



Devotion & Discipline in God's Word

DEEPLY ROOTED BIBLE STUDY

What is Discipline?

Discipline is **choosing** to do what needs to be done, even when you don't *feel* like it. It's about *training* yourself to consistently follow God's word and will.

Fill in the blanks:

Discipline is _____ (your definition).

Discipline helps us to grow _____ (in what ways?).

Draw an illustration of what discipline looks like to you:

How does discipline relate to *freedom* in Christ? Is it restrictive, or does it lead to greater liberty? Explain:

Developing Discipline

Discipline isn't automatic; it's developed over time through *consistent effort*. It's like building a *muscle* the more you use it, the stronger it becomes.

Fill in the blanks:

One area where I need more discipline is

One thing I can do to develop discipline in that area is

Rules for Developing Discipline:

1. Start *small*.
2. Be *consistent*.
3. Set *realistic goals*.
4. Reward *yourself* (in healthy ways).
5. Find an *accountability partner*.

Discussion:

What are some challenges you anticipate in developing discipline, and how can you overcome them?

Ways to Study the Bible

SOAP Method:

- **Scripture:** Write out the passage.
- **Observation:** What do you notice?
- **Application:** How does this apply to your life?
- **Prayer:** Pray about what you've learned.

Types of Bible Study:

- *Topical Study:* Focuses on a specific theme.

- *Character Study*: Examines the life of a biblical figure.
- *Book Study*: Goes through an entire book of the Bible.
- *Word Study*: Explores the meaning of a particular word.

Discussion:

Which Bible study method resonates with you the most, and why? How can you incorporate it into your routine?

Meditating on God's Word

Meditation is *reflecting* deeply on Scripture to allow God's truth to transform your *mind* and *heart*.

Key Scriptures:

- Psalm 1:2 (write it down and reflect on it)

- Joshua 1:8 (write it down and reflect on it)

Meditation Methods:

- *Lectio Divina*: Slow, contemplative reading.
- *Memorization*: Commit verses to memory.
- *Prayer*: Talk to God about what you're reading.
- *Journaling*: Write down your thoughts and reflections.

How can you create a quiet space and time for meditation in your daily life?

Building a Routine

Example Routine:

- 7:00 AM: Wake up and pray.
- 7:15 AM: Read the Bible (15 minutes).

- 7:30 AM: Journal and meditate (15 minutes).
- 7:45 AM: Get ready for the day.

Habit Stacking:

Attach your Bible study to an existing habit (e.g., after brushing your teeth, cleaning your room etc).

Tools:

- *Bible App*
- *Journal*
- *Study Bible*
- *Prayer List*

Community:

keep coming to bible study to build community.

Scripture:

Hebrews 10:24-25

Closing Challenge:

Commit to spending at least 15 minutes each day in God's Word for the next 30 days. Track your progress and celebrate your growth!

Summary

This worksheet covered the importance of discipline in studying God's Word, including practical strategies for developing that discipline, different methods for Bible study and meditation, and tips for building a consistent routine. Remember that spiritual growth is a journey, not a destination. Be patient with yourself, trust God, and keep seeking Him daily.