

DAILY DISCIPLESHIP PRACTICES A SIX-WEEK GUIDE

**Created by The Rev. Steve Baldry
MacNab Presbyterian Church, Hamilton**



WAYS TO USE THIS RESOURCE

- Use this booklet as a companion resource to a six-week sermon series or Bible study that connects the themes of each week to discipleship (use themes in whatever order suits your congregation best).
- Use all or parts of this booklet as a study guide for small groups. Gather together as a group once a week to share, reflect and pray about the daily discipleship practices.
- As an alternative to printing the booklet, email congregation members each morning for six weeks with the prayer/reflection prompts in this resource.

**The Presbyterian Church in Canada
Canadian Ministries**



WEEK 1: ENCOURAGE OTHERS

SUNDAY – The words, “thank-you” can go a long way. Say “thank-you” to at least 3 people today.

MONDAY - Read Hebrews 10:19-25. List (from the passage) 2-3 things we have because of God's love and 4-5 things we are to do in light of God's love.

TUESDAY - Is there someone you know who is facing a challenge or having a tough time? Reach out to them today with a text, email, phone call, card, or visit.

WEDNESDAY - Read about Barnabas in the following passages: Acts 4:36-37; Acts 9:26-27; Acts 11:22-24; Acts 15:36-39. List the characteristics of his life.

THURSDAY - Is there someone you haven't seen at church lately? Pray for them and, if possible, reach out to them.

FRIDAY - Not every situation feels encouraging. Read Genesis 50:20. Be on the lookout today for an opportunity to transform a negative to a positive by the way you respond.

SATURDAY - Read Mark 2:1-12. How did the paralysed man allow himself to be vulnerable? What were the results of his vulnerability? If encouragement is a two-way street (need to give but also be willing to receive), how receptive will you be to someone who offers you help and encouragement today?

Notes:

WEEK 2: PRAY

SUNDAY –If you don't have a daily prayer time, why not give it a try for the next week? Think of your prayer time as making an appointment with the Lord. How are you going to keep that appointment each day?

MONDAY – Pray by filling in each of the blanks:

Adoration: "Lord, when I think of who You are, I am thankful for _____"

Confession: "Lord, help me to change in this area of my life: _____"

Thanksgiving: "Lord, thank you for _____"

Supplication: "Lord, I pray for ___ (person) asking _____ (request)" or
"Lord, I pray for _____ (situation) asking _____ (request)"

TUESDAY - Read Philippians 4:4-9. Prayer is one of 4 ideas in this passage. What are the other 3? The "doing" piece of this passage must accompany prayer. Remember the requests you made on Monday. What are you going to "do" in light of those prayers?

WEDNESDAY - In 2 Corinthians 12:7-10, Paul started by asking for something 3 times. What was it? What was God's answer? What changed for Paul? Instead of praying for a situation to change, how might God change **you** in this situation? What would you pray now?

THURSDAY - Read Matthew 6:9-13. If you were to paraphrase this prayer, what topics/ ideas does this prayer express? To help you clarify your thoughts, write them down.

FRIDAY – Colossians 1:9-14 starts with "For this reason, since the day we heard about you, we have not stopped praying for you." Are there people in your life that you should regularly pray for? Who are they?

SATURDAY – Psalm 46:10 says "Be still, and know that I am God!" Spend 10 minutes quietly reflecting on the Lord and how you could follow God's direction.

WEEK 3: LOVE OTHERS

SUNDAY - Love... feeling or choice? In what ways is the "feeling" part of love a good thing? In what ways could it be unhelpful?

MONDAY - Read 1 Cor. 13: 4-8a. Several characteristics are listed in this passage. Can you think of specific "real life" situations in which you could practice these characteristics?

TUESDAY - Colossians 3 states: "So if you're serious about living this new resurrection life with Christ, *act* like it. Pursue the things over which Christ presides" (The Message). If you were to visualize Jesus presiding over your relationships, how would it impact the way you think and act towards others?

WEDNESDAY - Read Paul's prayer in Ephesians 3:14-19. What does it say about love? Consider the idea of "dwelling." What does this passage teach about Christ's love informing the other areas of love in our lives?

THURSDAY - Read 2 Corinthians 5:20. What is an ambassador? How does being an "ambassador of Christ" affect the way you view your role in the world?

FRIDAY - Read John 3:16 and Romans 5:6-8. What did God's love do? What did God's love make possible? How does this relate to what Jesus says about love that extends to your enemies/ those who are difficult to love?

SATURDAY - Look back over your thoughts on the past week. What has stood out to you as new thoughts? What do you need to meditate upon further? Take a few moments for reflect on this and offer a prayer to the Lord.

WEEK 4: SERVE OTHERS

SUNDAY – Mark 10:35-45 – What did James and John want? How does Jesus address this attitude?

MONDAY - Read Philippians 2:5-11. How does Paul describe Jesus' example? How should it shape our attitude and way of living?

TUESDAY – Read John 13:3-17. What does Jesus do in this passage? What does that teach us about Jesus? What does Jesus tell his followers?

WEDNESDAY – Read 1 John 4:7-12. How does loving others overlap with loving God?

THURSDAY – Read Matthew 25:37-40. How does serving other overlap with serving God?

FRIDAY – Read 1 Corinthians 4:1-5, noting the word “steward.” What difference is there between a servant and a steward? What are the implications for your outlook on service?

SATURDAY – Pray that you will grow as a servant of Christ in all areas of your life, and that you will behave as a servant in both expected and unexpected situations.

Notes:

WEEK 5: BE THANKFUL

SUNDAY – 1 Thessalonians 5:18 states “give **thanks** in all circumstances; for this is the will of God in Christ Jesus for you.” What is hard about this verse?

MONDAY – Re-read the verse above and consider the difference between giving thanks “IN” and thanks “FOR.” How might this affect your outlook when circumstances are difficult? What can you be thankful for regardless of circumstances?

TUESDAY – Read Psalm 9:1. What does “whole heart” imply? What does “wonderful deeds” (of God) mean in your life? How does this help you focus your thankfulness?

WEDNESDAY – Read Philippians 1:3-11 (remember that Paul is imprisoned when he wrote this). Where was Paul's focus? What might this teach you?

THURSDAY – Read Philippians 2:12-18. This passage starts with the word, “therefore.” What is “therefore” referring back to?

FRIDAY – Read Philippians 2:12-18, noting especially the instructions of v 14. Why is this hard? What are the outcomes of following these instructions?

SATURDAY – Pray about your attitude of thankfulness and where you want to focus your attention. Consider the benefits of giving thanks (compared to complaint). How might you help others cultivate this attitude?

Notes:

WEEK 6: DENY SELF

SUNDAY – Read Luke 9:23. Reflect on what might sour a person from the idea of denying self.

MONDAY – The Westminster Shorter Catechism states that a person's "chief end is to glorify God, and to enjoy him forever." Reflecting on what it means to glorify God, consider the following passages: Ps. 86:9; Isa. 60:21; Rom. 11:36; I Cor. 6:20; 10:31; Rev. 4:11. How do these passages shape your perspective on denying self?

TUESDAY – The Westminster Shorter Catechism states that a person's "chief end is to glorify God, and to enjoy him forever." Reflecting on what it means to enjoy God forever, consider how the following passages: Ps. 16:5-11; 144:15; Isa. 12:2; Luke 2:10; Phil. 4:4; Rev. 21:3-4. How do these passages shape your perspective on denying self?

WEDNESDAY –Turning back to Luke 9: 23, reflect on what specific ways you might choose to "follow" Jesus. Consider thoughts/ perspectives, attitude and actions.

THURSDAY – Read Romans 8:32, then the whole chapter, then 8:32 again. What themes stand out about what God has done for us through Jesus?

FRIDAY – In light of this week's readings, how does denying self actually move you forward? How is denying self (actually) gaining more than you lose?

SATURDAY – Pray about specific areas of your life you need to consider more carefully when it comes to denying self. What prayer might you offer to the Lord?

Notes: