



Spiritual disciplines as we follow Jesus

What is the series about?

Through a 4 week series we want to encourage and equip people to start and/or grow in spiritual disciplines. At the beginning of a New Year people often join a Gym, but doesn't last much longer than a month. We want to help people at King's to be people who practice what Jesus did, over the long haul. Thus, training themselves in godliness, becoming more Christlike and making more disciples!

Weekly Subjects

- 14th Jan: Prayer and Fasting
- 21st Jan: Praise and Worship
- 28th Jan: Rest and Rhythm
- 4th Feb: Study and Learning

Listen to the audio

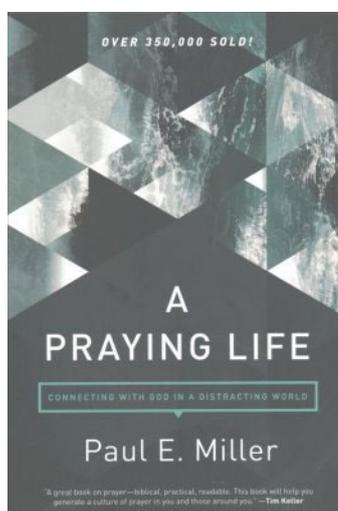
On the King's Norwich app or at:
kingsnorwich.com/godsgym/

Check out the blog

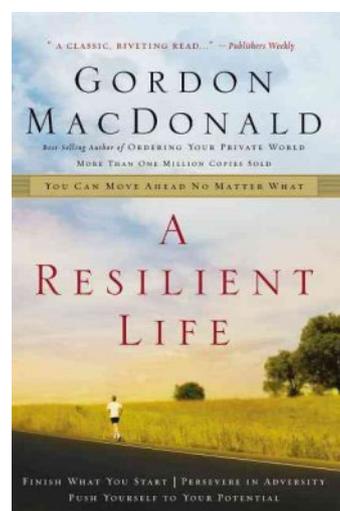
kingsnorwich.com/blog

Recommended Reading

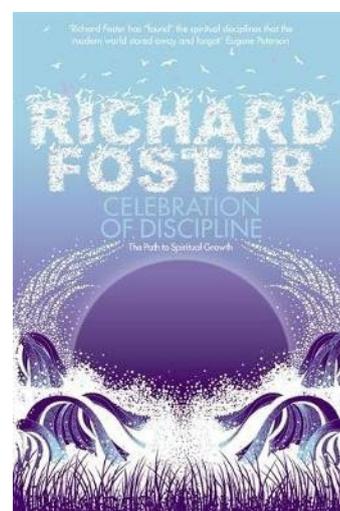
A Praying Life
Paul E Miller



A Resilient Life
Gordon MacDonald



Celebration of Discipline
Richard Foster





Title: Prayer and Fasting

Speaker: Marcus Tutt

Bible reference: The Psalms

Overview

The Psalms give us a great recipe for a rich prayer life. Here are some of the ingredients:

- 1.Praise (sing about God's goodness until you see it)
- 2.Passion (pray about something you really care about)
- 3.Prophecy (Listen to what God is saying and let it fuel your faith and direct your prayers)
- 4.Poetry (be creative - say, sing, write, paint, act out your prayers)
- 5.Personal pep talk (give yourself a good talking too)
- 6.Petition (Ask God directly and specifically)
- 7.Public exhortation (Encourage one another to pray and keep on praying)
- 8.Proclaim truth (Create an atmosphere of truth)
- 9.Promise faithfulness (Commit to a course of action)
- 10.Prohibit (Take charge and command God's kingdom to come)

For more on some of these points, read some of Marcus' blog posts:

[Rich Bun Loaf Prayers](#)

[What Kind of Prayer Are You?](#)

[Desperate Prayer - Pursuing and Prising the Presence of God Part 8](#)

Response (SOUL)

Run through the following sections. Use smaller groups at any time if helpful.

S = Scripture - Read it, what does it say?

O = Observe - What do you see, context, details, surprises etc?

U = Understand - What truth does God want you to learn?

L = Live - What would it look like to apply this to your life?