



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 9, 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

- If you did the examine over the weekend - did God reveal anything to you about yourself or how He want to change you? Or simply, what stood out to you?
- Read Romans 5:1-5. Considering what was said regarding justification and grace - how does this verse encourage you or develop those thoughts?
- Now Read Romans 6:1-11. Notice the emphasis here on union with Christ. How does Paul's idea of enslaved help you think about what sanctification is doing?
- Read 1 Peter 2:24-25. How does this verse link justification and sanctification?

My Habit's Examine

1. Set your alarm for 30minutes
2. Pray: *Lord make me see my habits and the beliefs that are guiding my habits. Please guide me as I examine them.* Spend time being aware of God's presence, then look at the table on pg. 9-10.
3. Ask: What are my normal habits? Think body habits, mind habits, heart habits? Write them down.
4. Ask: What is the belief behind these habits? What is driving them? Who am I looking to please? What am I trying to gain?
5. What is one word or one sentence that I need to say to God? (thanks, forgive, help, afraid, etc.) Write it down.
6. Read Psalm 34 and pray. Spend the rest of the time thinking about God, speaking anything that comes to your mind.

Passages regarding sanctification

- Colossians 3:1-3 1 Corinthians 6:1-11 Philippians 2:13
- Ezekiel 36:22-38 1 Thessalonians 2:13 1 Thess. 5:23
- 2 Corinthians 5:17-18

