


Week # 4

JOY OF WALKING
WITH JESUS:
SPIRITUAL
DISCIPLINES



*Very early in the morning, while it was still dark, Jesus got up,
left the house and went off to a solitary place, where he prayed.*

—Mark 1:35

WEEK FOUR

JOY OF WALKING WITH JESUS: SPIRITUAL DISCIPLINES

KIM BALL AND LAURA URY

DAY 1 – Busyness/Making Time

Read Luke 10:38–42.

What is your day like? What are your distractions?

Does a busy day for you yield cranky/demanding responses?

What do you learn about the priority of time in this passage?

In the midst of busyness, how do you put into practice Mary's response of stopping the tasks, sitting at Jesus' feet and listening to Him?

Pray about the margins that need to be in your day and how you will guard them.

DAY 2 – Praise

Read Acts 16:25. Read this verse. Two prisoners are praying and singing praise to God and other prisoners are listening.

Now read Acts 16:16–34. Think about what's going on and notice the vocal response of Paul and Silas to their circumstances. Others were listening to them. Is praise a regular part of your life?

During pain and struggles do others see you praising God?

Read Hebrews 13:15–16.

Do you include praise in your day? Every day?

Why do we offer praise?

What are the benefits to you? To others?

How will you make this a regular part of your day?

DAY 3 – Sweetest Time All Day

Read Matthew 14:23, Luke 6:2–13.

What was going on before and after these scriptures?

What was Jesus' day like? What were the demands of His day?

What do Jesus' actions tell you about the priority of prayer?

What are the benefits to us for having this solitary time?

When will you make time for God? Where will you meet with Him?

Read Mark 1:35.

What encouragement do you have from looking at Jesus' example?

How will you take time out to meet with Jesus?

DAY 4 – Examples in Scripture

Read Genesis 25:19–26.

We learn that Rebekah is barren, so Isaac prays for her. God answers his prayer. Rebekah conceives but there is a rough pregnancy and she seeks the Lord.

Read 1 Samuel 1.

We learn a lot about Hannah and her home life from this chapter. She was barren and taunted by her husband's second wife. She pours herself out to God asking for a son. Hannah's prayer is answered and she worships the Lord and honors her commitment to give her child to the Lord.

Read Nehemiah 1.

Nehemiah hears about the broken walls of Jerusalem and weeps, fasts and praise and confesses his sin along with the sins of the rest of the Israelites for not obeying God's commands.

Read Nehemiah 4:1–4.

When opposition came, he still called out to God for help.

Read Nehemiah 6:9.

More opposition comes and Nehemiah prays for strength to finish the task.

Read Nehemiah 12:27–43.

Nehemiah helps to gather the Israelites for a time of praise to dedicate the finished walls.

Read Daniel 6:1–12.

Daniel lived a life above reproach. There came a decree that only the king could be worshiped for 30 days. Daniel knew about the decree but went ahead with his daily routine of praying to God just as he always did three times a day.

What do you learn from these examples in scripture?

How are you encouraged?

What do you learn about the way that they responded to hardships?

In what ways will your habits change as you spend time in prayer and Bible study seeking the Lord?

What persistence of faith will you remember and reflect on?

What are the benefits obtained day-by-day from a deep abiding relationship with Christ spending time in His presence?

DAY 5 – Remember/Write It Down

Read Deuteronomy 4:9, Psalm 77:11–12.

What has God done?

What has He done for you?

How has He answered prayers?

How do you not forget these things? What will you do to remember?

There is great joy in time with Jesus—time to spend reading His Word, speaking to Him, praising His name, crying out to Him, worshiping Him and listening for His voice and following along with obedience as we walk with Him day by day.