



Cultivate

Young Adults Conference



Name: _____

Study Group Number: _____

Saturday 22 June 2019
Reformed Church of Christchurch

Session 1

The Importance of Growth as a Christian 1 Timothy 4:1-16

- Why grow?
- Physical training for growth
- **Spiritual training for growth**
1 Tim 4:7b-8: "Train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come"
- The gospel – motivation for growth
- **Fuelling the growth**
"Man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD" (Deut 8:3b)

Session 1 cont.

- Working out in the 'spiritual gym' of life

- Growing in relationship with the Lord

- Growing in Christ-like character
1 Corinthians 11:1: "Be imitators of me, as I am of Christ"

- Growing in relationship with others

- Growing in thankful service

- Spiritual training for growth

Study Group Questions

Why we need to be studying God's Word

1. What is personal worship?
2. Why is personal worship important?
3. How does the Word of God assist in personal worship?
4. How can you train for personal worship?

Study Group Questions

5. How does personal worship cultivate growth in the Christian?
6. What is corporate worship and why is it important?
7. How does the Word of God assist in corporate worship?
8. How does corporate worship cultivate growth in the Christian?
9. What are some of the evidences of growth in the Christian life?

Session 2

Methods of Bible Study

Introduction

Important lessons from History

Learning from the Bible

Session 2 cont.

Memorization

Learning / Study in Group Settings

Individual (personal) 'quiet time'

Study Group Questions

Methods of Bible Study

1. The question raised in the presentation was, 'Are you at peace with and satisfied by your personal bible-study habits and the spiritual progress you are making as a result?' Care to have some time opening up on this? What makes it so? What are your questions and/or is your advice to fellow members of this discussion group?
2. Easy, immediate access to the bible – with all kinds of tools to aid in reading and studying it – is a very recent phenomenon in the history of Christianity. You do believe that this access has made for a stronger, better informed generation of Christians than ever before? Why or why might this not be so? What does your answer in fact demonstrate about bible study?
3. Previous generations of God's children (from OT times until about 200 years ago) had very limited access to the written (since 15th Century, printed) Word. Hence the focus on memorization. What is your assessment of this method of accessing the Bible for study? Are modern written (and electronic) means of access better? Cite some cogent reasons please!
4. Do you see merit in simple, extended reading of the Bible (eg an entire book) in a single session? Why or why not? How much more urgent is this point in this day and age?

Session 3 cont.

- Be Biblical
- Be Persistent
- Pray Together
- Expect
- Practice

Study Group Questions

Prayer

2 Thessalonians 1:3-12

1 Thessalonians 3:9-13

Philippians 1:9-11

Ephesians 1:15-23

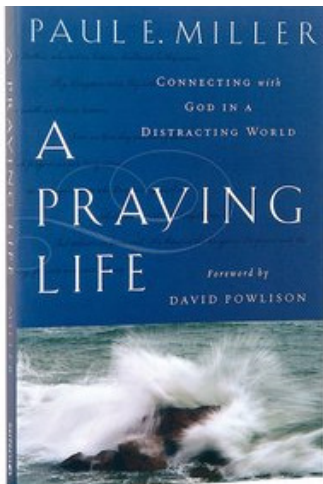
Study Group Questions

Ephesians 3:14-21

For further contemplation:

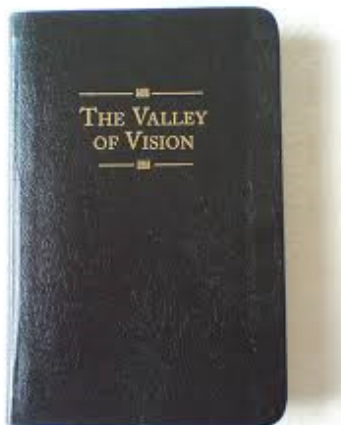
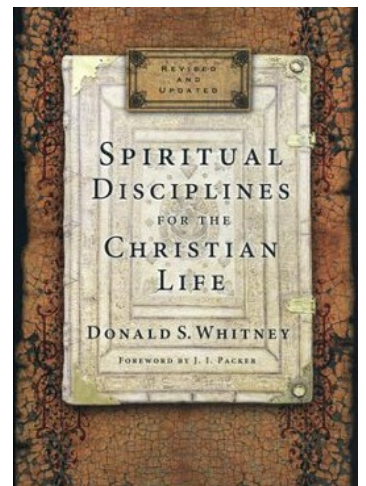
1. What are some things that you find hinder your prayer life?
2. Which of the practical helps struck you as something that you can include in your prayer life going forward?
3. How is prayer a spiritual weapon?
4. How would giving thanks for someone that you are struggling with help change your perspective of them?
5. What are some ways that God has answered your prayers in life?
6. One thing that we did not spend a lot of time talking about was confession of sin. Read together Psalms 32 and 51. How do they help you in providing a model for confessing your sin?

Recommended Reading



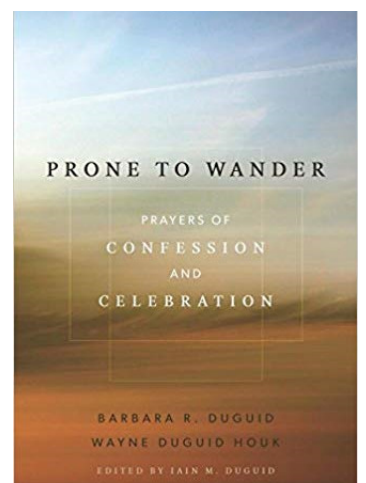
A Praying Life
by Paul Millar

Spiritual Disciplines for the Christian Life
by Don Whitney

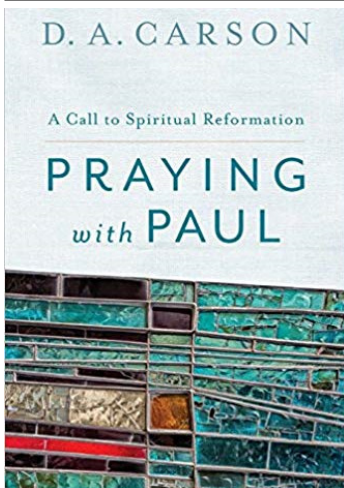


Valley of Vision
by Banner of Truth

Prone to Wander: Prayers of Confession and Celebration
by Duguid and Hook

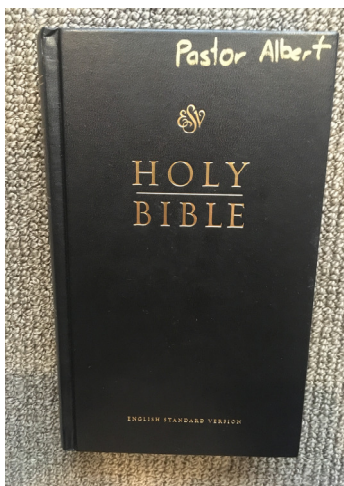
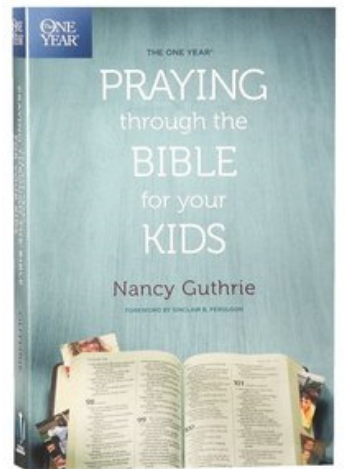


Recommended Reading



Praying with Paul!
by D. A. Carson

Praying through the Bible for your Kids
by Nancy Guthrie



Holy Bible

Prayermate

<https://www.prayermate.net>

Helpful Sites

<https://www.thegospelcoalition.org/blogs/scotty-smith/>



PRAYERMATE™

Additional Notes
