



TARGETED SERIES

**SPIRITUAL
DISCIPLINES**

A TARGETED DISCIPLESHIP SERIES FOR MEN



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SPIRITUAL DISCIPLINES

DEVELOPED BY THE
Assemblies of God
National Men's Ministries



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START HERE

This lesson series may be one of the most important offered by Men's Ministries. ***Spiritual Disciplines*** has been created to assist every man in anchoring the foundations of his life to a higher purpose within the life of Christ. ***Spiritual Disciplines*** allows you to look beyond the feelings of today's realities, the pains that haunt you daily, or the brief celebrations that allow you to let down your guard and become entangled in temptation. These lessons are built around a defined target with a bullseye and a sightline travel path to give you the ability to see where you are going and how to get there. We in Men's Ministries pray this series will encourage you in the Lord regardless of the surroundings you face today. Just as David strengthened himself in the Lord, the hope is the same for you and your group. ***Spiritual Disciplines*** is for those times like David's in 1 Samuel 30:6. "David was greatly distressed, for the people spoke of stoning him, because all the people were bitter in soul, each for his sons and daughters. But David strengthened himself in the LORD his God."

Each lesson has five sections. The first is called **SIGHTLINE: Acquire Your Target**, and it gives an overview to the subject being studied. The second section is called **CROSSHAIR: Focus on Your Target**, and it helps you begin to bring the subject into clearer focus. The third section is called **BULLSEYE: Hit Your Target**, and it is intended to bring the study into clearer focus. The fourth section is called **Next Step**, which is designed to help you deepen your relationship with God by taking measures necessary to reach your goal. Finally, there is a **FireBible** section, which guides you through some directed studies using the number one Pentecostal study Bible.

These lessons have been built using several resources to provide you with an in-depth study without having to purchase every single resource. However, there are a few recommended tools available for purchase that will enhance your engagement with the lessons.

- *FireBible®: English Standard Version®* (www.MyHealthyChurch.com)
- Journal
- Colored Pencils
- Fine Point Pen

The ultimate goal of this study is to equip you to walk in Christ and grow as the priest in your home, church, and marketplace. Within a spiritually healthy,



discipled life, there is a strong foundation. Without a firm foundation, a building or ship cannot survive battles and attacks from an enemy. The same is true of people.

Once there was a young man's dad who served in the Navy, and the young man was allowed to go out on an aircraft carrier with him for two weeks. Even though it was a small aircraft carrier by the standards of that day, it was massive to the young man. When the young man commented on how massive the ship looked, one of the officers commented to the young man, "In order for the ship to function properly, there has to be more weight beneath the water line than above it. Without the appropriate weight below the water line to support the massive ship, the vessel could not accomplish what it was designed to do."

As you develop into a spiritually mature man, the depth of Christ in your life and weight of your influence on others will be evident to those around you. Your heart and your character must weigh more than your talent and abilities. Paul writes in Colossians 1:10, "So as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God." Here the word "worthy" means an appropriate weight. It was referencing the way in which they weighed coins in those days. The gold or silver coin had a certain amount of weight in it. They would weigh coins after they had been used because as they were used the coins would lose their weight. If you are going to lead yourself, your family, and your ministry, you will regularly give a lot out, and it is easy to lose some of your spiritual weight. But the concept of walking "worthy" of the Lord is that you are taking time to build the proper weight inside your life.

In these lessons, you will discover core discipleship tools that are often called spiritual disciplines, which will help you develop into a "worthy" leader of your home, church, and marketplace. The goal is for you to use this resource often, measuring and building your spiritual weight. Volumes of books have been written about spiritual disciplines. Men's Ministries will not be giving a prescriptive formula to follow for developing spiritual disciplines because we believe every man is at a different place in his spiritual journey. Therefore, each man, with counsel from his pastor, should seek a discipleship pathway that will help him take the appropriate next steps as he continues to mature in Christ. Men's Ministries believes the Holy Spirit will guide you concerning the spiritual disciplines in your life. Paul reminds us in Colossians 3:9-10, "You have put off the old self with its practices and have put on the new self, which is being renewed in knowledge after the image of its creator."



FOR GROUP LEADERS

As you plan to use this material in a group format, below are some tips to help you get the most from these lessons.

- Determine who will be the group leader. The leader will be responsible for making copies, coordinating meeting times, and facilitating discussions.
- The group leader should select individuals to read aloud the **SIGHTLINE** and **CROSSHAIR** sections.
- Before a session begins, the group leader should read through the questions in the **BULLSEYE** and *FireBible* sections. Many lessons have more content than can be covered in one session, so the leader may choose to use only some of the questions or assign group members to work through part or all of the questions before arrival.
- If your group is very large, dividing into groups of three to four people is the best way to work through selected questions from the **BULLSEYE** and *FireBible* sections for thirty to forty minutes. These groups should also commit to work together throughout the week.
- If you've divided into smaller groups, rejoin the entire group together after small group time. Discuss as a large group a few of the selected questions from the **BULLSEYE** section for ten to fifteen minutes.
- Finally, the leader is responsible to hold group members accountable for completing the Scripture reading before each session and ensuring that they are writing in their journals.



LESSON BREAKDOWN

SPIRITUAL DISCIPLINES

- ☐ Start Here
- ☐ 1: Understanding Spiritual Disciplines
- ☐ 2: Bible Study
- ☐ 3: Communicating with God
- ☐ 4: Fasting
- ☐ 5: Praise and Worship
- ☐ 6: Generosity
- ☐ 7: Community

APPENDICES

- ☐ A. Bible Translation Tool
- ☐ B. Facts about the Bible
- ☐ C. The Books of the Bible
- ☐ D. S.O.A.P. Bible Study
- ☐ E. Bible Reading Plans
- ☐ F. Fasting Types
- ☐ G. Steps for Effective Fasting
- ☐ H. Effective Fasting Worksheet
- ☐ I. Generosity Ladder

