



Week 1 Study Sheet

Moments of Grace

Consider

You've undoubtedly heard the phrase, "practice makes perfect." But have you ever applied the idea of practice to your relationship with God? A spiritual practice is a habit that helps us grow spiritually. Spiritual practices are the means by which we experience the fullness of God's grace to us. In *The Cost of Discipleship*, Dietrich Bonhoeffer states, "the response of disciples is an act of obedience, not [simply] a confession of faith in Jesus." Spiritual practices help followers of Jesus hear, believe, and obey the call of Jesus on our lives. Our spiritual practices teach us how to faithfully follow Jesus moment by moment.

Discover

Read [1 Timothy 4:7-8](#)

- What parallels exist between physical training and spiritual practices?
- Why is participating in spiritual practices important for our relationship with God?

Read [Acts 2:42-47](#)

- Which spiritual practices do we see modeled in these verses?
- Where did these spiritual practices take place?
- What were the results of their spiritual practices?

Pray

Thank God for his presence with you during this time of study. Share with him what you discovered from his Word. Ask him to help you move these thoughts about spiritual practices into habits. Ask the Holy Spirit to help you follow his prompting moment by moment that you may become more obedient to the fullness of grace in your life.

Practice

Reflect on the past year. Consider how you have grown spiritually, and how you would like to grow throughout the coming year. Establish a spiritual practice routine this week. Select one practice such as Bible reading or prayer, and set a consistent time, location, and duration to strengthen your practice. Invite a spouse or friend to join you in your new practice for encouragement and accountability.

Engage

Fill your hearts and minds with the Word of God to discern what is right and true. Read from the Book of Psalms this week to be fully equipped to follow Jesus moment by moment. See [Reading Plan](#).



Week 2 Study Sheet

Moments of Meeting

Consider

The Scriptures are a light into the amazing story of a gracious God who desires to be in relationship with his children. The Bible is not like any other book. Inspired by the Spirit, Scripture reveals to us God's existence, his nature, and his redemptive plan. It divinely divides our motives and corrects our errors. It is our primary spiritual weapon against the forces of darkness. We are sustained by its power and guided by its light. There are a variety of ways we can engage with God through his Word: listening, studying, reading, meditating, and memorizing. Whatever we do, we must not grow cold or indifferent to the beauty and power of God's revelation. May we join with Jeremiah's declaration, "your words became to me a joy and the delight of my heart." (Jeremiah 5:16)

Discover

Read [Psalm 119:9-16](#)

- How can God's Word also be his commands?
- What are some ways that you can "store up" God's Word in your heart?

Read [Hebrews 4:12-13](#)

- What does it mean that God's Word is alive?
- How have you've experienced the power of God's Word in your life?

Pray

Thank God for being a personal and knowable God. Ask him to reveal himself to you, especially through the Bible. Ask him to make his Word a lamp to light your path, and to help you hide his Word in your heart.

Practice

This week use the following reflection practice to gain insight into God's Word. Begin with [Psalm 42](#).

Hear

- Read the Scripture passage to yourself quietly, then read it aloud.
- Ask the following questions and note your observations.
 - What is happening before these verses, what is happening after these verses?
 - Who is in the verses, who are these verses written to, what is happening in the verses, how is it happening, where are these verses taking place, and when do the things in these verses take place?
 - Are there words that repeat, is there a theme, or is there something that sticks out to you as your read over these verses?

Believe

- Review your observations, what thoughts come to mind about these verses?
- What is God revealing to you about himself?
- What is God revealing to you about yourself?

Obey

- What actions can you take after reading this passage?
- What in your life needs to change as a result of what God has revealed to you through his Word?
- What is God leading you to do in response to what he has revealed through his Word?

Engage

Fill your hearts and minds with the Word of God to discern what is right and true. Read from the Book of Psalms this week to be fully equipped to follow Jesus moment by moment. See [Reading Plan](#).



Week 3 Study Sheet

Moments of Prayer

Consider

You can talk to God. Consider the magnitude of that statement. You can have a conversation with the creator of the universe at any point in your day. In prayer we have the ear of the most powerful, wise, and loving being in the universe. Nineteenth century pastor Andrew Murray describes the power of prayer, “Who can say what power a Church could develop and exercise, if it gave itself to the work of prayer day and night for the coming of the kingdom... God rules the world by the prayers of His saints; that by prayer the Church on earth has disposal of the powers of the heavenly world.” (*With Christ in the School of Prayer, Lesson 15*)

Discover

Read [Luke 11:1-13](#)

- **Hear:** What do you observe in this teaching about prayer? How do your observations inform your belief in prayer and your practice of prayer?
- **Believe:** What truths about the character of God are revealed in this teaching? How do they help you believe?
- **Obey:** What has God revealed to you through this teaching? How will your belief shape your practice of prayer?

Read [Acts 4:23-31](#)

- What kind of situation were Peter and John in? What was their response?
- What is your prayer life like during times of challenge?
- Why do you think it is important to have other people pray with you?

Pray

Voice a prayer of adoration to God for his goodness. Praise the Father who made you, the Son who saved you, and the Holy Spirit who guides you. In worship, give your body, mind, and heart to the Holy Trinity today.

Practice

In [Matthew 6:5-15](#) Jesus teaches his disciples to pray. Use the following template based on the Lord’s Prayer to compose your own prayer.

Our Father in heaven, hallowed be your name,

- List the attributes you appreciate about Father God. How is God present in the moments of your day?

Your kingdom come, your will be done, on earth as it is in heaven.

- How has God invited you to join in building his kingdom? What self-centered desires can you surrender to him?

Give us this day our daily bread,

- What are your needs in this moment? What can God presently help you with to ensure that you know his good and perfect will for your life?

Forgive us our debts, as we also have forgiven our debtors.

- What sin do you need to confess to God? Do you need to seek forgiveness from someone? Is there someone you need to extend forgiveness to?

And lead us not into temptation but deliver us from evil.

- Is there some temptation or burden you that you need his deliverance from?

Engage

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Week 4 Study Sheet

Moments of Surrender

Consider

“Hands up!” The terrifying words no one wants to hear in a dark alley. We all know what it means, our will is now subject to this order due to fear of the repercussions. Let’s change that alley to the place you are at this moment. Let’s change the robber to God. What if God is asking you to surrender your will to him? But instead of robbing you, he wants to bless you. Instead of taking your life, he desires to give you life. Instead of leading you further into the dark alley, he wants to light your path. The only response needed from you at this moment is surrender. We often hesitate with God the same as we would with the robber. We fear that in surrender, God may take something away from our life, not realizing all we receive when we live a life of surrender.

Discover

Read [Genesis 22:1-18](#)

- How did Abraham respond to God’s instructions?
- Have you ever felt like God was testing you? How did you respond and what did it teach you about God or about yourself?
- How is Isaac like Christ in this passage? What does this passage teach us about Jesus the Son and God the Father?

Read [Philippians 2:5-11](#)

- **Hear:** What do you observe in this instruction about surrender? In what ways did Christ exemplify surrender?
- **Believe:** What truths does this scripture teach about the character of Jesus? How does this help you surrender to God?
- **Obey:** What has God revealed to you in this scripture? Is there something that God is asking you to surrender?

Pray

Prayerfully consider what God is prompting you to surrender. Thank God for always having your best interest in mind. Thank him for renewing his relationship with you moment by moment. Acknowledge before God that surrender is hard. Ask that he give you the power and strength to submit to his plans with a grateful heart.

Practice

Reflect on the story of Abraham and Isaac. Consider what it must have been like for Abraham after receiving the command from God to sacrifice Isaac. Now consider, what is your Isaac? What is God asking you to obediently lay down on the altar? Is it your finances, your time, or your reputation? Write out a prayer telling God how you feel and what you hear him asking you to lay down. Spend time in prayer this week asking God what you need to surrender in your life. Ask a trusted friend, a spouse, or a mentor to encourage you toward obedience.

Engage

Fill your hearts and minds with the Word of God to discern what is right and true. Read from the Book of Psalms this week to be fully equipped to follow Jesus moment by moment. See [Reading Plan](#).



Week 5 Study Sheet

Moments of Rest

Consider

On the seventh day of creation, God rested. As his children, made in his image, he instructs us to rest too. Why is this practice so important? At the time the Bible was written, slavery was a prevalent and accepted practice. Slaves were required to work every day without rest. Sabbath reveals to the world that we are not slaves to the rhythms of a sinful world but free men and women in the Kingdom of God. To practice Sabbath is to also to celebrate your freedom in Christ.

Discover

Read [Exodus 31:12-18](#)

- **Hear:** What do you observe in this teaching about the Sabbath? How do your observations inform your understanding of Sabbath as a spiritual practice?
- **Believe:** What truths about the character of God are revealed in this teaching? Why is Sabbath so important to God? What does God desire to accomplish through our practice of Sabbath?
- **Obey:** What has God revealed to you through this teaching? How will you practice Sabbath this week?

Read [Hebrews 3:7-4:11](#)

- What is the value of rest?
- The New Testament authors have the same view about Sabbath as the Old Testament authors. In this passage, to not rest is seen as rebellion. Why do you think it is rebellious to not observe a Sabbath?
- How is this passage illustrating the connection between Sabbath and salvation? (see 4:9-10).

Pray

Sabbath is about rest. Close your eyes and imagine yourself in the most restful place you can imagine. After a few moments, invite God to be with you in your place of rest. Now, just spend time resting in the presence of God. After spending time in rest, pray the Lord's Prayer ([Matthew 6:9-13](#)).

Practice

Take steps this week to practice Sabbath and obey the instruction of God to rest. In the Bible, the word Shabbat is translated as various actions such as to stop, to rest, to delight or to worship. Those translations compose the four full movements of Sabbath:

- **Stop:** We stop working and we stop worrying. When we set aside our striving and our anxiety, we actively declare our trust in God's provision.
- **Rest:** We physical rest and enjoy renewing sleep.
- **Delight:** We intentionally recognize and celebrate God's goodness and love in our life.
- **Worship:** We orient our whole being back to God through worship.

Engage

Fill your hearts and minds with the Word of God to discern what is right and true. Read from the Book of Psalms this week to be fully equipped to follow Jesus moment by moment. See [Reading Plan](#).



Reading Plan

Fill your hearts and minds with the Word of God to discern what is right and true. Read from the Book of Psalms each week to be fully equipped to follow Jesus moment by moment.

Week 1

Day 1: [Psalms 1-8](#)

Day 2: [Psalms 9-14](#)

Day 3: [Psalms 15-18](#)

Day 4: [Psalms 19-23](#)

Day 5: [Psalms 24-29](#)

Day 6: [Psalms 30-34](#)

Day 7: Day for reflection

Week 2

Day 1: [Psalms 35-37](#)

Day 2: [Psalms 38-43](#)

Day 3: [Psalms 44-49](#)

Day 4: [Psalms 50-55](#)

Day 5: [Psalms 56-61](#)

Day 6: [Psalms 62-67](#)

Day 7: Day for reflection

Week 3

Day 1: [Psalms 68-70](#)

Day 2: [Psalms 71-74](#)

Day 3: [Psalms 75-78](#)

Day 4: [Psalms 79-85](#)

Day 5: [Psalms 86-89](#)

Day 6: [Psalms 90-94](#)

Day 7: Day of reflection

Week 4

Day 1: [Psalms 95-101](#)

Day 2: [Psalms 102-104](#)

Day 3: [Psalms 105-106](#)

Day 4: [Psalms 107-109](#)

Day 5: [Psalms 110-115](#)

Day 6: [Psalms 116, 117,](#)

[118, 119:1-32](#)

Day 7: Day for reflection

Week 5

Day 1: [Psalms 119:33-104](#)

Day 2: [Psalms 119:105-176](#)

Day 3: [Psalms 120-131](#)

Day 4: [Psalms 132-138](#)

Day 5: [Psalms 139-143](#)

Day 6: [Psalms 144-150](#)

Day 7: Day for reflection