

167 it's about time

Week 1: Solitude & Scripture Memory

Study Guide August 6&7, 2016

Main Point

Spiritual Disciplines are things we do, not character qualities, in order to develop our inner being.

Discipline = daily process = for a particular outcome

Solitude

1. Read 1 Samuel 16:7
Remember Pastor Ken's drawing of the inside and outside of a person? Draw your own person. The inside is your feelings, faith and character. The outside is performance, appearance and skills. Who is the one person who you would say has a strong influence in your life? Why? What are their attributes or skills?
2. We each are given 168 per week. If we spend one hour in worship, we are left with 167. Do a brief but honest appraisal of how you spend those hours. What takes up most of your time? How does it benefit your everyday life? 75% of people surveyed said their level of busyness interfered with their spiritual development; would this be true for you?
3. Before this week, when you would hear the word "worship," what was your definition of the word? Read Romans 12:1-2
4. What is your first thought when you read 1 Timothy 4:7-8? What does it mean to "train yourself to be godly"?
5. Here are some of the top reasons we don't train and develop our inner selves: We think we are fine. We don't know what to do. We think we are too busy. Can you list more?
6. Jesus began his ministry with 40 days of solitude. Read Luke 4:1-13.
7. Read Psalm 46:10. Be *still*. The Hebrew word means stop striving and being frantic. What does solitude or being quiet look like for you?
8. Make solitude a part of your routine. What would you need to change in your daily schedule to make more time to have solitude with God?

Memorizing Scripture

Did you find yourself saying, "I am not good at memorizing"? But, did you resonate with Pastor Ken when he mentioned the 80s songs? Depending on your age, what comes to your mind when you hear – "Gilligan's Island" or "Prince of Bellaire"? Know all the words? Repetition is the key. We have the freedom to choose what we place in our minds.

9. Read Luke 4:1-13 again. What stands out to you about how Jesus responded to Satan? Satan twisted the scripture and Christ responded with the truth of scripture. When God's word is planted in our hearts and minds – the Holy

Spirit will recall certain truths to combat the enemy. Share a time when this may have happened to you.

10. Read Ephesians 6:10-17

The only offensive weapon is the word of God. Read Psalms 1:1-3. How do you see where being rooted in God's word, like a tree planted by the water, becomes your source of strength? When the storms and winds of life hit you, how can God's word keep you grounded?

Apply

Each day Cypress will be posting a Bible verse via social media and at cypresschurch.tv. We encourage you to memorize it. Read it over and over and simply meditate/think on it. What does it mean? What implications for my life may it carry? What adjustments in my thinking or living need to occur?

Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Joshua 1:8

Further Reading

Mark 2:27

Genesis 2:2

Colossians 3