

**Berean Christian Church  
Dr. Kerwin B. Lee, Senior Pastor**

**The School of Biblical Studies  
The Spiritual Disciplines**

**Week 1**

**I. Definitions of Spiritual Disciplines**

1. When you hear the phrase “spiritual discipline” what comes to mind?

---

---

2. How do you think a believer should understand the following exercise?

*Growing strong in body is all right but growing in God-like living is more important. It will not only help you in this life now but in the next life also.*

**I Timothy 4:8 NLT**

---

---

---

3. Review the definitions below and from your interpretation of them, write your own.

*Biblical practices that support healthy spiritual growth.*  
**Pastor Trace Edwards**

*The spiritual disciplines are those practices found in Scripture that promote spiritual growth among believers in the gospel of Jesus Christ.*

**Don Whitney**  
**Professor, The Southern Baptist Theological Seminary**

*Spiritual disciplines are habits, practices, and experiences that are designed to develop, grow, and strengthen certain qualities of spirit — to build the “muscles” of one’s character and expand the breadth of one’s inner life.*

**Brett and Kate McKay**

---

---

---

## II. Descriptions of Spiritual Disciplines

Listed below are various spiritual disciplines found in the bible.

1. \_\_\_\_\_ - refraining from items or practices for set period
2. \_\_\_\_\_ - communicating with God
3. \_\_\_\_\_ - providing resources for the Kingdom of God

## III. Destinations of Spiritual Disciplines

Listed below are outcomes from engaging in spiritual disciplines.

1. Spiritual Disciplines lead to the development of \_\_\_\_\_  
"Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ."

**Philippians 1:27**

2. Spiritual Disciplines lead to the development \_\_\_\_\_  
"...then your Father, who sees what is done in secret, will reward you."

**Mathew 6:4b NIV**

3. Spiritual Disciplines lead to the development \_\_\_\_\_  
"When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me."

**I Corinthians 13:11**

**Berean Christian Church**  
**Dr. Kerwin B. Lee, Senior Pastor**

**The School of Biblical Studies**  
**The Spiritual Disciplines**

**Week 2**

**I. Establishing Your Prayer Life**

Listed below are factors to consider when forming a prayer life.

1. \_\_\_\_\_ intentionally deciding a time for prayer.  
**Mark 1:35**  
*“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.” (NIV)*
2. \_\_\_\_\_ intentionally choosing a location for prayer.  
**Mark 1:35b**  
*“...left the house and went off to a solitary place, where he prayed.” (NIV)*
3. \_\_\_\_\_ intentionally focusing on a topic in prayer.  
**Numbers 21:7**  
*“The people came to Moses and said, “We sinned when we spoke against the LORD and against you. Pray that the LORD will take the snakes away from us.” So Moses prayed for the people.” (NIV)*
4. \_\_\_\_\_ intentionally structuring your moments of prayer.  
**Matthew 6:9**  
*“This, then, is how you should pray: “Our Father in heaven, hallowed be your name.” (NIV)*
5. \_\_\_\_\_ intentionally being consistent with prayer.  
**Daniel 6:10**  
*“Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.” (NIV)*

## II. Positioning your Prayer Life

Listed below are positions in which people prayed in the Bible.

1. \_\_\_\_\_ is a posture that shows \_\_\_\_\_ through prayer.

**Ezra 9:5, 6**

*“Then, at the evening sacrifice, I rose from my self-abasement, with my tunic and cloak torn, and fell on my knees with my hands spread out to the LORD my God 6) and prayed: “I am too ashamed and disgraced, my God, to lift up my face to you, because our sins are higher than our heads and our guilt has reached to the heavens.” (NIV)*

2. \_\_\_\_\_ is a posture that reflects \_\_\_\_\_ through prayer.

**Matthew 26:38-39**

*“Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.” Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.” (NIV)*

3. \_\_\_\_\_ is a posture that shows \_\_\_\_\_ through prayer.

**II Samuel 7:18**

*“Then King David went in and sat before the LORD, and he said: “Who am I, Sovereign LORD, and what is my family, that you have brought me this far?” (NIV)*

4. \_\_\_\_\_ is a posture that shows \_\_\_\_\_ through prayer.

**II Kings 8:22, 23**

*“Then Solomon stood before the altar of the LORD in front of the whole assembly of Israel, spread out his hands toward heaven 23) and said: “LORD, the God of Israel, there is no God like you in heaven above or on earth below—you who keep your covenant of love with your servants who continue wholeheartedly in your way.” (NIV)*

5. \_\_\_\_\_ is a posture that reflects \_\_\_\_\_ through prayer.

**II Kings 4:33-35**

*“He went in, shut the door on the two of them and prayed to the LORD. 34) Then he got on the bed and lay on the boy, mouth to mouth, eyes to eyes, hands to hands. As he stretched himself out on him, the boy’s body grew warm. 35) Elisha turned away and walked back and forth in the room and then got on the bed and stretched out on him once more. The boy sneezed seven times and opened his eyes.” (NIV)*

**III. Demonstrating your Prayer Life**

Describe your feelings after participating in the five positions of prayer.

1. \_\_\_\_\_

---

---

---

2. \_\_\_\_\_

---

---

---

3. \_\_\_\_\_

---

---

---

4. \_\_\_\_\_

---

---

---

5. \_\_\_\_\_

---

---

---

**Berean Christian Church  
Dr. Kerwin B. Lee, Senior Pastor**

**The School of Biblical Studies  
The Spiritual Disciplines**

**Week 3**

**I. Learning about Money Biblically**

Please fill in the blanks below.

1. There is an intimate correlation between how we \_\_\_\_\_  
and the quality of our \_\_\_\_\_.

**Matthew 6:33**

*“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you” (KJV)*

2. There are approximately \_\_\_\_\_ verses on prayer; fewer than \_\_\_\_\_  
on faith; and more than \_\_\_\_\_ verses on how to handle money and  
possessions.

**II. Reasons Jesus Talked about Money So Much**

The following are stories Jesus shared about money.

1. Money can compete with God for \_\_\_\_\_ in our lives.

**Matthew 6:24**

*“No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye can not serve God and mammon.”*

2. How we handle money impacts our \_\_\_\_\_ with the Lord.

**Matthew 25:21**

*“His lord said unto him, Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord.”*

3. A large part of our lives revolves around the \_\_\_\_\_

**Ecclesiastes 10:19**

*“A feast is made for laughter, and wine maketh merry: but money answereth all things.”*

### III. How do you Treat Money? Ownership vs. Stewardship

Below are some differences between ownership and stewardship

God is the owner of everything!

1. \_\_\_\_\_ it belongs to you.
2. \_\_\_\_\_ it belongs to God!

We are merely His stewards.

1. A \_\_\_\_\_ is one who is entrusted with another's wealth.
2. Since God owns it all, every \_\_\_\_\_ becomes a \_\_\_\_\_ .

### IV. Riches and Wealth

Below are some comparisons of riches and wealth

1. Riches are \_\_\_\_\_ you have; Wealth is \_\_\_\_\_ you are.
2. Riches are \_\_\_\_\_; Wealth is \_\_\_\_\_.
3. Riches are \_\_\_\_\_ related; Wealth is \_\_\_\_\_ related.
4. Riches are \_\_\_\_\_ term; Wealth is \_\_\_\_\_ term.
5. Riches are living \_\_\_\_\_; Wealth is living \_\_\_\_\_.

Real Wealth

1. Net worth is your \_\_\_\_\_ minus your \_\_\_\_\_ .
2. \_\_\_\_\_ make money. (real estate, stocks, etc.)
3. \_\_\_\_\_ take money. (cars, clothes, etc.)
4. \_\_\_\_\_ is the flow of dollars over a period of time; but alone does not equate wealth.
5. \_\_\_\_\_ is one of the best and most accurate indicators of outward wealth.

**V. Purposes of Wealth**

Listed below are 5 things wealth is useful for.

1. \_\_\_\_\_ To advance the kingdom of God.
2. \_\_\_\_\_ To take care of your family.
3. \_\_\_\_\_ To carry out vocation.
4. \_\_\_\_\_ To help others.
5. \_\_\_\_\_ To bless you.

**Berean Christian Church**  
**Dr. Kerwin B. Lee, Senior Pastor**

**The School of Biblical Studies**  
**The Spiritual Disciplines**

**Week 4**

**I. Reason for Fasting**

Listed below are biblical reasons to fast.

1. \_\_\_\_\_ prayer is a reason to fast.

**Matthew 17:21**

*“He replied, “This kind can come out only by prayer.” (NIV)*

2. \_\_\_\_\_ for answers is a reason to fast.

**Ezra 8:23**

*“So we fasted and petitioned our God about this, and he answered our prayer.” (NIV)*

3. \_\_\_\_\_ guidance is a reason to fast.

**Judges 20:26**

*“Then all the Israelites, the whole army, went up to Bethel, and there they sat weeping before the LORD. They fasted that day until evening and presented burnt offerings and fellowship offerings to the LORD.” (NIV)*

4. \_\_\_\_\_ repentance is a reason to fast.

**I Samuel 7:6**

*“When they had assembled at Mizpah, they drew water and poured it out before the LORD. On that day they fasted and there they confessed, “We have sinned against the LORD.” Now Samuel was serving as leader of Israel at Mizpah.” (NIV)*

5. \_\_\_\_\_ temptation is a reason to fast.

**Matthew 4:1, 2**

*“Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. 2) After fasting forty days and forty nights, he was hungry.” (NIV)*

## II. Rules for Fasting

Listed below are do's and don'ts for fasting.

### Do's

- Establish a \_\_\_\_\_
- Continue to \_\_\_\_\_
- Stay in \_\_\_\_\_
- Design a \_\_\_\_\_
- Understand \_\_\_\_\_

### Don'ts

- Make an \_\_\_\_\_
- Eat in a \_\_\_\_\_
- Use as a \_\_\_\_\_
- Risk your \_\_\_\_\_
- Engage in \_\_\_\_\_

## III. Recommendations for Fasting

Listed below various fasts to engage.

1. \_\_\_\_\_ Fast – drinking only water for a set period
2. \_\_\_\_\_ Fast – deciding as a body of believers to fast
3. \_\_\_\_\_ Fast – following the 21-day fast of Daniel
4. \_\_\_\_\_ Fast – refraining from eating from sunup to sundown
5. \_\_\_\_\_ Fast – abstaining form sexual intimacy in the context of marriage