



REL120 CHRISTIAN SPIRITUAL DISCIPLINES  
WINTER SEMESTER 2022

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## WEEKLY ASSIGNMENT QUESTIONS

### Assignment Questions for Jan. 24

WHITNEY PAGES 1-20

1. What is the purpose of the Spiritual Disciplines? What Scripture verses support this assertion?
2. What are the three primary catalysts for changing us and conforming us to Christlikeness? Explain how God uses each one in our lives.
3. What biblical evidence, especially in the life of Christ, is there to support the idea that we must be continually practicing the Spiritual Disciplines?

SCRIPTURAL PRAYER EXERCISE

Passage: 2 Chronicles 20:1-19

1. What is the news that initiates the need for prayer?
2. What is the basic outline of the prayer?
3. What is the major request or need presented in the prayer?
4. What is one lesson you've learned concerning the act of prayer and/or spiritual disciplines from this passage that is new for you?
5. Was this prayer answered, and if so, how?

### Assignment Questions for Jan. 31

1. Memorize a psalm of your choosing and recite it to a classmate.

Important - Have them send an email to the class TA affirming your successful completion. In their email they need to make clear who they are witnessing for and what Psalm was recited. (if a

fellow classmate is unavailable, you may enlist another Heritage student, or, if that is not possible, then another witness will be accepted).

#### WHITNEY PAGES 21-56

1. "... the worst dust storm in history would happen if all church members who were neglecting their Bibles dusted them off simultaneously." Do you think this statement accurately reflects the state of Bible reading in the Church today? Why or Why not?
2. What are the three practical suggestions for consistent success in Bible Reading?
3. What is the main reason we don't succeed?
4. What are the benefits of scripture memorization?
5. What practical steps help ensure your ability to memorize scripture effectively?

#### SCRIPTURAL PRAYER EXERCISE

Passage: Nehemiah 1:1-11

1. What is the context that initiates the prayer?
2. Is there any indication in the text that Nehemiah has ever been to Jerusalem? What does this teach us about burdens that the Lord places on our hearts?
3. What is the major request or need presented in the prayer?
4. What characteristic(s) of God's does the prayer repeatedly promote?
5. Was this prayer answered, and if so, how?

### Assignment Questions for Feb. 7

#### WHITNEY PAGES 56-99

1. What scriptural evidence is there to support the need for meditation?
2. Why is meditation even more crucial in today's age than it was in Biblical times or even during the lives of the Puritans?
3. What Scripture verses emphasize our duty to frequent prayer?
4. Why do so many believers not pray?

5. What is the missing link between Bible intake and prayer? How does it connect them?

#### SCRIPTURAL PRAYER EXERCISE

Passage: Isaiah 37:14-20

1. What crisis does Hezekiah face that prompts the prayer?
2. In his prayer, Hezekiah acknowledges an historical reality and a present one. What are they?
3. What outcome does Hezekiah give if the prayer is to be answered?
4. Was this prayer answered, and if so, how?

REMINDER – DIGITAL DEVOTION #1 DUE ON FEB. 7

### Assignment Questions for Feb. 14

WHITNEY PAGES 101-117

1. Attend a worship service. Describe it in detail. How did it facilitate your personal spiritual formation? What changes do you think would maximize the experience of worship for the entire community?
2. How did the service facilitate worship that was done in spirit and in truth?
3. How do you best worship God? What hinders you from worshipping God?
4. Has your spiritual discipline been accompanied thus far by a feeling of celebration?
5. How can joy come through obedience?

#### SCRIPTURAL PRAYER EXERCISE

Passage: Daniel 9:1-19

1. What has Daniel learned about the length of the exile and how does he respond?
2. How does the outline of Daniel's prayer follow the stipulations of the OT covenant?
3. What is Daniel praying for in terms of...
  - a. Himself personally?

b. The nation of Israel?

c. For the Lord?

### Assignment Questions for Feb. 28

WHITNEY PAGES 119-139

1. What scriptural support does Whitney cite to support his contention that evangelism is expected of every Christian? Do you agree or disagree with this assertion?
2. What is success in evangelism?
3. What is the difference between witnessing by design and witnessing by default?
4. Describe your current practice of the discipline of evangelism; include the most recent incidents in which you have shared your faith with a non-believer. What are the major things which block you from practicing this discipline more often? How can you ensure you practice this discipline more consistently?

SCRIPTURAL PRAYER EXERCISE

Passage: Jonah 2:1-10

1. What is the context that initiates the prayer?
2. How does Jonah's prayer teach us about repentance and praying for forgiveness?
3. How close to death was Jonah based on verses 6-7?
4. Was this prayer answered, and if so, how?

### Assignment Questions for March 7

WHITNEY PAGES 141-158

1. What two deadly sins are especially disdainful of serving?
2. What motives are expected to distinguish godly forms of service?
3. What are your spiritual gifts? How can you practice the discipline of service in order to make your gifts better available to the Body of Christ?

## SCRIPTURAL PRAYER EXERCISE

Passage: Matthew 6:5-15

1. How does this passage teach that prayer has a relational component (vs. 6)?
2. Why is the context of this prayer important? In other words, what does it tell us considering that Jesus is teaching Jewish men how to pray?
3. What is the major request or need presented in the prayer?
4. How does this prayer present a model for how we should form our prayers today?

## Assignment Questions for Mar. 14

WHITNEY PAGES 159-190

1. What scripture verses support the assertion that we are obligated to use our time wisely?
2. What is your most significant time-wasting (in)activities? Draft and submit a week schedule which would force you to discipline yourself in these areas by (e)limi(na)ting these activities. Begin implementing the schedule for this week and explain the effect it has had.
3. What biblical material do you think is most important for principles concerning stewardship of your finances?
4. What is your biggest failing in trying to be a good steward of your money? How can you practically rectify this?

## SCRIPTURAL PRAYER EXERCISE

Passage: John 17:1-26

1. This is Jesus' longest recorded prayer, also known as the High Priestly Prayer. What definition for eternal life becomes part of this prayer?
2. What are the key elements that Jesus prays for? (There are major themes in this prayer which can be easily identified).
3. How does this prayer acknowledge that Jesus has even prayed for you personally?
4. What is significant in this prayer that is important for the church to acknowledge today?

## Assignment Questions for Mar. 21

WHITNEY PAGES 191-248

1. Abstain from food for one day, drinking only water (if you have medical reasons you may do a "fruit juice fast" or if more serious replace the fast with 4 more hours of silence). State clearly in your submission whether or not you completed this assignment.
2. What are the different types of fasts, what are their characteristics, and what biblical evidence supports these distinctions?
3. What are the various reasons we may undertake a fast for?
4. For what reasons do we practice silence and solitude?
5. What practical suggestions to help accomplish these disciplines does Whitney offer?

SCRIPTURAL PRAYER EXERCISE

Passage: Acts 4:23-31

1. How does this prayer mimic the Old Testament prayers you've already studied?
2. What is the major request or need presented in the prayer?
3. What happens at the conclusion of the prayer? How does it mimic the Pentecost event in Chapter 2?

REMINDER – DIGITAL DEVOTION #2 NOW DUE ON MARCH 21

## Assignment Questions for Mar. 28

WHITNEY PAGES 249-285

1. Read through either Colossians or 1 John in their entirety each day this week. Keep a journal of your discoveries and how it impacted your prayer and spiritual life.
2. Have you journaled before? What procedure best works for you? Do you feel this discipline would increase your relationship with God?
3. Do you find the theological study you engage at in classes at Heritage to be a help or hindrance to your spiritual walk? How can you approach your academic life as part and parcel of your spiritual life?

## SCRIPTURAL PRAYER EXERCISE

Passage: Ephesians 1:15-23

1. What is the basic outline of Paul's prayer for the Ephesians?
2. What are the major requests that Paul is making on behalf of the Ephesians?
3. How does this prayer reflect the pastoral heart of Paul?
4. From the ten prayers that you have studied, what is the one thing you've learned that is either new to you or has been reinforced in a new way?