



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...

September 2, 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

- Introduce yourself to the table and share *one* of these things with the group
 - Your favorite sports team, the last book you read, what was your best week of the summer and why?
- Think about your daily routine - What are some of your habits? Daily habits? Weekly habits?
- What sort of spiritual habits have you taken on? Or wanted to take on?
- Read Psalm 139:23-24 - When was the last time that you asked God to search you and reveal to you the ways that you need to change?
- Who in your life has been particularly helpful in your spiritual development? Why were they helpful?

A Weekend Examine

1. Set your alarm for 1 hour.
2. Pray: *Lord make me aware of your presence. Please guide me as I examine my week.* Spend time being aware of God's presence.
3. Ask: When/where did I feel most alive and connected to God this week. Why?
4. Ask: When and where did I feel most resistant to God and desolate? Why?
5. Where or in what did I find God's grace and goodness to me?
6. What is one word I need to say to God? (thanks, forgive, help, hope, afraid, etc.) Write it down.
7. Read Psalm 50 and pray. Spend the rest of the time thinking about God, speaking anything that comes to your mind.

Passages for self examine

- Galatians 6:3-4
- 2 Corinthians 13:5
- James 1:22-24
- John 15:1-11
- Psalm 139:23-24
- Lamentations 3:40
- Psalm 119:59-60
- Matthew 7:3-5
- Psalm 66:18
- 1 John 1:8-9