

Sacred Rhythms

Deeper Faith



Fasting is arguably the most **countercultural** of the spiritual disciplines. In a time of unprecedented conveniences—when every atmosphere is climate-controlled, food can be ordered with the press of a button, entertainment can be perfectly curated to personal taste, and we feel **entitled to satisfy every desire immediately**—anything uncomfortable seems like a wholly unnecessary annoyance. We expect to be **ever full, ever satiated**. **Brett and Kate McKay**



Recap

Fasting is Responsive

So I turned to the Lord God and **pleaded with him in prayer and fasting**. I also wore rough burlap and sprinkled myself with ashes. **Daniel 9:3**

Fasting is Preparation

where he was tempted by the devil for forty days. Jesus **ate nothing** all that time and became very hungry. **Luke 4:2**



Recap

“More than any other discipline fasting reveals the things that control us.” Lynne M. Baab


What you refuse to give to God will limit/define your growth with Him



Recap

The Spiritual Discipline That Impacts Everything, Eric Geiger

In our research behind Transformational Discipleship, we discovered that engagement in **one particular spiritual discipline positively impacts engagement in every other spiritual discipline** (giving, serving, sharing the gospel, fasting, praying, etc.). In other words, while the other spiritual disciplines are important, engagement in one of these (from a research vantage point) does not necessarily increase engagement in the others. **But there is one spiritual discipline that increases activity in every other spiritual discipline.**



The Spiritual Discipline That Impacts Everything, Eric Geiger

**And that spiritual discipline is ongoing
engagement with God's Word. Those
who increase their engagement with
God's Word increase their participation
in the other spiritual disciplines.**



**Our next spiritual discipline is
of **engaging** with God's word**



The Spiritual Disciplines: Study and Self-Examination, Brett & Kate McKay

Rather than cramming for a test — filling one's head with facts that are quickly regurgitated and just as soon forgotten — the spiritual studier aims to **deeply absorb knowledge and make it a **permanent part of his soul**.**



The Spiritual Disciplines: Study and Self-Examination, Brett & Kate McKay

And instead of being limited to the study of written **texts, the spiritual studier also examines **(themselves)** — a related exercise that also constitutes a distinct discipline.**



Reasons We Avoid the Bible

**We have reduced Christianity
to an emotional experience**

**We have portrayed the bible as Walt Disney,
but in reality it is more Quentin Tarantino**

We don't like to be contradicted

**The bible is confusing in culture,
narrative and context (over simplified)**



“It’s not just that we don’t know our Bible but that we have so **fragmented, dissected, and compartmentalized the Bible that we have lost sight of its great overarching story.”**

Hugh Wheelchel



Whatever we pay attention to becomes our reality

You are what you believe

Where do your beliefs come from?



“The purpose of the Spiritual Disciplines is the total transformation of the person. They aim at replacing **old destructive habits of thought with new life-giving habits. Nowhere is this purpose more clearly seen than in the Discipline of study. . . . The **mind is renewed** by applying it to those things that will transform it.”** **Donald S. Whitney**



Reasons We Need to Read the Bible

The Bible shows us God's character/nature

It reveals the supernatural

It is alive

It has eternal implications



Reasons We Need to Read the Bible

For everything that was written in the past was written to teach us, so that through the **endurance taught in the Scriptures** and the encouragement they provide we might have hope. **Romans 15:4**

I have hidden your word in my heart, that I might **not sin** against you. **Psalms 119:11**

For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. **It exposes our innermost thoughts and desires.** **Hebrews 4:12**

Then he opened their **minds** to understand the Scriptures. **Luke 24:45**

According to the Torah, when Moses stood atop Mount Sinai and presented his people the stone tablets with the Law of Jehovah inscribed upon them, the Hebrews spoke in unison “na’aseh v’nishma” which means “We will do and we will understand.” Basically the Hebrews covenanted that they would live the Law first, in the hope that through living the law they would eventually come to understand it.



**“Remember that the key to the
Discipline of study is not reading many
books, but **experiencing** what we do
read.” **Renovaré Collective****



The Spirit and the Word

But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will **teach you** everything and will **remind you** of everything I have told you. **John 14:26**

But it was to us that God revealed these things by his Spirit. For his Spirit **searches out everything** and **shows us God's deep secrets**. **1 Corinthians 2:10**



Personal Study Tips

Study with a guide

Schedule and keep that study time (M-F)

Read the passage out loud or write it out (three times for both exercises)

Journal thoughts and experiences at time of study and at the end of the day



Bible Knowledge Series

The Bible Knowledge Commentary

OLD & NEW TESTAMENT

(2 VOLS)

John F. Walvoord and Roy B. Zuck
GENERAL EDITORS

Matthew *for* EVERYONE

Part One

N. T. Wright



Chapters 1-15

THIRD EDITION

NEW BIBLE DICTIONARY

EDITED BY I. Howard Marshall, A.R. Millard,

J. I. Packer and D. J. Wiseman



Group Study

Read it aloud in a group

Read it out loud from various translations

Talk about differences or things you noticed

Write down thoughts and experiences



Digital Study Group

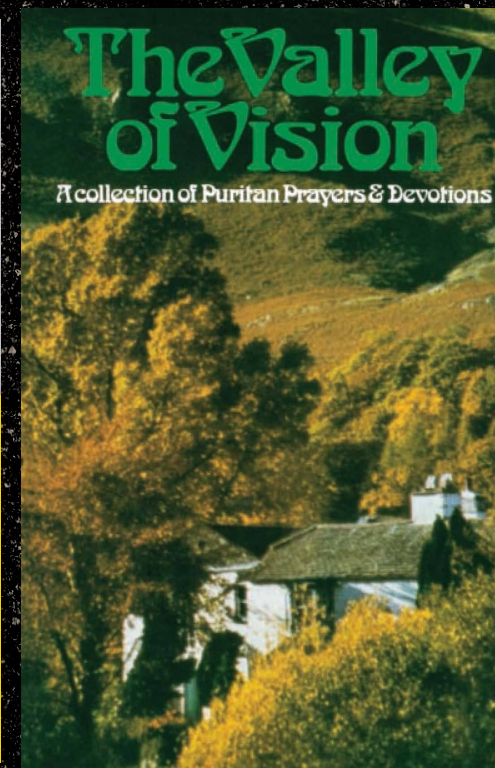
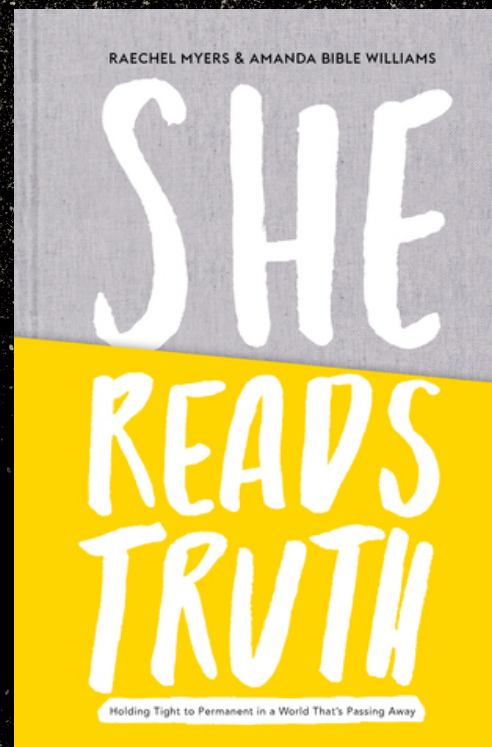
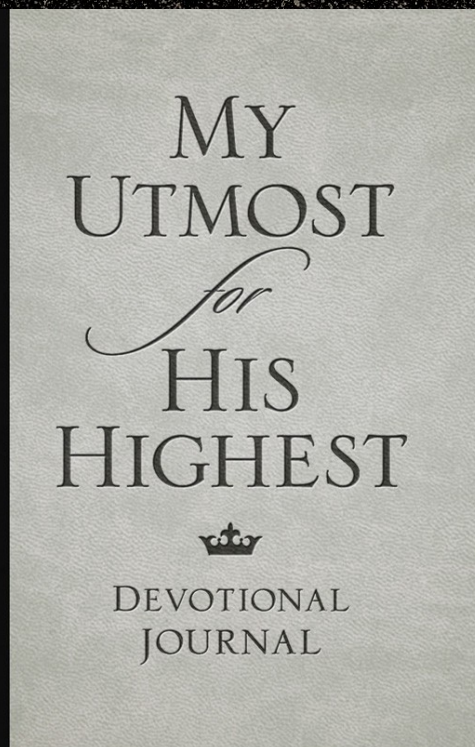
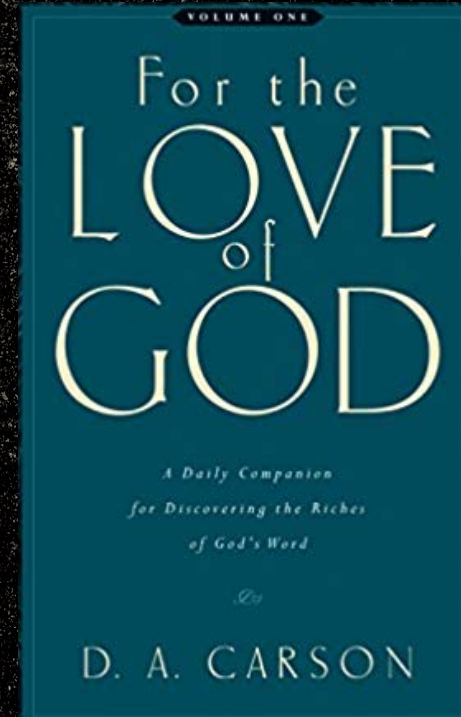
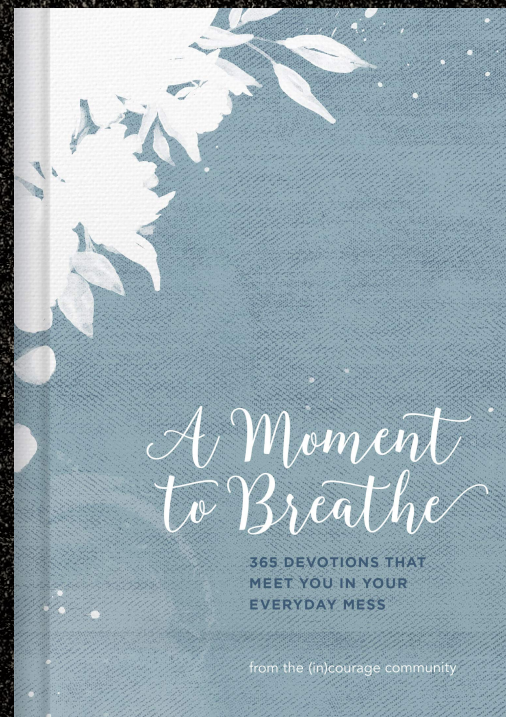
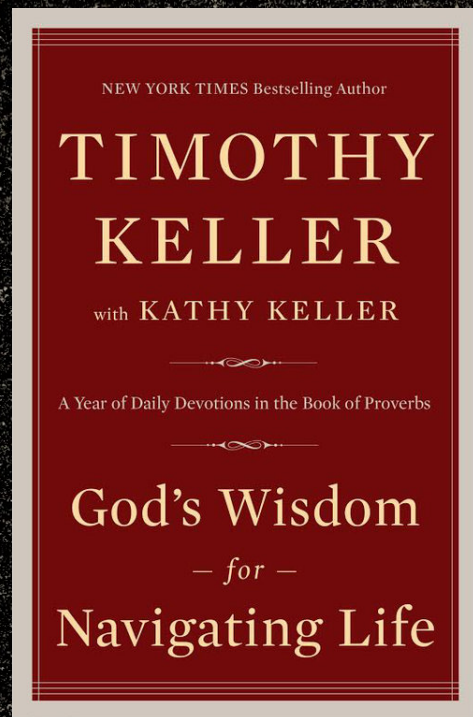
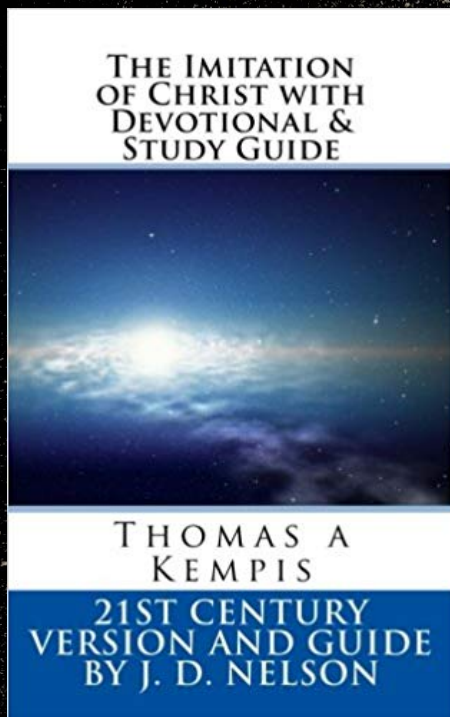
Gather a group of people

Commit to reading a pre-selected passage of scripture by a certain time in the morning

In a group chat, reflect on the passage together

Everyone must share (passive to participatory)







the

BIBLE

PROJECT

BOOK

DEUTERONOMY

Temptation Bundling

The quest to better ourselves is not an easy one. **Stress** causes us to fall back on old habits, life gives us more responsibilities, and our routines change.

Temptation Bundling is a term coined by University of Pennsylvania researcher Katherine Milkman. It refers to the act of **combining** a highly enjoyable, low beneficial activity with a less enjoyable, but highly beneficial activity.



Temptation Bundling

Katherine refers to the first behaviour as “**want**” – or temptation – activities, and the second behaviour as “**should**” activities – or behaviours that people avoid but are beneficial in the long run. Hence the name temptation bundling.

The **first activity is used as motivation to engage in the second behaviour**, which is less frequently performed. Temptation bundling is a strategy used to build healthier, more productive habits and activities.



“I enjoy reading the Bible more than the wealthy enjoy all their houses, cars, technology, and vacations. God, your word will be my first priority and focus each day. I will read and read the Bible, until I cannot forget it. Give me more grace, O God, and enable me to obey what I’ve read. Help me see more today than I’ve already seen before, even in these same pages. I only wish I had more time to read more of my Bible.”

Paraphrase of Psalm 119:14-20

