

## Theology Intensive

# Disciplines & Discipling

*How do we position ourselves to take in and give out?*

### **BIG IDEA**

Our lives must be rhythmic if we are going to hear from the Lord and be effective in influencing others for the Lord.

### **MAIN SCRIPTURE MEDITATION**

*“Practice these things, immerse yourself in them, so that all may see your progress. Keep a close watch on yourself and on the teaching. Persist in this, for by so doing you will save both yourself and your hearers.”*

*1 Timothy 4.15-16*

### **ASSIGNMENTS**

#### Required Reading – To Be Completed **BEFORE** Class

- Donald S. Whitney, *Spiritual Disciplines for the Christian Life*, chapters 1-4 (pgs. 15-83)
- Mark Dever, *Discipling*, The entire book.

#### Required Response – To Be Completed **AFTER** Class

- Journal the activity of your personal disciplines for 2 weeks
- Write a 1,000 word paper that explains how after doing this it affected your love for God (delight in Christ) and your love for neighbor (making disciples).
  - Give us glimpses into how your disciplines spoke to the state of your soul
  - Give us glimpses into how your disciplines effected various conversations with others
  - Finish by providing counsel to someone that is not consistent in their disciplines and discipleship based off of what you have learned in this session and experienced as a result

### **SUPPLEMENTAL RESOURCES (Optional for Personal Growth)**

#### Reading Suggestions

- *Call to Spiritual Formation* by D.A. Carson (prayer)
- *Holiness* by J.C. Ryle
- *Master plan of Evangelism* by Robert Coleman
- *One to One* by David Helm
- *Trellis and the Vine* by Colin Marshall and Tony Payne
- *The Walk* by Stephen Smallman (a great book to read with another)

#### Suggested Systematic Theology Textbooks

- Wayne Grudem, *Systematic Theology: An Introduction to Biblical Doctrine*
- Millard Erickson, *Christian Theology*
- Daniel Akin, *A Theology for the Church*