn infants, desire the pure milk of the word, so that by it you may grow up into your salvation,*

#### Jeremiah 15:16 (CSB)

*16 Your words were found, and I ate them. Your words became a delight to me and the joy of my heart, for I bear your name, Lord God of Armies.*

#### Six ways we feed on God's Word:

##### 1. Hear

#### Romans 10:17 (NASB)

*17 So faith comes from hearing, and hearing by the word of Christ.*

#### What are some ways we hear God's Word?

- **Preaching**
- **Teaching** (small group bible studies, connection groups, conferences, seminars, etc.)
- **Television Radio**
- **Streaming / Podcasts**

**\*Test everything you hear against the Word of God. Know who you are listening to.**

#### How can I improve my hearing?

- **Be ready and eager to hear God's Word.**
- **Deal with attitudes that can prevent hearing.**
- **Confess any sin in your life.**
- **Take notes on what you hear.**
- **Act on what you hear.**

## 2. Read

### **Revelation 1:3 (CSB)**

*3 Blessed is the one who reads aloud the words of this prophecy, and blessed are those who hear the words of this prophecy and keep what is written in it, because the time is near.*

**Every Christian should read God's Word daily.**

### **Deuteronomy 17:19 (NLT)**

*19 He must always keep that copy with him and read it daily as long as he lives. That way he will learn to fear the Lord his God by obeying all the terms of these instructions and decrees.*

**How should I read God's Word?**

- **Read the Bible systematically - one book at a time from beginning to end.**
- **Read it out loud and quietly to yourself.**
- **Underline and color code key verses that speak to you.**
- **Chose a reading plan and stick with it.**

## 3. Study

### **Acts 17:11 (CSB)**

*11 The people here were of more noble character than those in Thessalonica, since they received the word with eagerness and examined the Scriptures daily to see if these things were so.*

**How do I study God's Word?**

- **Keep a journal. Right down what you learn as you read.**
- **Learn to ask the right questions as you read - Who? What? When? Where? Why? How?**

**Resources for Bible study:**

- **Study Bibles:**
  - **Personal Application: The Life Application Bible published by Tyndale**
  - **Topical Study: Thompson Chain Reference Bible**
  - **Background Study: NIV Study Bible**
  - **Doctrine Study: The Disciple Study Bible**
- **Bible Handbooks**
  - **Haley's Bible Handbook.**
  - **Richard's Complete Handbook**
  - **Eerdman's Handbook.**
- **Different Translations**

- **A Complete Concordance**
- **Bible Dictionary and Encyclopedia**
  - **International Bible Encyclopedia**
  - **Vine's Expository Dictionary**
- **Commentaries**
  - **The Bible Exposition Commentary, by Warren Wiersbe**
  - **The New Bible Commentary, by Eerdman's**
- **Bible Atlas**
  - **Holman Bible Atlas**
  - **Moody Atlas of Bible Lands**

#### 4. Memorize

##### **Proverbs 7:2–3 (NLT)**

*2 Obey my commands and live! Guard my instructions as you guard your own eyes. 3 Tie them on your fingers as a reminder. Write them deep within your heart.*

#### **When Should you Memorize a Verse?**

- **During Your Quiet Time**
- **When You're Exercising**
  - Take scripture verses on cards while you walk or run. Memorize them, think about them, quote them.
- **While Waiting** (in spare moments)
  - Have them on the visor in your car. When you get stuck in traffic, red light, flip it down and read it.
- **At Bedtime**
  - It's good to go to sleep thinking spiritual thoughts.

##### **Psalms 63:6 (HCSB)**

*6 When I think of You as I lie on my bed, I meditate on You during the night watches*

#### **How to Memorize Scripture:**

- **Pick a verse that speaks to you.**
- **Say the verse reference before and after.**
- **Read the verse aloud many times.**
- **Break the verse into natural phrases.**
- **Emphasize key words when quoting the verse..**
- **Write the verse out on flash cards.**
  - Carry those cards with you at all times for review.
- **Display your verses in prominent places where you're going to see them.**
- **Always memorize the verse in word perfect.**
  - Memorize it exactly the way it's written.
- **Put the verse to music.**
- **Get a partner so you can check each other.**

## 5. Meditate

**Meditation:** focused thinking about a Bible verse in order to discover how I can apply its truth to my own life.

**How do I meditate on God's Word?**

- **Picture it in your mind:** Visualize the scene, the people, the surroundings. Write down what you see.
- **Pronounce it:** Say the verse out loud.
- **Paraphrase it:** Rewrite the verse in your own words.
- **Personalize it:** Replace the pronouns or people in the verse with your own name.
- **Pray it:** Turn the verse into a prayer and pray it back to God.
- **Probe it:**

**S.P.A.C.E.P.E.T.S.**

- S - Is there a Sin to confess?**
- P - Is there a Promise to claim?**
- A - Is there an Attitude to change?**
- C - Is there a Command to obey?**
- E - Is there an Example to follow?**
- P - Is there a Prayer to pray?**
- E - Is there an Error to avoid?**
- T - Is there a Truth to believe?**
- S - Is there Something to thank God for?**

## 6. Apply

**James 1:22 (NLT)**

*22 But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves.*

**Matthew 5:19 (CSB)**

*19 Therefore, whoever breaks one of the least of these commands and teaches others to do the same will be called least in the kingdom of heaven. But whoever does and teaches these commands will be called great in the kingdom of heaven.*

**Application is living out God's Word in your daily life.**

**How do I apply God's Word? Ask:**

- **What did it mean to the original hearers?**
- **What is the underlying timeless principle?**
- **Where or how could I practice that principle today?**

**John 13:17 (NLT)**

*17 Now that you know these things, God will bless you for doing them.*

## II. Prayer

### 2 Chronicles 7:14 (CSB)

14 and my people, who bear my name, humble themselves, pray and seek my face, and turn from their evil ways, then I will hear from heaven, forgive their sin, and heal their land.

### What is Prayer?

- **Prayer includes focused time alone with God.**
  - Have a place where you can talk to God each day without any interruptions. Spend time there talking to God every day.
- **Prayer includes Communion with God.**
  - Think of this as an ongoing conversation with God throughout the day.
  - Tell Him your thoughts as they pop into your head.
  - Confess Sin that comes to your mind.
  - Ask for his help as you face challenging circumstances.
  - Ask for guidance as you make decisions.
  - Praise God when you are reminded of His power and glory.
  - Thank Him for prayers that are answered, blessings you receive, and successes you experience during the day.
- **Prayer includes listening to God.**
  - Listen to God as you read His Word.
  - Learn to recognize the voice of the Holy Spirit as He speaks to your heart.

### How should I Pray?

#### Matthew 6:9–13 (NASB95)

*9 Pray, then, in this way: Our Father who is in heaven, Hallowed be Your name. 10 Your kingdom come. Your will be done, On earth as it is in heaven. 11 Give us this day our daily bread. 12 And forgive us our debts, as we also have forgiven our debtors. 13 And do not lead us into temptation, but deliver us from evil. For Yours is the kingdom and the power and the glory forever. Amen.*

- **Praise God**

*9 Pray, then, in this way: Our Father who is in heaven, Hallowed be Your name.*

- He is holy, sovereign, above all, and over all.

- **Seek God's will.**

*10 Your kingdom come. Your will be done, On earth as it is in heaven.*

- Desire His will in your life and in the lives of others.

- **Ask God for the things you need.**

*11 Give us this day our daily bread.*

- Ask Him to provide for you and your family. Ask Him to meet the needs of others.

- **Confess sin and ask for forgiveness.**

*12a And forgive us our debts,*

- **Give forgiveness to others.**

*12b as we also have forgiven our debtors.*

- **Acknowledge your dependence on God and your need for his power to resist the temptations in life.**

*13a And do not lead us into temptation, but deliver us from evil*

- **Express your belief in God and trust in His plan.**

*13b For Yours is the kingdom and the power and the glory forever. Amen.”*

### III. Fasting

**Fasting - to voluntarily reduce or eliminate your intake of food for a specific time and purpose.**

#### Why Fast?

- **Fasting gives you more time for prayer.**

- You can use the time you'd normally spend eating as time in prayer. In the Bible, fasting is always connected with prayer.

**Acts 12:2–3 (CSB)**

*2 and he executed James, John's brother, with the sword. 3 When he saw that it pleased the Jews, he proceeded to arrest Peter too, during the Festival of Unleavened Bread.*

- **Fasting demonstrates the depth of your desire when praying for something.**

- It shows you that you are serious enough about your prayer request to pay a personal price. God honors deep desire and praying in faith.

**Joel 1:14 (CSB)**

*14 Announce a sacred fast; proclaim a solemn assembly! Gather the elders and all the residents of the land at the house of the Lord your God, and cry out to the Lord.*

**Joel 2:12 (CSB)**

*12 Even now— this is the Lord's declaration— turn to me with all your heart, with fasting, weeping, and mourning.*

- **Fasting reminds us of our dependence on God.**

- **Fasting releases God's supernatural power.**

- It is a tool we can use when there is opposition to God's will. Satan would like nothing better than to cause division, discouragement, defeat, depression, and doubt among us. United prayer and fasting has always been used by God to deal a decisive blow to the enemy!

**Ezra 8:23 (CSB)**

*23 So we fasted and pleaded with our God about this, and he was receptive to our prayer.*

**Isaiah 58:6 (NLT2)**

*6 No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people.*

#### The Importance of Fasting

Often in the Bible, God's people fasted immediately before a major victory, miracle, or answer to prayer. It prepared them for a blessing!



- **Moses fasted before he received the Ten Commandments.**

**Exodus 34:28 (CSB)**

*28 Moses was there with the Lord forty days and forty nights; he did not eat food or drink water. He wrote the Ten Commandments, the words of the covenant, on the tablets.*

- **The Israelites fasted before a miraculous victory.**

**2 Chronicles 20:2–3 (CSB)**

*2 People came and told Jehoshaphat, "A vast number from beyond the Dead Sea and from Edom has come to fight against you; they are already in Hazazon-tamar" (that is, En-gedi). 3 Jehoshaphat was afraid, and he resolved to seek the Lord. Then he proclaimed a fast for all Judah,*

- **Daniel fasted in order to receive guidance from God.**

**Daniel 9:3 (CSB)**

*3 So I turned my attention to the Lord God to seek him by prayer and petitions, with fasting, sackcloth, and ashes.*

**Daniel 9:21–22 (CSB)**

*21 while I was praying, Gabriel, the man I had seen in the first vision, reached me in my extreme weariness, about the time of the evening offering. 22 He gave me this explanation: Daniel, I've come now to give you understanding.*

- **Nehemiah fasted before beginning a major building project.**

**Nehemiah 1:4 (CSB)**

*4 When I heard these words, I sat down and wept. I mourned for a number of days, fasting and praying before the God of the heavens.*

- **Jesus fasted during His victory over temptation.**

**Luke 4:2 (CSB)**

*2 for forty days to be tempted by the devil. He ate nothing during those days, and when they were over, he was hungry.*

- **The first Christians fasted during decision making times.**

**Acts 12:2–3 (CSB)**

*2 and he executed James, John's brother, with the sword. 3 When he saw that it pleased the Jews, he proceeded to arrest Peter too, during the Festival of Unleavened Bread.*

Adapted from:

**Your Personal Guide to Fasting & Prayer By Dr. Bill Bright**

Campus Crusade for Christ, International

URL: <https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.html>

**Description of Website:** This study will explain why you should fast, how to fast safely, what type of fast is right for you, and much more.

### **Making Your Spiritual Experience the Best it Can Be:**

Receiving God's best blessing from a fast requires solid commitment. Arranging special time each day with God is absolutely crucial in attaining intimate communion with the Father. You must devote yourself to seeking God's face, even (and especially) during those times in which you feel weak, vulnerable, or irritable. Read his Word and pray during what were mealtimes. Meditate on him when you awake in the night. Sing praises to him whenever you please. Focus on your Heavenly Father and make every act one of praise and worship. God will enable you to experience his command to "pray without ceasing" as you seek his presence.

As you enter this time of heightened spiritual devotion, be aware that Satan will do everything he can to pull you away from your prayer and Bible reading time. When you feel the enemy trying to discourage you, immediately go to God in prayer and ask him to strengthen your resolve in the face of difficulties and temptations.

The enemy makes you a target because he knows that fasting is the most powerful of all Christian disciplines and that God may have something very special to show you as you wait upon him and seek his face. Satan does not want you to grow in your faith, and will do anything from making you hungry and grumpy to bringing up trouble in your family or at work to stop you. Make prayer your shield against such attacks.

Do not become so caught up in praying for yourself and others that you forget about simply reverencing and praising God. True spiritual fasting focuses on God. Center your total being on Him, your attitudes, actions, motives, desires, and words. This can only take place if God and His Holy Spirit are at the center of your attention. Confess your sins as the Holy Spirit brings them to your attention, and continue to focus on God and God alone so that your prayers may be powerful and effective.

A renewed closeness with God and a greater sensitivity to spiritual things are usually the results of a fast. Do not be disappointed if you do not have a "mountaintop experience," as some do. Many people who have successfully completed extended fasts tell of feeling a nearness to God that they have never before known, but others who have honestly sought his face report no particular outward results at all. For others, their fast was physically, emotionally, and spiritually grueling, but they knew they had been called by God to fast, and they completed the fast unto him as an act of worship. God honored that commitment.

Your motive in fasting must be to glorify God, not to have an emotional experience, and not to attain personal happiness. When your motives are right, God will honor your seeking heart and bless your time with him in a very special way.

## Suggestions for Your Day of Fasting:

### 1. **A Water Fast** - to abstain from all food and juices.

- There are several different ways you can do this type of fast. Here are two possible schedules:
  - Sunrise to sunset - Your last meal before the fast would be the night before the day of fasting. You will go without food for breakfast, lunch, and dinner during the day of fasting. Then, you will eat breakfast the day after your day of fasting.
  - 5:00 p.m. -5:00 p.m. - You will eat breakfast and lunch on the day of fasting. You will not eat dinner on the day of fasting or during breakfast and lunch the following day. You will eat dinner the day after your day of fasting.
- Regardless of which schedule you choose, you should drink plenty of water during your time of fasting.

### 2. **A Partial Fast** - means to eliminate certain foods or specific meals.

- This is an option for those whose health will not allow them to participate in a water only fast.
- If choosing this option, you would eliminate certain foods during your day of fasting. This could be your morning coffee, soft-drinks, desserts, or specific foods you would normally eat for breakfast, lunch, or dinner.
- Instead of eating those foods, you would spend time in prayer and Bible study.

## IV. Fellowship

**Fellowship - Spending time with God's people where I receive and give encouragement, accountability, ministry, and prayer. When gathered together in Jesus' name, believers experience God's presence in a special, unique, and powerful way.**

### **Hebrews 10:25 (NLT2)**

*25 And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.*

### **Why is fellowship important?**

- **We belong in God's family.**
- Christians are brothers and sisters in Christ. We ought to be related to one another in such a way that we can relate as brothers and sisters in the most intimate sort of way - sharing with one another, praying with one another, caring for one another. We have the same Father. And that Father has drawn us together in one family. We really need each other.

### **Galatians 6:10 (CSB)**

*10 Therefore, as we have opportunity, let us work for the good of all, especially for those who belong to the household of faith.*

### **Ephesians 2:19 (CSB)**

*19 So, then, you are no longer foreigners and strangers, but fellow citizens with the saints, and members of God's household,*

- **We need encouragement to grow spiritually.**

### **Hebrews 10:24 (CSB)**

*24 And let us consider one another in order to provoke love and good works,*

### **Ecclesiastes 4:9–10, 12 (CSB)**

*9 Two are better than one because they have a good reward for their efforts. 10 For if either falls, his companion can lift him up; but pity the one who falls without another to lift him up. 12 And if someone overpowers one person, two can resist him. A cord of three strands is not easily broken.*

- **We need accountability to grow spiritually.**

### **Proverbs 27:17 (CSB)**

*17 Iron sharpens iron, and one person sharpens another.*

### **Hebrews 3:13 (CSB)**

*13 But encourage each other daily, while it is still called today, so that none of you is hardened by sin's deception.*

**Galatians 6:1–2 (CSB)**

*1 Brothers and sisters, if someone is overtaken in any wrongdoing, you who are spiritual, restore such a person with a gentle spirit, watching out for yourselves so that you also won't be tempted. 2 Carry one another's burdens; in this way you will fulfill the law of Christ.*

- **Christ is present when we fellowship together.**

**Matthew 18:20 (CSB)**

*20 For where two or three are gathered together in my name, I am there among them.”*

- **There is power when we pray together.**

**Matthew 18:19 (CSB)**

*19 Again, truly I tell you, if two of you on earth agree about any matter that you pray for, it will be done for you by my Father in heaven.*

- **Fellowship is a witness to the world.**

**John 13:35 (CSB)**

*35 By this everyone will know that you are my disciples, if you love one another.”*

- **The Holy Spirit gives every believer gifts to serve alongside other members of God's family.**

**1 Peter 4:10 (NLT)**

*10 God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another.*

**1 Corinthians 12:5, 27 (NLT)**

*5 There are different kinds of service, but we serve the same Lord. 27 All of you together are Christ's body, and each of you is a part of it.*

## V. Giving

We give tithes and offerings as an act of faith and trust in God to support the ministry and advancement of God's kingdom.

What is the difference between tithes and offerings?

- Tithing - giving 10% of my income to God.
- Offering - giving beyond the tithe as the Holy Spirit lead me to minister to others.

Why should we tithe?

- God commands it.

### **Leviticus 27:30 (CSB)**

*30 Every tenth of the land's produce, grain from the soil or fruit from the trees, belongs to the Lord; it is holy to the Lord.*

- Tithing demonstrates that God has first place in my life.

### **Deuteronomy 14:23 (CSB)**

*23 You are to eat a tenth of your grain, new wine, and fresh oil, and the firstborn of your herd and flock, in the presence of the Lord your God at the place where he chooses to have his name dwell, so that you will always learn to fear the Lord your God.*

- Tithing reminds me that everything was given to me by God.

### **Deuteronomy 8:18 (CSB)**

*18 but remember that the Lord your God gives you the power to gain wealth, in order to confirm his covenant he swore to your ancestors, as it is today.*

- Tithing expresses my gratitude to God for the blessings He's given me.

### **Psalms 116:12 (CSB)**

*12 How can I repay the Lord for all the good he has done for me?*

We can't every fully repay God for all He's done. However, here's one thing we can do:

### **Deuteronomy 16:17 (NIV)**

*17 Each of you must bring a gift in proportion to the way the Lord your God has blessed you.*

- Tithing gives us the opportunity to feed on the blessings of God.

### **Malachi 3:10 (CSB)**

*10 Bring the full tenth into the storehouse so that there may be food in my house. Test me in this way," says the Lord of Armies. See if I will not open the floodgates of heaven and pour out a blessing for you without measure.*

- **Tithing shows my love for and trust in God.**

**John 14:15 (CSB)**

*15 If you love me, you will keep my commands.*

**How do I give with the right attitude?**

- **Give willingly.**

**Deuteronomy 16:17 (NIV)**

*17 Each of you must bring a gift in proportion to the way the Lord your God has blessed you.*

- **Give joyfully.**

**2 Corinthians 9:7 (CSB)**

*7 Each person should do as he has decided in his heart—not reluctantly or out of compulsion, since God loves a cheerful giver.*

- **Give generously.**

**2 Corinthians 8:3–4 (NLT)**

*3 For I can testify that they gave not only what they could afford, but far more. And they did it of their own free will. 4 They begged us again and again for the privilege of sharing in the gift for the believers in Jerusalem.*

- **Give expectantly.**

**2 Corinthians 9:6 (CSB)**

*6 The point is this: The person who sows sparingly will also reap sparingly, and the person who sows generously will also reap generously.*

**The key to giving: Give yourself to God.**

**2 Corinthians 8:5b (CSB)**

*5 ...Instead, they gave themselves first to the Lord and then to us by God's will.*

## **KNOW YOUR DISCIPLINES**



**LEARNING TO FEED LIKE JESUS**