

MEN'S STUDY

1 TIMOTHY 4:15

Practice these things, devote yourself to them, so that all may see your progress. Keep a close watch on yourself and on the teaching...

November 11, 2026

PRAYER OF FORMATION

I am no longer my own, but yours.
Point me to what you will,
rank me with whom you want.
Put me to action,
put me to suffering.
Let me be employed for you,
or laid aside for you.
Exalted for you,
or brought low for you.
Let me be full, let me be empty.
Let me have all things,
let me have nothing.
I yield myself to your desires.
I seek your glory.
Father, Son, and Holy Spirit –
I am yours and you are mine.
Be the center of my life and the ground of all my hopes.

Discussion Questions

1. What has been your experience with fasting, if any? What did you expect, and what actually happened?
2. If you were to start fasting, what would a realistic first step look like for you?
3. Can fasting become a way of trying to earn God's favor? How do we guard against that?
4. What does it actually look like to "live by every word that comes from the mouth of God"? How might fasting train us to depend on that more than on food?

Next Week: Bring your completed Holy Rule.

Biblical passages

- **Matthew 4:1-11; 6:16-18**
- **Isaiah 58:6**
- **Joel 2:12-17**
- **Ezra: 8:21**
- **Luke 5:33-35**
- **Acts 9:9**

Date	Readings (The Common Rule)
~~10/14/2026~~	~~Daily Habit 3 (pp. 63-78)~~
~~10/21/2026~~	~~Daily Habit 4 (pp. 79-94)~~
~~10/28/2026~~	~~Weekly Habit 4 (pp. 142-157)~~
~~11/4/2026~~	~~Weekly Habit 2 (pp. 111-126)~~
~~11/11/2026~~	~~Weekly Habit 3 (pp. 127-141)~~
11/18/2026	Common Rule (pp. 179-192)
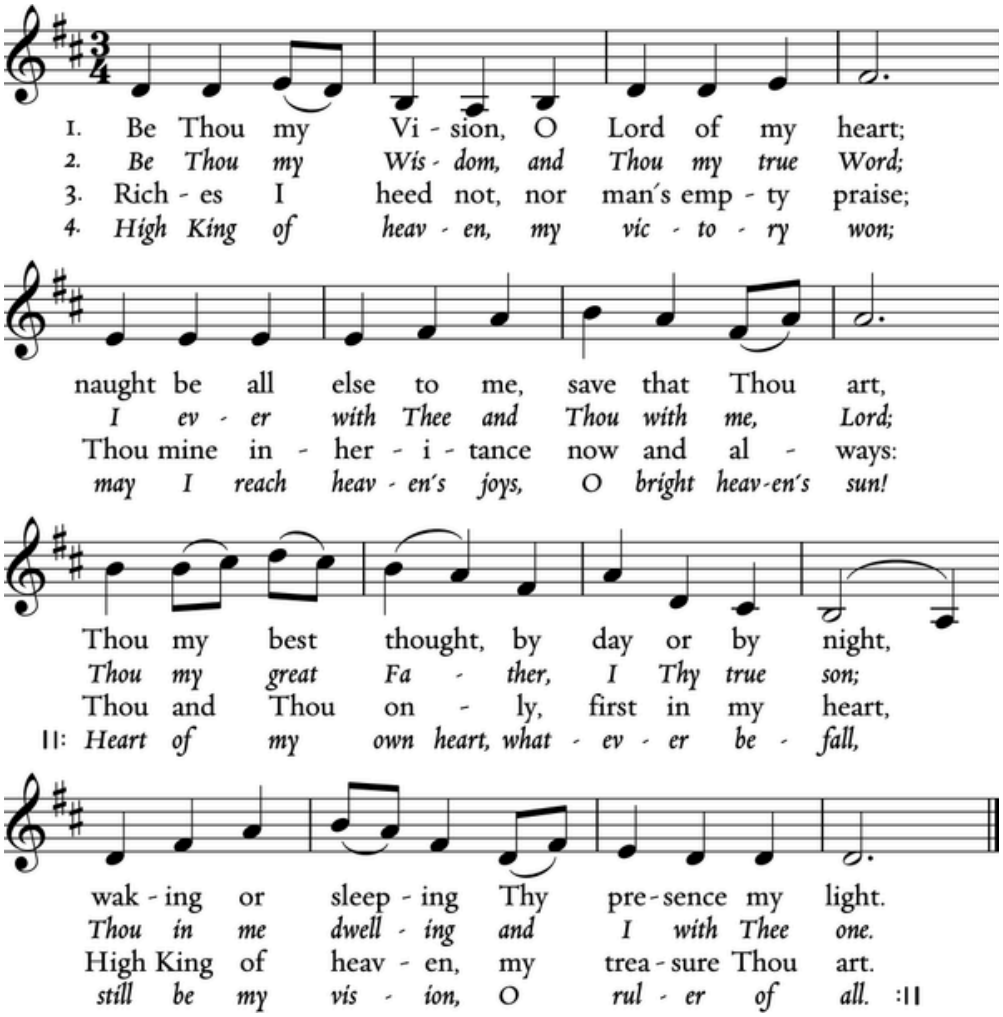
Be Thou My Vision

