



# EQUIP



## Discipline

### Scripture

“Train yourself for godliness” 1 Timothy 4:7

### Study

#### Bible

- *Read*: The daily reading of Scripture is essential for Christian growth (2 Timothy 3:16-17).
- *Understand*: We must understand Scripture rightly in order to apply it to our lives.
  - How to rightly interpret Scripture (rules of interpretation):
    - Context, context, context!
    - Recognize the genre.
    - Be aware of historical/cultural background.
    - Scripture interprets Scripture.
    - Jesus is the center of the Bible.
- *Apply*: Ask the right questions about the text:
  - What truth about God is seen in this passage that I need to trust in?
  - What sin does this passage reveal that I need to repent of in my life?
  - How does this passage inform my relationships, vocation, character, etc.?
- *Do*: Be not only a hearer of the word. Be a doer of the word (James 1:22).

#### Meditation

- Meditation is a biblical discipline and beneficial for all Christians (Joshua 1:8; Psalms 1:2).
- Meditation is a sustained reflection of a spiritual truth or reality as revealed in Scripture.
- Meditation can act as a bridge between Bible reading and prayer.

#### Prayer

- Prayer is conversation with God and the primary means of communion with God.
- Types of prayer (ACTS): Adoration, Confession, Thanksgiving, Supplication.
- How to Pray
  - Prayer is a discipline to be learned.
  - Pray all the different types of prayers.
  - Pray through Scripture (especially the Lord’s Prayer and the Psalms).

### Discussion

- Read *Philippians 4:13* and apply the above principles to understand its meaning.
- How is Christian meditation different than meditation in other religions? Have you ever practiced meditation?
- What are some specific ways you can grow in prayer?