

MODULE 3 – SECTION 2 OUTLINE

Spiritual Disciplines

PART 1 — Growing in the Word

1. Why the Word Matters

- Scripture is essential for spiritual growth (2 Tim 3:16).
- We need the Word to live as God intends (2 Chr 17:7–9; Ps 119:19).
- The Word sustains us like food (Matt 4:4).
- Growth in the Word produces fruit (Col 1:9–10; Phil 1:6; 2 Pet 3:18).

2. The Word in Two Forms

- **Written Word** — The Bible (2 Tim 3:16–17).
- **Living Word** — Jesus Christ (John 1:1–14; Rev 19:11–13).

3. Benefits of Studying Scripture

- Comfort and peace (Isa 26:3; Ps 29:11).
- Clarity and direction (Prov 3:5–6).
- Inner strength and resilience (Eph 3:16–19).
- Spiritual growth and fulfilment (2 Pet 3:17–18).
- Stronger faith foundation.
- Hope in difficult times.
- Community and connection (1 Cor 12:25–27).

4. Reading vs Studying

- **Reading** = passive intake.
- **Studying** = active engagement, analysis, and application.

5. How to Study Effectively

- Right attitude and consistency.
- Set a dedicated time and place.
- Keep a record; write revelations.
- Pray before, during, and after.

- Look for insights, commands, and promises.

6. Bible Study Methods

- **Daily Devotional**
- **Word Study** (keywords, concordance, versions)
- **Topical Study** (themes like healing, salvation)
- **Character Study**
- **Book Study** (big picture, repeated reading)
- **Meditation** (internalising truth)

7. Developing Knowledge of the Word

- Hearing (Rom 10:17)
- Reading (Rev 1:3)
- Studying (Acts 17:11)
- Meditating (Ps 1:2–3)
- Memorising (Ps 119:9,11)

8. Interpretation Principles

- Ordinary meaning
- Contextual meaning
- Comparative meaning
- Ask: Why is this included? What is implied?
- Avoid bias; stay prayerful.

9. Searching & Preparing the Word

- Depend on the Holy Spirit (John 14:26).
- Pray for guidance.
- Read attentively.
- Reflect, research, compare translations.
- Use cross-references.
- Seek counsel when needed.

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PART 2 — Growing Your Relationship with the Holy Spirit

1. Foundation

- Relationship with Jesus is the basis for relationship with the Spirit (John 1:29, 32–33).
- “Without the Lamb, no Dove.”

2. Personhood of the Holy Spirit

- Has mind (Rom 8:27)
- Will (Acts 16:6–7)
- Emotions (Eph 4:30)
- Dwells in believers (1 Cor 6:19–20)

3. His Mission

- Glorify Jesus.
- With us → brings us to Christ.
- In us → makes us like Christ.
- Upon us → empowers us (Acts 1:8).

4. Names of the Holy Spirit

- OT: Spirit of God, Spirit of Wisdom, Spirit of YHWH, etc.
- NT: Holy Spirit, Comforter, Spirit of Truth, Spirit of Christ.

5. Communion of the Holy Spirit

- Based on grace → love → communion (2 Cor 13:14).
- He desires fellowship with us.

6. How We Grieve the Spirit

- Heart filled with wrong things (Gen 6:5–6).
- Quenching His power (1 Thess 5:19).
- Blaspheming His works (Matt 12:13).

7. Roles of the Holy Spirit

- Helper, Advocate, Comforter (John 14:26).
- Source of revelation and power (1 Cor 2:10–11).
- Seal of adoption (Eph 1:13).
- Guide into truth (John 16:13).
- Intercessor (Rom 8:26–27).
- Sanctifier (Gal 5:16–25).
- Giver of gifts (1 Cor 12:7–11).

8. Growing in Friendship with the Spirit

- Seek Him as a person.
- Feed on Scripture.
- Communicate daily.
- Keep a soft heart (Ps 51:10).
- Treat people well (Eph 4:30).
- Repent quickly (1 John 1:9).
- Walk in revelation (1 John 1:7).
- Live with gratitude (Phil 2:14).

9. Fruit of the Spirit

- Character and anointing are both needed.
- Fruit grows slowly; feeds others.

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PART 3 — Elevating Your Prayer Life

1. What Prayer Is

- Communication with the Father, through the Son, by the Spirit.

2. Benefits of Prayer

- Deepens relationship with God.
- Reveals God's loving nature.
- Provides answers and direction.
- Gives strength against temptation.
- Aligns our will with God's.
- Invites the Holy Spirit.
- Makes us more like Jesus.

3. How to Elevate Prayer

- Pray with confidence (1 John 5:14–15).
- Grow in the Word (Deut 11:18).
- Meditate daily (Ps 119:11).
- Know God's promises (2 Cor 1:20).
- Stand on His promises (Isa 43:26).

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PART 4 — Dialoguing with God

1. God Desires to Speak

- From creation, God intended fellowship (Ps 103:7; John 10:27).
- He reveals plans, gives guidance, and provides meaning.

2. Why God Speaks

- To guide us.

- To involve us in His purpose.
- To help us navigate life.

3. Ways God Speaks

- **Circumstances** (Jonah 1:3)
- **Scripture** (2 Tim 3:16–17)
- **Holy Spirit** (John 16:13)
- **Other people** (1 Cor 12:7–8)
- **Creation** (Ps 19:1–4)
- **Prayer** (Jer 33:3)
- **Dreams & visions** (Joel 2:28)
- **Thoughts** (Eph 3:20)
- **Music & worship** (John 4:23)
- **Audible voice** (Gen 6–8)
- **Inner peace** (Col 3:15)

4. Discerning God's Voice

- Does it align with Scripture?
- Is there inner confirmation?
- Do you have peace?
- Are circumstances aligning?
- Does your prayer partner confirm?

5. Preparing to Hear God

- Position yourself spiritually and physically (Hab 2:1–2).
- Quiet your soul; enter with praise (Ps 62:5).
- Trust that God wants to speak (Acts 2:25–28).
- Stand on His Word.
- Be still and listen.