



Partnership Training Week 4 Worksheet *Jesus-Following (pt. 3)*

[1.5] Spiritual Disciplines (continued)

[1.5.2] Discipline 2: _____

Benefits:

- 1) _____ your Faith (Proverbs 22:17-19)
- 2) _____ Spiritual _____ (Psalm 119:11)
- 3) _____ us for _____ (Acts 2:14-36)

Method:

Day 1:

- Pick a verse (Based on current trends of God working in your life, current struggles, etc.)
- Write out the verse (to keep with you throughout the day)
- Read the verse 10 times
- Repeat the verse 10 times

Day 2:

- Review yesterday's verse by repeating 10 times
- Move to next / pick a new verse
- Write out the next/new verse
- Read the verse 10 times
- Repeat the verse 10 times

Day 3:

- Review last previous two verses by repeating each/together 10 times.
- Repeat same process as previous days

THE KEY = _____ over _____

[1.5.3] Discipline 3: _____

Benefits according to Psalm 1:1-3

1) _____ — "He is like a tree planted by streams of water..."

3) _____ — "...its leaf does not wither..."

2) _____ — "...That yields its fruit in its season..."

4) _____ — "...In all that he does, he prospers."

Martin Luther's Guide to Biblical Meditation meditate on a verse as if it were a...

_____ Book	_____ Book	_____ Book	_____ Book
What kind of instruction does it give for what we should believe or do?	How does this verse incline me praise and thank God?	What sin do I need to confess and repent of in light of this verse?	What do I need to appeal to God in petition and supplication?

[1.5.4] Discipline 4: _____ = “a personal, _____ response to the _____ of God.”
(Timothy Keller)

Prayer Guide

A _____	C _____	T _____	S _____
Take time to first exalt God, using his character and promises, forcing your soul to realize all He is.	In light of who he is, recognize who you are: sinful, undeserving, and unlovely. Confess specific sin.	Thank God for the Gospel that makes us new, gives us all the promises of God, and makes us lovely. Thank him for his blessings in your life.	Ask God for various graces and help, no matter how big or small. Pray for others <i>and</i> for yourself.

[1.5.5] Discipline 5: _____ = the _____ from food for _____ purposes.

Fasting is like a _____ point at the end of our prayer.

Fasting must always have a _____:

- 1) To _____ Prayer (Ezra 8:23)
- 2) To Seek God's _____ (Judges 20:26)
- 3) To Express _____ (2 Samuel 1:11-12, 1 Samuel 20:34)
- 4) To Seek _____ or _____ (2 Chronicles 20:3-4)
- 5) To Express _____ and _____ to God (1 Samuel 7:6, Joel 2:12)
- 6) To _____ Oneself Before God (1 Kings 21:27-29)
- 7) To Express _____ for the Work of God (Nehemiah 1:3-4)
- 8) To _____ to the Needs of Others (Isaiah 58)
- 9) To Overcome _____ (Matthew 4:1-11)
- 10) To Express _____ and _____ to God (Luke 2:37)

“When all is said and done, our hope is not to be a skilled Bible-reader, practiced pray-er, faithful churchman, or visibly mature Christian, but to be the one who ‘understands and knows me, that I am the Lord’” (Jeremiah 9:24) – David Mathis

Assignments

- Memorize Romans 1:16-17
- Meditate on Romans 1:16-17 using Luther’s instruction guide (consider journaling your thoughts)
- Prayerfully respond to Romans 1:16-17 using the ACTS prayer guide
- Chose a meal or a day to fast this week.

