

Discovery Group - Gospel Living

(9) Individual Habits

Introduction: Read Romans 12:1-2

This is the second of three studies in which we discuss spiritual habits that help us to connect with and grow in Jesus. This passage in Romans provides a general theme for all three.

Accountability

Share how your obedience commitment from last week went, and who you shared with.

Bible: Galatians 6:1-10

Read *passage* aloud & someone retell in their own words

- What do we learn from this passage about God?
- What do we learn from this passage about people?

Read the *article* on the next page.

- What are some core individual habits of sowing into the Spirit that you should include in your life?
- What kind of time would it require to take these habits seriously in your life?

Commit

What is Jesus calling you to do in *obedience* this week?

Who can you *share* this with? Who can you reach out to in order to make disciples?

Abide: Read and meditate on the following passages this week:

Colossians 3:1-17 Romans 12 1 Thessalonians 4:9-12

Cultivating Individual Habits

“Do not be deceived: God cannot be mocked.” You cannot reap a spiritual harvest without sowing spiritual seed. How are you living? Are you simply going through the motions? How’s your heart? What habits are you sowing into your life to ensure that you are truly internalizing and living out the gospel well?

“A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life.”

What does it mean to sow to please the Spirit? This passage specifically mentions doing good to all people. An essential practice, then, for sowing to please the Spirit is helping people. Doing good works. A few verses earlier, the apostle exhorts us to “carry each other’s burdens, and so fulfill the law of Christ.”

Interestingly, he goes on to say, “Each one should carry their own load.” Although the family of God is absolutely essential in us being fully established, there is also a sense in which we are responsible for our own growth. We are not passive - relying on our spiritual leaders or community or even solely on the Spirit of God. We have an individual part to play. One way we do this - sowing to please the Spirit - is doing good to others.

Are there perhaps other practices that the New Testament teaches could fall into the same category? Using the language of Romans 12 again - what can we do to renew our minds unto life transformation? A survey of the New Testament with a view to discovering essential individual spiritual practices would be very rewarding. We would like to propose several elements that are revealed by just such a study. Obeying the scriptures¹ and prayer² are probably the two most clear habits that are encouraged in the New Testament. We could certainly add fasting³ to our list as well. So, we have at least four individual practices given to us in the scriptures that help us to become stronger in Christ and to know Him more. (Note that there are other, corporate, practices, which we will discuss in another study):

- 1 Hear (study, meditate on, read) and obey God’s Word
- 2 Pray
- 3 Fast
- 4 Do good to people

¹ Matt 28:19-20; Acts 2:42; 1 Tim 4:13; 2 Tim 2:14-15, 3:14-7; Heb 4:12-13; James 1:22-25

² Matt 6:1-8; Matt 26:41; Luke 18:1; Acts 2:42; Eph 6:18; 1 Thess 5:17; 1 Tim 2:8

³ Matt 6:16, 9:14-15; Acts 13:1-2, 14:23