

# SOUL SURRENDER

LENT | February 19, 2023

**Luke 9:23**—Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.

## EXAMPLE OF JESUS

**Luke 2:52**—Jesus grew in wisdom and strength and in favor with God and man.

**Relationally** **Physically** **Mentally** **Spiritually**

## WHY DO SPIRITUAL DISCIPLINES MATTER?

If you want to live the life that Jesus lived, you need to practice the habits that Jesus practiced.

**Colossians 2:5**—For though I am absent from you in body, I am present with you in spirit and delight to see how disciplined you are and how firm your faith in Christ is.

**1 Corinthians 9:24-27**—Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

## FOUNDATIONAL SCRIPTURE FOR 40 DAYS OF LENT

**James 4:7-10**—Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up.

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All verses quoted in New International Version unless otherwise noted.

Rewatch today's message online at [bcachurch.com/messages](http://bcachurch.com/messages)

# LENT STUDY GUIDE: WEEK 1

Begin with prayer.

## TESTIMONY

Each week have someone share their testimony (their Jesus story). This week, start with you, the leader. Only share what you feel comfortable sharing with the group. Schedule who will share next week.

## ENGAGE/EXCLUDE

Take a few minutes as a group to discuss the LENT challenge. What do you expect from this experience? What do you think will be challenging?

## READ TOGETHER

Matthew 6:1-24

## WORD FROM PASTOR ROB

Nobody drifts into discipleship. Nobody drifts into discipline. We must deliberately choose to grow in our discipleship and specifically choose to practice spiritual disciplines. The LENT season provides us 40 days to do just that. What a wonderful time of the year to prepare our hearts for Easter. As we lead our groups, let's encourage them to maximize these 40 days for God and for good. Let's choose to grow deeper in our faith and more faithful in living for Him.

## STUDY QUESTIONS

1. What do you think of when you think of spiritual disciplines? In his book, *Celebration of Discipline*, Richard Foster talks about Spiritual Disciplines of Engagement and Spiritual Disciplines of Exclusion. What disciplines from his list resonate most with you and why?

### **Spiritual Disciplines of Engagement:**

- Study—Bible study, memory, meditation.
- Worship—Personally ascribing worth to God.
- Celebration—Holy delight in God and His goodness.
- Service—Ministering to others and for God's Kingdom.
- Prayer—Conversing, communicating, consecrating to God.
- Fellowship—Doing life, encouraging faith, building community with other disciples.
- Confession—Transparency, confiding in trusted disciples.
- Submission—Receiving counsel from mature disciples.

### **Spiritual Disciplines of Exclusion:**

- Solitude—Time spent alone with God.
- Silence—Listening, practicing God's presence.
- Fasting—Abstaining from food and feasting on God.
- Frugality—Living a simple, non-materialistic life.
- Chastity—Abstaining from sexual thoughts and actions.
- Secrecy—Disallowing our good acts from being known.
- Sacrifice—Putting God, others, and their needs over my personal security and needs.

2. As we shared in the message, if you want to live the life that Jesus lived, you need to practice the habits Jesus practiced. Why is this true? Think of examples of how Jesus practiced the spiritual disciplines in Foster's list in question 1 above. Which of these disciplines would you like to practice more in your life and why? (Rob mentioned three books in his message that you might consider reading if you have not already: Richard Foster—*Celebration of Discipline*; Dallas Willard—*Spirit of the Disciplines*; John Ortberg—*The Life You've Always Wanted*.)
3. Rob discussed the correlation Paul emphasizes in Colossians 2:5—“For though I am absent from you in body, I am present with you in spirit and delight to see how disciplined you are and how firm your faith in Christ is.” How do spiritual disciplines “firm up our faith?”
4. How can spiritual disciplines bend our human nature toward the nature of Christ? Walk through the 8 disciplines of engagement and the 7 disciplines of exclusion as you answer this question. For example: Frugality (and I would add generous giving) bends us away from materialistic living and spending everything on ourselves. God calls us to practice the spiritual discipline of selfless living and generous giving. How about some of the others?
5. What does I Corinthians 9:24-27 say to you? In what ways does it challenge us to live a more disciplined and devoted life? Paul is big on using sports metaphors in driving this point home. What are some other examples that come to mind? Pick one phrase in this passage that speaks loudest to you and share with your group. Why is it so meaningful to you?

## MEMORIZATION CHALLENGE

Matthew 6:9-13, James 4:7-10

## PRAYER

Take some time to share prayer requests and pray for each other.

## DAILY PRAYER FOCUS

*We will begin our daily prayer focus on Ash Wednesday.*

Wednesday: Desire to repent and walk closely with Jesus.

Thursday: Growing love for those around me.

Friday: God to be exalted and loved all over the world.

Saturday: God to save the lost.

## DAILY BIBLE READING

Monday: Acts 20, Genesis 44, Psalm 36

Tuesday: Acts 21, Genesis 45, Psalm 37

Wednesday: Acts 22, Genesis 46, Psalm 38

Thursday: Acts 23, Genesis 47, Psalm 39

Friday: Acts 24, Genesis 48, Psalm 40