

SPIRITUAL **Disciplines**

CALVARY STUDENT MINISTRY
WINTER 2023 // PARENT BOOKLET

Parents,

Thank you for the opportunity to serve your students on Wednesday nights. I am excited about the upcoming series this semester with your students. I am even more excited about the gospel conversations that you will be having in each of your homes about the material we cover! This winter, we will be learning about spiritual disciplines. God has given us different disciplines that, if applied to our lives, will help us in our journey to strive for holiness. During our study of Ephesians last fall, my messages were normally 35-40 minutes. The message for this series will be shortened to around 20 minutes.

The Middle and High School students will meet together for the main worship service, they will spend some time experiencing the discipline, and then they will break into age-separated small groups for a time of application from 7:30-7:50 PM. The start date for this series will be January 4, and the last day will be March 29.

At Calvary, we seek to equip you as the spiritual hero of your home. In this booklet you will find a summary of each week's message, and some discussion questions for your family. I encourage you to read the texts each week, and use the discussion questions to evaluate how your students are retaining and using the content we are discussing each week.

I look forward to once again partnering with you during this new season. If you need anything at all, feel free to reach out.

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Topic of the Week:

PRAYER, Matthew 6:5-15

Summary of the message:

In Matthew 5, Jesus begins the greatest sermon ever spoken. As Jesus is explaining what the Kingdom of God is and is not, He adds an important example of what prayer ought to look like in 6:5-15. Jesus reveals that what is not important is the posture of our bodies or voices, (Something the Pharisees focused on) but the content and the motivation of our prayers. We may address God as "Father" as Jesus does. We should begin our prayers focusing on God's power and rule, and then we may make requests for what we need in life, as well as forgiveness. Christ shows us how to ask that we show God's love and forgiveness to others. Lastly, in our hearts and prayers should be the desire to fulfill God's will.

Jesus' prayer is often different from our prayers that we often filled with personal, even selfish, requests. We must remember that prayer is a way of worshiping the Lord. There is a great need for us to consistently search our own hearts and motivations for our prayers. Let us consider the content of our prayer, and there we will find out what our true spiritual intentions are.

Truths from our text:

- Our motivation is more important than our physical posture
- Prayer is a way that we worship
- Matthew 6:33, Seek first the Kingdom of God
- Humility in prayer
- The students spent 20 minutes individually studying Luke 10:25-36

Bring it Home!

Here are some family questions to talk about over a meal or time together. Read the text and discuss these topics as a family. Use these questions to evaluate what your student has learned and how they are applying the text to their life.

1. Why is humility such a big deal when it comes to our prayer life?
2. How can we use Matthew 6:5-15 to evaluate our own prayers?
3. What do you think the motivation for prayer was for those that Jesus mentions in verses 5 and 7?
4. What have you noticed about your prayer life that should change?

Topic of the Week:

STUDYING SCRIPTURE, 2 Timothy 3:14 - 4:5

Summary of the message:

A disciple is to be content in the Lord and His Word. After all, contentment is an expression of inner godliness. The disciple finds joy in not only knowing God's law, but also living out the law. In this text, Paul calls Timothy to strong concentration of Scripture. We must remember what Jesus said in John 14:15, "If you love me, you will keep my commandments." However, how will we know what the commandments are if we do not know Scripture?

Other Scriptures to note:

- Joshua 1:8
- 1 Peter 3:15
- Hebrews 4:12
- Psalm 119:9-16

Truths from our text:

- Contentment and joy in the Word of God
- The Importance of knowing God's Word
- Love for the Word is love for God
- The students spent 20 minutes individually studying Luke 10:25-36

Bring it Home!

Here are some family questions to talk about over a meal or discussion. Read through the text and discuss these topics as a family. Use these questions to evaluate what your student has learned and how they are applying the text to their life.

- 1.If we don't get our identity from Christ, where do we get our identity from?
- 2.What should we consider real, true wealth?
- 3.How can we be sure our salvation is secure?

Topic of the Week:

GIVING, 2 Corinthians 9:6-14

Summary of the message:

2 Corinthians 9 states that God loves a Cheerful giver. This was a well-known proverb for Paul's audience. God does not delight in the one who gives reluctantly or out of obligation. Although Paul is speaking in the context of a financial collection, there are many ways that we should give to God, including our time, talents, and service. To a cheerful giver God promises "...all sufficiency in all things at all times..." (v.9) The act of giving helps us in our pursuit of godliness and reminds us who our provider is. A poor sower will reap a poor harvest, but the crops of generous people are always full. In our giving, we also give thanks to God for his incredible gift of His own son.

Truths from our text:

- Giving leads to godliness
- We are commanded to give in many ways
- Giving represents what is in the heart
- Giving is an act of worship
- Acts 5:1-11, the poor givers
- The student spent 5 minutes tonight writing down different things in their life they ought to be giving.

Bring it Home!

Here are some family questions to talk about over a meal or time together. Read the text and discuss these topics as a family. Use these questions to evaluate what your student has learned and how they are applying the text to their life.

1. Why does God call us to give? (2 Corinthians 9:10)
2. What is the danger for us if we decide to be grudging instead of givers?
(2 Corinthians 9:6)
3. How does giving help us spiritually?
4. What in our lives, should we give to God?

Topic of the Week:

WORSHIP, John 14:17

Summary of the message:

If we are to worship God, He commands us to do it in spirit and in truth. Donald Whitney said, "To worship God is to ascribe the proper worth to God, to magnify His worthiness of praise." We worship God individually and corporately. We do not worship God out of obligation or a sense of duty. We worship God because in our hearts we truly desire God. Here at Calvary, participation of worship is essential as we focus on God instead of ourselves.

Truths from our text:

- In Spirit and in truth
- Worship can be in vain, Matthew 15:8-9
- Worship Comes from the heart
- Individual and corporate
- The students spent 25 minutes in worship and Scripture reading together after the message.

Bring it Home!

Here are some family questions to talk about over a meal or time together. Read the text and discuss these topics as a family. Use these questions to evaluate what your student has learned and how they are applying the text to their life.

1. What is the definition of worship?
2. Can we not just worship by ourselves? Why do we need each other for worship? (Psalm 95:6, Ephesians 5:19, Romans 15:6)
3. What would it look like in our lives to be constantly worshipping God?
4. What does worship look like if it is not inside the church?

Topic of the Week:

REST, Exodus 20:8-11

Summary of the message:

We live in a world where being overly busy is often considered a requirement for success. However, God commands his worshipers to take time to rest. In Exodus 20:8-11, God gives the law that humans must take time to rest, as the Creator did during the creation narrative. In Deuteronomy 5, Israel is to take rest and reflect on the Exodus account and God's salvation. In 2 Corinthians 3, Paul encourages the Corinthians to take rest and reflect on what Christ has done for us. The Jewish leaders added their own rules about what rest should look like, and complicated the idea of the Sabbath. Simply put, we take intentional times of rest because we can ultimately rest in our savior.

Truths from our text:

- The command of the Sabbath in Exodus 20
- Rest and reflection of God's actions
- Rest and the temple, Exodus 40
- The Lord's Day, 1 Cor. 16:2
- How to rest
- The students spent 10 minutes resting and reflecting on God's love for them.

Bring it Home!

Here are some family questions to talk about over a meal or time together. Read the text and discuss these topics as a family. Use these questions to evaluate what your student has learned and how they are applying the text to their life.

1. What was the reason for the Sabbath? (Exodus 20:8-11)
2. Why can believers in Christ have greater rest than those outside of Christ? (Matthew 11:28-30)
3. What do we allow to distract us from taking moment to rest?
4. What would consistent rest look like in our lives?

Missions Conference Week

This week is our Missions Conference at Calvary Church. We are excited to take a break from our spiritual disciplines series and have one of our missionaries take the time to speak to our students during our IGNITE service.

Bring it Home!

Make sure to take some time to ask your child what they heard and learned from our missionary during the service. Here are some conversation starters to discuss and apply tonight's service.

1. Who was your missionary tonight and where do they serve?
2. What does the missionary's mission field look like? Whom do they serve?
3. What are some of the difficulties that the missionary faces on a regular basis?
4. What did you find most interesting about the missionary?
5. What were you most impressed with about the missionary?
6. What can we take from the missionary's message and apply to our own lives, as we are ministers of the gospel here in Charlotte?

Topic of the Week:

CONFESSION, Psalm 32:1-5

Summary of the message:

Confession is one of the strongest, and yet under-utilized spiritual disciplines that God has given His people. Psalm 32 is a song created by King David. It discusses how blessed the one is who received forgiveness from the Lord. Verse 3 states that silence of sins turns to groaning, but acknowledging ones sin (v.5) and confessing sin leads to forgiveness. James 5:16 says that confession is something that ought to be done not just between God and man, but with one another as well. When we stop attempting to hide our sins from God, and openly acknowledge and confess our sins, there we find forgiveness and freedom. (Proverbs 28:13).

Truths from our text:

- Confession and Forgiveness
- Withholding sin and destruction
- Confession and salvation (John 1:9)
- Confession with God and with each other
- The students spent time in confession as they used their journal to confess sins to God.

Bring it Home!

Here are some family questions to talk about over a meal or time together. Read the text and discuss these topics as a family. Use these questions to evaluate what your student has learned and how they are applying the text to their life.

1. Why is confession so important to our spiritual lives? (Palm 32:3)
2. What role does humility play in confession?
3. What would it look like in our lives if we consistently confessed our sins as God calls us to do?

Topic of the Week:

SERVICE, Mark 10:35-45

Summary of the message:

A major theme of Mark's gospel is Jesus as the suffering servant. Mark 10:45 is a key verse for the gospel. When we take the heart of the servant, we follow the lead of our savior, who "...gave his life as a ransom for many" (v45). Looking at our selected text, James and John, along with the other disciples, should have paid more attention to Jesus' words in Mark 9:35 and 10:30. These two brothers wanted to sit next to Jesus' throne. The same desire was found to be in the hearts of all the disciples what would end up being two wooden beams that Jesus would be nailed to. The Christian life is not marked by selfishness, but by sacrifice and servanthood.

Truths from our text:

- Servanthood and humility
- The disciples misunderstand the cup and the throne
- God's kingdom is one of servanthood
- The son of man, the Messiah, a servant
- The students spent some time serving one another in their small groups.

Bring it Home!

Here are some family questions to talk about over a meal or time together. Read the text and discuss these topics as a family. Use these questions to evaluate what your student has learned and how they are applying the text to their life.

1. What is the danger of living our lives receiving Christ's service to us, but never serving anyone else?
2. What did James and John misunderstand about Jesus when they asked their question in v.37?
3. What does servanthood look like in a Christian life?
4. What do we allow to keep us from serving?

Topic of the Week:

SUBMISSION, James 4:1-7

Summary of the message:

Submission is surrendering to another's authority. Submission and humility go hand-in-hand, as it is difficult to submit without humility. James knew this well as he wrote to a dispersed church in the first century. Many pastors and speakers have mentioned the fact that we are always worshipping and submitting to something. We need to make sure our submission is towards God, not this world or our natural desires. We submit because we are called to and because our Savior showed an example of submission towards his parents and His Heavenly Father in Luke, chapter 2 and 22. We submit ourselves to Jesus (Hebrews 12:9) and to one another (Philemon).

Truths from our text:

- Definition of submission
- Why we submit to God
- Jesus, the submitting savior
- Submission to one another
- The students spent a few minutes writing down those in their life that God calls them to submit.

Bring it Home!

Here are some family questions to talk about over a meal or time together. Read the text and discuss these topics as a family. Use these questions to evaluate what your student has learned and how they are applying the text to their life.

1. Why would it be hard to practice submission if you have no humility?
2. The example of our lives displays the gospel (Ephesians 5:1, 11). So why is it so important to display an example of submission to those who do not know Christ?
3. Whom in our own lives should we make sure to submit to?

Topic of the Week:

SILENCE / SOLITUDE

Summary of the message:

Silence and solitude is not something that our overly busy culture strives towards. In fact, being too busy is often seen as an accomplishment instead of an issue. Donald Whitney defines this discipline as a "... voluntary and temporarily abstaining from speaking for spiritual reasons." Although the physical mouth is quiet, there is undistracted mental dialogue with God. This silence is very different from how our culture would define the act of meditation. This discipline is not a clearing of one's mind, but a filling of one's mind with the Father, and glorifying our God in Heaven. In Matthew 4 and Luke 4 we see Jesus taking the time to walk away from everyone to have a quiet moment with His Father. Even before His death, Jesus took time in the garden to be alone with God (Matthew 26:36-46).

Truths from our text:

- Silence and solitude defined
- What does silence and solitude look like?
- Jesus and silence and solitude
- Listening to God's voice
- The students spent about 15 minutes in individual silence and solitude, speaking and worshiping the Lord.

Bring it Home!

Here are some family questions to talk about over a meal or time together. Read the text and discuss these topics as a family. Use these questions to evaluate what your student has learned and how they are applying the text to their life.

1. What does silence and solitude do for us?
2. Why do you think Jesus sought silence and solitude when wanting intimate time with the father?
3. What are three ways we can incorporate silence and solitude in our lives?

Topic of the Week:

EVANGELISM, Matthew 28:16-20

Summary of the message:

Despite what some may claim, evangelism is not a spiritual gift that God gives to some and not others. It is true that there are those that are called to vocational evangelism (Ephesians 4:11), but all are called to bring the good news of Jesus to the world. Jesus made it clear that the harvest is plentiful, but the laborers are few (Matthew 9:35-38). In John 20:21, Jesus said, "Peace be with you! As the Father has sent me, I am sending you." We evangelize because we love God (John 14:15) and we love who God loves (John 3:16).

Truths from our text:

- The call to evangelism
- Successful evangelism
- Motivation for evangelism
- Eyes of evangelism
- The lesson ended a little earlier than normal and the students were released to their small groups to share their testimonies with one another and apply the call of evangelism to their lives

Bring it Home!

Here are some family questions to talk about over a meal or time together. Read the text and discuss these topics as a family. Use these questions to evaluate what your student has learned and how they are applying the text to their life.

1. Why should we take the call of evangelism so important? (John 14:15)
2. How would you go about sharing the gospel with someone?
3. What is your testimony story?
4. Parents, if you have not shared your testimony story with your child, now is the time to do it!

Topic of the Week:

FELLOWSHIP, Hebrews 10:22-25 and Leviticus 23

Summary of the message:

“I love Jesus, I just don’t love the church” is a statement that has comforted many who dislike organized congregations. Unfortunately, that statement is unbiblical and impossible, since Scripture often calls us to gather for fellowship and worship on a weekly basis. Hebrews 10 calls all believers to meet with the brothers and sisters to encourage and admonish one another. During our message tonight, we read Leviticus 23, where God commands Israel to fellowship with feasts. God called the Israelites to share time and food with one another as they celebrate what the Lord has done for them. God calls us to do the same today!

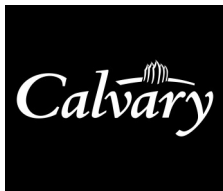
Truths from our text:

- We are called to unite and live together
- The Right Hand of Fellowship
- Hebrew Festivals
- The students spent an extended time fellowshiping and eating together in their small groups.

Bring it Home!

Here are some family questions to talk about over a meal or time together. Read the text and discuss these topics as a family. Use these questions to evaluate what your student has learned and how they are applying the text to their life.

1. Why does God want us to fellowship with one another?
2. What is the danger if we avoid time with one another?
3. What is the difference between intentional fellowship and just hanging out with one another?



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