

Study Guide: The Life of a Disciple – The Daily Rhythm

This Is My Bible Declaration

This is my Bible. This is the Word of God. This Word is my foundation, This Word is my strength, This Word is my truth. I don't just read it, I live it. I don't just hear it, I obey it. I am not just a believer, I am a disciple. I'm being formed into the image of Jesus through this Word. This Word teaches me to become like Him, walk like Him, and love like Him. I believe every word it says about me — and every word it says about you.

Opening Thought

People may never open a Bible, but they will read you. They watch how you love, forgive, serve, and give. They notice how you treat your friends and family. A disciple doesn't just visit Jesus on Sunday. They remain in His presence daily.

Reflection Question: If someone read your life this week instead of the Bible, what message would they hear?

1. Abiding Is the Source of Life

John 15:5 — 'I am the vine, you are the branches. If you remain in Me and I in you, you will bear much fruit; apart from Me you can do nothing.'

Key Truth: You cannot represent a God you do not spend time with. When you disconnect from the Vine, your spirit withers. When you stay connected, you grow and bear fruit that lasts.

2. What Does It Mean to Abide?

Abide = Stay. Dwell. Remain. Not just visit. Jesus is not looking for weekend visitors but sons and daughters who remain. To abide means to live in continual connection with Him.

3. Abiding Has a Daily Rhythm

Just like your heart beats in rhythm and your lungs breathe in rhythm, your relationship with God needs rhythm too. Sunday inspiration is not enough — disciples need daily connection.

Jesus shows us four rhythms of abiding: Prayer, Word, Obedience, Worship.

Rhythm of PRAYER – Disciples Live in Daily Conversation with God

1 Thessalonians 5:16–18 — 'Rejoice always, pray continually, give thanks in all circumstances.' Prayer is not performance; it is relationship. It keeps us in constant conversation with God.

Rhythm of WORD – Disciples Live by Scripture Daily

John 15:7 — 'If you remain in Me and My words remain in you.' God's Word transforms, not just informs. It renews our minds and keeps us rooted in truth.

Rhythm of OBEDIENCE – Disciples Walk Out What They Hear

James 1:22 — 'Do not merely listen to the word... do what it says.' Obedience is not about rules, it's about relationship. It proves our love and deepens our connection.

Rhythm of WORSHIP – Disciples Make Worship Their Lifestyle

Romans 12:1 — 'Offer your bodies as a living sacrifice... this is your true and proper worship.' Worship is both a song and a lifestyle — it lets the earth hear heaven's sound and feel heaven's presence through you.

Summary

- Prayer keeps your heart in constant conversation with the Father.
- The Word roots you in truth.
- Obedience proves your love through action.
- Worship keeps your life aligned with heaven.

Call to Action

Where do you need to plug back into the Source? What rhythm is weakest in your life right now? What one practical step can you take this week to abide more consistently?