

MAIN IDEA - Spiritual Disciplines help us obey God by training ourselves for godliness.

Building Block #1 - WHAT ARE SPIRITUAL DISCIPLINES?

HANDS

What spiritual disciplines have you worked on as a family?

Sit down together as a family and consider what you have done together and what you have done individually to enhance your pursuit of godliness. If you don't have many answers, don't worry! Now is a great time to start cultivating these practices in your home.

Building Block #2 - WHICH ONES SHOULD WE DO?

HEAD

Consider together which of these disciplines you do not do or you could improve upon as a family?

Some of these disciplines should find their way into your family worship time. Others you should try to hold one another accountable to doing individually. Will you commit as a family to trying to practice these disciplines over the next several weeks as we learn more about them?

Bible Intake, Prayer, Worship, Fasting, Silence & Solitude, Evangelism, Serving, Stewardship

Building Block #3 - WHY WOULD WE DO THEM?

HEART

What would be different about your family if you consistently pursued these spiritual disciplines together?

The Bible tells us to train ourselves for godliness. The spiritual disciplines are a means of training to become more like our Savior. If our families train together to become more like Christ, our homes will be filled with the love of God and love for one another in a way that would be impossible without this effort.

Pray

1 TIMOTHY 4:7B

- Adoration** God, you are the One who is worthy to be imitated.
- Confession** We confess that we lack godliness and need help to become more like You.
- Thanksgiving** Thank you for providing us with everything we need for life and godliness.
- Supplication** Please help us as we try to discipline ourselves for the sake of godliness.

Memorize

1 TIMOTHY 4:7B

SUMMARY

This week we are starting a new series on the book of Hebrews. At the beginning of the book, the author urges his audience to pay very close attention to Jesus. These Jewish believers had a tendency to put their faith in Jesus, but to put their hope in the old religious practices that they trusted in before Christ. In a world that is full of voices demanding our attention and promising us hope, we have to be reminded that the voice that matters most is the voice of Jesus.

TEXT

Hebrews 1-2

OUTLINE

Pay attention to Jesus

1. Because God has Spoken (1:1-3)

- To the Prophets: All of Scripture gives us the very words of God.
- By His Son: In Jesus, the Creator and sustainer of all things has spoken.
- We have the opportunity to listen and learn from the Almighty God. We should pay attention.

2. Because Jesus is Better (1:3-14)

- The nature and identity of Jesus is described in detail using an array of Old Testament references, showing that Jesus is not just another creature, an angel, or any other messenger.
- Jesus is the Divine Son and should be listened to over all else.

3. Because We will be Judged (2:1-4)

- Those who reject the message of Jesus will be judged for their sin.
- We must pay close attention because this better messenger, the Divine speaker, Jesus will return and the whole earth will be judged by their response to Jesus.

Discussion Questions

- Whose voice do you listen to in this life? Who do you respect enough to pay attention to?
- What is it about Jesus that makes him worth paying attention to?
- How is the message of Jesus different from the hopeful messages of the world?