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THE PRACTICES OF DISCIPLESHIP

**Taught by
Randy Lovelace
and Greg Davis**

The Practices of Discipleship

Sunday Class – January 2024

Objective

To introduce simple and sustainable biblical practices that when practiced, will propel one to grow in godliness.

Schedule

January 7	Overview of Spiritual Practices
January 14	The Practices of Silence/Solitude & Evangelism
January 21	The Practices of Worship & Service
January 28	The Practices of Bible Intake & Prayer

Scripture

1 Timothy 4:7-10, NIV

Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. This is a trustworthy saying that deserves full acceptance. That is why we labor and strive, because we have put our hope in the living God, who is the Savior of all people, and especially of those who believe.

Resource

Spiritual Disciplines for the Christian Life – Donald S. Whitney

Format

Welcome & Pray
Teach
Q & A
Close & Pray

Sunday Classes – Spring 2024

4 New Classes begin Feb 4 – May 19, 9:30 – 10:15

Learn More: christcommunity.org & read the weekly C3 Connect Newsletter. Subscribe on the website!

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Pastor of Discipleship & Spiritual Formation



Spiritual Practices: An Introduction & Overview

Class #1 | Jan. 7

Their Purpose

Who are we becoming? Like Christ - Romans 8:29, 1 John 3:2, Galatians 4:19

What is the role of a Disciple of Christ? Train for godliness

How do train for godliness? 1 Timothy 4:7-10

What They Are & Are Not

Definition: Practices given by God in Scripture that promote the gospel-driven pursuit of godliness, i.e., becoming Christlike.

Other names: habits of devotions, spiritual disciplines

Descriptions:

Private & Public

Activities not Attitudes

Derived from the Gospel, not divorced from the Gospel

Means, not Ends

Their Significance

How Does God Grow Us?

People

Circumstances

Spiritual Practices

The Power Source for Growth

God's Grace

Why These Practices?

Jesus Practiced

God's Will for His People



Silence & Solitude

Class #2 | Jan. 14

God cannot be found in noise and restlessness, but He can be found in silence.

-Mother Theresa

Definition	To voluntarily abstain from the noise and busyness of our lives so, 1) We may become increasingly attentive to God's presence and 2) We may experience deeper relational connection with God
Examples	<div>-Jesus</div> <div>Mathew 4:1, 14:23, Mark 1:35, Luke 4:42</div> <div>-Other</div> <div>Psalm 62:1-6, Psalm 131:2</div>
Desire to Practice	To free myself from the addiction to noise and the distraction of busyness so I can be completely present to God
God-Given Fruit	Silence & Solitude helps us meet with God Silence & Solitude can cultivate a more focused prayer time Silence & Solitude can convey our dependance on God Silence & Solitude can physically and spiritually restore us Silence & Solitude grows us in godliness!
Starting Point	<div>*Begin with 10 minutes of silence, 1x this week.</div> <div>-Other</div> <div>Minute Retreats</div> <div>A Goal of Daily Silence & Solitude</div> <div>Silent Retreat</div> <div>Make your car your chapel</div>
Additional Resources	Book: <i>Invitation to Solitude and Silence: Experiencing God's Transforming Presence</i> – Ruth Haley Barton App: <i>One Minute Pause</i> - pauseapp.com
Reflection Questions	<ul style="list-style-type: none"> • How do you avoid silence, solitude or being alone? • Are you addicted to noise, words, music, busyness, or distractions? • Where have you experienced silence before God? • Do you think God values time with you in silence? • How could you begin practicing silence & solitude before God?

Notes



Evangelism

Class #2 | Jan. 14

The Church exists for nothing else but to draw men into Christ, to make them little Christs. God became Man for no other purpose. -C.S. Lewis, Mere Christianity

Definition	To tell or model, to non-Christians, the life-changing difference Jesus Christ has made in your life, in order that they may too someday - trust Him as Savior, serve Him as King, and follow Him as Lord.
Examples	<div>-Jesus</div> <div>Matthew 28:19-20, Mark 16:15, Luke 24:46-47, Acts 1:8</div> <div>-Other</div> <div>1 Peter 2:9-10, Romans 10:17, Eph. 4:11-12, 1 Peter 3:13-17</div>
Desire to Practice	To reveal the life-changing love, grace & truth of God through Jesus to others
God-Given Fruit	Evangelizing loves people well Evangelizing strengthens your own faith & trust in God Evangelizing honors your Lord as His faithful witness Evangelizing invites God to use you for the benefit of others Evangelizing grows us in godliness!
Starting Point	<div>*Invest – Intercede – Invite → 3 people</div> <div>-Other</div> <div>Write an account of your Redemption Story. Ask God how He might use your story to set others free.</div> <div>Attend <i>Christianity Explored</i> Training Course, or other training initiatives to learn how to share more of your faith.</div>
Additional Resources	Book: <i>Evangelism and the Sovereignty of God</i> , J.I. Packer Evangelism Training Ministry: <i>Christianity Explored</i> Read Israel's Redemption Story in the Book of Exodus
Reflection Questions	<ul style="list-style-type: none"> • What is it like for you to share your faith with others? • What would make it easier for you to talk to others about what Jesus has done for you? • How can you be around more non-Christians? • What are your fears about being a witness for Jesus? • Who could you begin to invest in, intercede for them, and eventually invite into your life?

Notes



Worship

Class #3 | Jan. 21

We must never rest until everything inside us worships God.

-A. W. Tozer

Definition	To intentionally express in thought, word and deed the proper worth to God, valuing Him above all other people and things in life forever. Worship is “worth-ship.”
Example -Jesus -Other	Matthew 4:10, John 4:23-24 Exodus 20:1-6, Isaiah 6:3, Revelation 4-5, Hebrew 10:25, 12:28-29, Psalm 99, 145
Desire to Practice	To honor and adore the Holy Trinity as the supreme treasure of life.
God-Given Fruit	Worship rightly puts our focus on God Worship invites us to respond to what God has already provided us – Jesus! Worship spreads God’s glory throughout His creation Worship evangelizes the lost and strengthens the faithful Worship grows us in godliness!
Starting Point -Other	*Prioritize to attend our weekly worship service Write a letter, song, poem, etc. to God expressing your love for Him. Journal your response to the following question: “ <i>What do I value the most?</i> ” Write an honest assessment and then review with God how might you want to change your worship of God?
Additional Resources	Book: <i>A Better Way: Rediscovering the Drama of God-Centered Worship</i> – Michael Horton Book: <i>In the Splendor of Holiness</i> by Jon Payne Listen to Covenant Seminary Chapel Spotify Playlist, or make a playlist of your favorite worship songs
Reflection Questions	<ul style="list-style-type: none">• What makes God’s worthy of your worship?• What about God moves you to worship Him?• How does worshipping alone and worshipping with others impact you?• Where could you be “going through the motions” in your worship of God?• How can you begin this week to cultivate a more worshipful week – both in your private life and/or public life?

Notes



Service

Class #3 | Jan. 21

!Anybody can serve. You only need a heart full of grace and a soul generated by love.
-Martin Luther King Jr.

Definition	The loving, thoughtful and active promotion of offering our time, resources, influence and expertise for the care, protection, justice, and nurture of others – to the glory of God.
Example -Jesus -Other	John 12:26, Matthew 22:37-39, 25:40, John 15:12-17 1 Samuel 12:24, 1 Peter 4:10, Ephesians 6:7-8, Philippians 2:1-4
Desire to Practice	To reflect the helping, caring, and sharing love of God in the world by putting into action the second greatest commandment: <i>Love your neighbor as yourself.</i> The 4 motives for Serving as Christ Followers include: 1.! Motivated by obedience to God as a Christ follower 2.! Motivated by gratitude to God for what He has done for you 3.! Motivated by love for our neighbor 4.! Motivated to grow in godliness!
God-Given Fruit	By serving others, you love your neighbor By serving others, you walk your Christian talk By serving others, you give them dignity and value By serving others, you see interruptions as opportunities to do good By serving others, you grow in godliness!
Starting Point	*Every morning for the next week, ask your spouse, roommate, or a colleague, “ <i>What can I do for you today?</i> ” And serve them willfully.
Additional Resources	See Appendix 1 Meditate on the Parable of the Good Samaritan in Luke 10, and ask yourself: Who of the three characters do you tend to be like, and why?
Reflection Questions	<ul style="list-style-type: none">• Do you prefer to be served or to serve? How does this answer impact you?• Do you serve someone expecting to be served right back?• When do you serve out of duty rather than love & grace?• Are you willing to serve? Why or why not?• Who can you serve this week just because you want to love them well? How can you serve their needs?

Notes



Bible Intake

Class #4 | Jan. 28

Visit many good books but live in the Bible. -Charles H. Spurgeon

Definition	The intentional process of engaging our mind and heart with God's Word to understand and apply His truth in every part of my life.
Methods & Examples	<p><u>Hear</u> God's Word: Luke 11:28, Romans 10:17 Hear it and do it...</p> <p><u>Read</u> God's Word: Matthew 19:4, Mark 12:10 Have you not read... 2 Timothy 3:15-17 – All Scripture is profitable...</p> <p><u>Study</u> God's Word: 2 Timothy 4:13, Ezra 7:10 Paul & Ezra set their heart to study God's word</p> <p><u>Memorize</u> God's Word: Psalm 119:11, Matthew 4:1-11 Know God's truth so we do not sin against Him, and we can fight off Satan's lies.</p> <p><u>Meditate</u> on God's Word: Joshua 1:8, Psalm 1:1-3, James 1:25 God will prosper and bless the individual who delights to meditate on His truth.</p>
Desire to Practice	To know what God reveals about Himself, His glory, His purposes, His plan of redemption and His means of redemption through the Old and New Testaments to us - His image bearers.
God-Given Fruit	<p>Bible Intake is the source of <u>Truth</u> for our lives</p> <p>Bible Intake is the source of <u>God's Blessings</u> when its obeyed</p> <p>Bible Intake is the source for <u>victory</u></p> <p>Bible Intake is the source for hope in <u>eternity</u></p> <p>Bible Intake is the source for growing in godliness!</p>
Starting Point <div>-Other</div>	<p>*Decide which method is easiest, accessible & sustainable for you to practice – and decide YOUR WHY or motive for reading God's Word. Let YOUR WHY be your fuel to take in God's Word.</p> <p>Read along with the congregation with <i>The Big Read</i></p> <p>Talk with us on how to read God's Word</p> <p>Begin a Bible Reading Plan - ligonier.org/bible-reading-plans</p> <p>Read 1 Proverb, 1 Psalm, 1 Gospel narrative each day</p>
Additional Resources	<p>App – Lectio 365</p> <p>App – Daily Audio Bible</p> <p>App – Holy Bible, Literal Word</p> <p>Reading Method: <i>Lectio Divina</i> (Read, Reflect, Respond, Rest)</p> <p>Bible Memorization – Talk with Greg/Randy</p> <p>Book – <i>Jesus on Every Page</i>, David Murray</p>



	Book - <i>Reading the Bible with Heart and Mind</i> , Tremper Longman III
Reflection Questions	<ul style="list-style-type: none"> • Hypothetically, if your growth in godliness were measured by the quality of your Bible intake, what would be the result? Great, Average, Poor, Absent or Other • Which of the 5 methods is easiest for you? Is one more intimidating than another? Why do you think that? • How has God met you in His Word in the past? How is He meeting you now? • What are you seeking when you “take in” God’s Word? Information, Connection with God, etc. How does what you are seeking influence your Bible Intake? • What is one thing you can do to improve your intake of God’s Word this week?

Notes



Prayer

Class #4 | Jan. 28

Is prayer your steering wheel or your spare tire? – Corrie Ten Boom

Definition	A personal and continuing conversation that God has started through his Word and His grace, which eventually becomes a full encounter with Him.
Types & Example	<p><u>Prayer of Praise</u>: a prayer praising God for His attributes, declaring how great, powerful & good He is. Psalm 9, 138, Isaiah 25:1</p> <p><u>Prayer of Intercession</u>: the act of praying on behalf of others. Romans 8:26-27, 34, Acts 12:5, Ephesians 6:16-18, Philippians 4:6</p> <p>*There are numerous types of prayer – we decided to focus on 2.</p>
Desire to Practice	To take my praise or concerns to God.
God-Given Fruit	<p>By praying, you are God's Partner in bringing about His will on earth</p> <p>By praying, you gain discernment in how the Holy Spirit may be guiding you to prayer</p> <p>By praying, you love others in need of healing, care, etc.</p> <p>By praying, you develop a rhythm of turning to God out of dependance for Him to work</p> <p>By praying, you learn to wait on God.</p> <p>By praying, you grow in godliness!</p>
Starting Point	*Pray the Lord's Prayer daily, Matthew 6:9-13
-Other	Ask your Connect Group how you could be praying for each other Begin to pray Scripture
Additional Resources	<p>Book: <i>Praying the Lord's Prayer</i>, J.I. Packer</p> <p>Book: <i>Prayer: Experiencing Awe and Intimacy with God</i>, Tim Keller</p> <p>Book: <i>Praying the Bible</i>, Donald Whitney</p> <p>Pray using the <i>PRAY</i> framework, which is formatted from the Lord's Prayer in Matthew 6:9-13 - Praise for who He is – Repentance of sins I have committed– Ask for my needs & needs of others – Yield my will to God's will</p>
Reflection Questions	<ul style="list-style-type: none"> • What keeps you from praying? How could you set aside time for prayer on a regular basis? • What is it like for you to pray alone rather than in a group? • How would you describe your prayer life over the past few months? In what ways would you like your prayer life to grow?



	<ul style="list-style-type: none">• How would you describe your prayer life over the past few months? In what ways would you like your prayer life to grow?• How often do you incorporate Bible passages into your prayer life? Is there one passage of Scripture that you particularly enjoy using to help you pray?• What is one thing that has helped today that you can begin implementing in your prayer life?
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Appendix 1

Serving Opportunities within Christ Community Church

Serve in Kids Ministry

Current Needs:

Preschool Teacher – during Sunday class hour, 9:30-10:15
Preschool Room Assistant - during the worship hour, 10:30-11:45
Elementary Room Sub – during the worship hour, 10:30-11:45
Small Saints – during the sermon time, 10:45-11:30
Nursery – during worship hour, 10:30-11:45
Personal assistants to preschool and elementary kiddos that need one on one care during worship hour

Contact: Kayla Stanfield, Children's Ministry Director
Kayla.stanfield@christcommunity.org

Serve in Student Ministry

Current Needs:

Provide donuts for our students on Sunday mornings.
7 dozen donuts needed.
Provide Family Dinner for our students on Wednesday nights.
Food for 60 students.
Lead a Discipleship Group – gender specific

Contact: Jamison Brown, Student Ministry Coordinator
Jamison.brown@christcommunity.org

Michelle Jackson, Students Logistics Coordinator
Michelle.jackson@christcommunity.org

Serve in Women's Ministry

Current Needs:

Be a greeter at floater at any Women's Event or Bible Study

Contact: Sarah Cagle, Women's Ministry Coordinator
Sarah.cagle@christcommunity.org



Serve in our Missions Ministry

Christ Community Church partners with numerous ministries that make it easy for you to get involved. To learn more, go to christcommunity.org/missions, click on each ministry icon listed there to visit the ministries' website and learn more about their mission and volunteer opportunities.

Contact: Kim Wilk, kim.wilk@christcommunity.org

Furthermore, below are some great starting points to begin serving in:

Barefoot Republic Camp – Barefoot hosts a 1-week Summer camp for kids, and volunteers are needed for this camp, in addition to various activities Barefoot hosts on our campus throughout the year.

Contact Kayla Stanfield, kayla.stanfield@christcommunity.org

FrankTown Open Heart Ministry – Serve Franklin's inner-city youth, and they meet at the Harpeth House here on our campus every Thursday.

Contact: Kelly Fortner, kelly.fortner@yahoo.com

GraceWorks Ministries – A great place for groups or individuals to volunteer year-round.

Contact: Pat Wiggins, pwiggins@sullivanengineering.com

Mercy Community Healthcare - We promote their annual event on Labor Day (Franklin Classic) and there are other ways people can get involved throughout the year.

Contact: See their website and contact them directly.

Integrated Community Ministry (ICM) in Appalachia – We usually have at least one trip each year to this ministry in Kentucky (house repairs, women's ministry, VBS). Details will be announced in the upcoming spring for all 2024 trip(s).

Contact: Paul Hauser, paulchauser@gmail.com or
Alfred Stewart, alfred@acerlandscapeservices.com

