



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

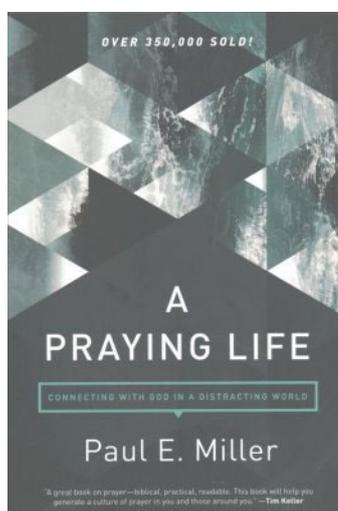
On the King's Norwich app or at:
kingsnorwich.com/godsgym/

Check out the blog

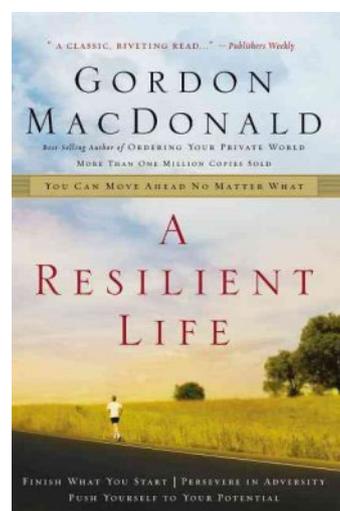
kingsnorwich.com/blog

Recommended Reading

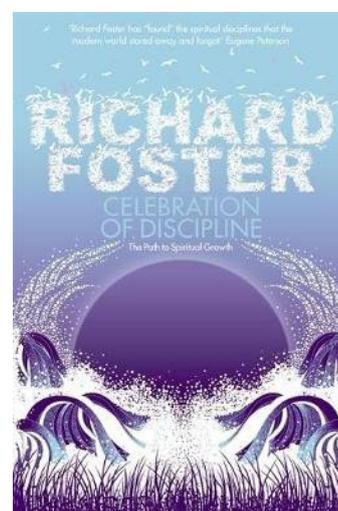
A Praying Life
Paul E Miller



A Resilient Life
Gordon MacDonald



Celebration of Discipline
Richard Foster





Title: Study and Learn

Speaker: Marcus Tutt

Bible reference: Psalm 119:97–100

Overview

⁹⁷Oh how I love your law! It is my meditation all the day. ⁹⁸**Your commandment makes me wiser than my enemies, for it is ever with me.** ⁹⁹I have more understanding than all my teachers, for your testimonies are my meditation. ¹⁰⁰I understand more than the aged, for I keep your precepts.

Psalm 119:97–100 (ESV)

1. What are God's commands?

All of Scripture / The Bible - commands and context

2. Why do they make us wise?

Because they reveal reality to us. Things are not always the way they appear. We have an enemy who seeks to blind and deceive us. We need a revelation of truth from our creator God. All scripture is about Jesus who is the wisdom of God for us.

3. How can we keep them before us?

Read God's word daily. Meditate on it. Study it. Memorize it. Sing it.... Let it become like a heart HUD (Heads up display). Obey/Live out the revelation of Jesus that is in God's word. That is true wisdom.

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?