



**TERRELL**  
FIRST BAPTIST

# 10 WEEKLY SPIRITUAL HABITS

*A Guide to Cultivation*

FIRST BAPTIST  
CHURCH TERRELL

# *A Word From Our Pastor*

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One of our emphases in 2022 is to quantify our growth and maturity through spiritual disciplines or habits. We are identifying 10 disciplines or habits that we will ask for you to implement and track in your own spiritual journey. We are asking you to help us track how we are doing as a church through anonymous weekly assessments that we can track as a church, and you personally can track to see your own growth in 2022. You will be hearing more about this in the coming weeks.

The goal is that this would not just be 10 things you check off the box to "look" the part of a Christian. What a tragedy it would be to look all the parts of a Christian and never begin to look more like Jesus or know him.

It is our hope that 2022 would be a year where we as the church thrive because there is a priority in the heart and soul of each one of us to become more like Jesus every single day.

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# Why?

## The Importance of Cultivating Daily Habits

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There is no doubt that the busyness of every day life begins to cloud the minds of each of us! If we are not careful, we can fall victim to the monotonous wake up, do the same thing every day, mentality without ever really doing much with purpose. But what if we as Christians and as a church could wake up every day and practice daily habits that give meaning and purpose to our every day lives?

That is what we want to do for you! Following Jesus doesn't need to be, nor should it carry a hard-to-do, stuck in the mud mentality. We firmly believe that being a fully devoted follower of Jesus should be normal. So, to help you cultivate a life that does just that, we have identified 10 spiritual habits that you can begin to cultivate weekly in your life!

The goal is that this would not just be 10 things you check off the box to "look" the part of a Christian. What a tragedy it would be to look all the parts of a Christian and never begin to look more like Jesus or know him.

Over the course of the year, we will emphasize weekly the same 10 spiritual habits that you can begin to cultivate into your life as you daily walk with Jesus. The goal for our church is that we would practice all 10 week by week but more in depth, that we would average 3/10 each week.

It is our hope that 2022 would be a year where we as the church thrive because there is a priority in the heart and soul of each one of us to become more like Jesus every single day.



*Kingdom  
Minded*

*Gospel  
Centered*

*Disciple  
Making*



# *Read the Bible*

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## Psalm 1:1-2

How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers! But his delight is in the law of the Lord, And in His law he meditates day and night.

## Psalm 119:1-5

Your word is a lamp to my feet  
And a light to my path.

As a follower of Jesus, the Bible must be one of our most precious possessions. We firmly and whole heartedly believe the Bible is God's word to us. Therefore, we cannot neglect to read it. If you didn't have the Bible, how different would every day look for you? How different would your life look? Our hope to that question is that your life and every day would look drastically different.

Bible reading can be made so complicated at times, and it really doesn't have to be that way. All you need is a time, a place and a plan!

A Time: Pick a specific time each and every day where you know you'll always have the ability to dive into God's word.

A Place: Pick a place each day where you will be consistently. Maybe it's a chair, or the dining room table.

A Plan: Follow along with us as we read the Discipleship Journal Reading Plan, a plan that has 25 reading days every month that guide you through the Bible in one year!

Make 2022 the year that you commit to cultivating a habit of daily reading the Bible!

# *Memorize the Bible*

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Psalm 119:11

Your word I have treasured in my heart,  
That I may not sin against You.

Colossians 3:16

Let the word of Christ richly dwell within  
you, with all wisdom teaching and  
admonishing one another with psalms  
and hymns and spiritual songs, singing  
with thankfulness in your hearts to God.

Does memorizing scripture seem a little intimidating to you? Don't worry, it is for us too. You know it will be good for your soul but it can be hard to do consistently. But we want to encourage you, you can memorize scripture and we want to partner with you to do it!

If the Bible is God's written word to us, as we firmly believe, it would not only make sense that we would read it, but that we would treasure it and memorize it.

Jesus defeated the temptations of the Devil with the use of memorized passages of scripture. It would do us well to follow in his steps!

So how can you do this? First, join us week-by-week as we partner with and use the FighterVerses Memory plan! You can pick up a copy or follow along with us on social media! Second, stick with it! Pick a time every day to set aside to memorize that week's verse. And lastly, don't do it alone! Memorize scripture with a friend, as a life group, or with an accountability partner!

# *Accountability*

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## Proverbs 15:31-32

He whose ear listens to the life-giving reproof will dwell among the wise. He who neglects discipline despises himself, But he who listens to reproof acquires understanding.

## Hebrews 3:12-13

Take care, brethren, that there not be in any one of you an evil, unbelieving heart that falls away from the living God. But encourage one another day after day, as long as it is still called “Today,” so that none of you will be hardened by the deceitfulness of sin.

One of the ways in which God forms our hearts around His word and His ways is by the means of engaging in life giving community and accountability with others around us. It would be foolish for us to think that we can make it thorough this life without the encouragment and rebuking of others who deeply want to see us look more like Jesus.

We want to help you and urge you to find someone in your life group or one that you have walked through life with who is of the same sex and begin to meet weekly if you haven't started already. This should be a time of prayer, confession and encouragement as the two of you strive side by side for the gospel to be advanced and for your life to look more and more like Jesus.

Examples of questions you and your accountability partner can engage in are:

- How did I feed my flesh this week?
- How did I feed my soul this week?
- Is there anything I need to ask forgiveness for or repent from?

# *Family Devotional*

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It is vital to the spiritual growth and life of your family to sit down together and read through the Bible and pray with one another.

We know this may seem a bit strange, especially if you have never practiced this kind of habit. It can and will feel awkward for a little bit. But the growth that comes from it can't be overstated enough.

But how do you participate in a family devotion? What if you no longer have children at home? We want to answer all of that for you!

So, what does a family devotional look like? Well, it may be different for each family. Maybe you read a passage of scripture and talk over it then pray. Maybe you sing a worship song and read a few verses of scripture.

The point is, there is no set script or specific outline that you have to follow. You just simply need to start and adapt it to your family along the way!

But what if your children are grown and out of the house? This can easily be one of the most important things for your marriage and/or spiritual growth with others. A few things to consider practicing are:

- Praying for unreached people groups
- Reading through books of the Bible together
- Focusing in on areas in your life/marriage that need refining

# *Tithing & Stewardship*

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## Numbers 18:20-21

You shall have no inheritance in their land, nor own any portion among them; I am your portion and your inheritance among the sons of Israel. And to the sons of Levi, behold, I have given all the tithe in Israel for an inheritance, in return for their service which they perform, the service of the tent of meeting.

## Matthew 23:23

Woe to you, scribes and Pharisees, hypocrites! For you tithe mint and dill and cumin, and have neglected the weightier provisions of the law: justice and mercy and faithfulness; but these are the things you should have done without neglecting the others.

These two texts above give great insight into the importance of tithing. It's foundational in the Old Testament and Jesus endorses it in the New Testament!

If Jesus endorses something, we ought not to neglect it!

## Psalms 24:1

The earth is the Lord's, and all it contains, the world, and those who dwell in it.

But let us not focus on tithing as a demand, but as a lifestyle. What you do with every cent of your money shines a light on how you view God and what He means to you.

The way we utilize our money and our time matter, because they show the world how we actually think and if we truly believe what we say we believe.

One question you can ask yourself is:

Is the way I use my time or my money ridiculous if the Kingdom of Heaven isn't real?

# *Share the Gospel*

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## Romans 10:13-15

for “Whoever will call on the name of the Lord will be saved.” How then will they call on Him in whom they have not believed? How will they believe in Him whom they have not heard? And how will they hear without a preacher? How will they preach unless they are sent? Just as it is written, “How beautiful are the feet of those who bring good news of good things!”

This practice may be the most foundational to the 10 we encourage you to practice this year. If you have been entrusted with the hope for the world, how can you not share that glorious news with others?

If it is true that every single person who calls upon the name of the Lord will be saved, what actions should we take as those who are saved?

The need for gospel urgency has to be felt in the lives of everyone who has called upon the name of the Lord to be saved. Our hearts must not only break for the lost but be moved to share the greatest news ever with them.

But what if they say no? They aren't saying no to you. Your concern should simply be focused on obedience to Jesus and what He has called His church to do.

## Matthew 28:19-20

Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age.”

# Serve

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It is incredible to begin imaging that God created every single one of us uniquely and specifically for a purpose. When we begin to dive deep into this thought we are easily overwhelmed with a magnitude of who God is and a deep love for him.

If you don't believe us, just read this:

## 1 Corinthians 7:17

Only let each person lead the life that the Lord has assigned to him, and to which God has called him

What Paul is saying there is that God has created you with a specific assignment in mind. You have a specific purpose for your life! And God has gifted you with unique gifts and talents in order to display them and use them for His glory and the sanctification of others!

Because you have these unique gifts and talents, we want to encourage you to use them by serving the local church! One thing to consider when serving is the reality that Jesus served you. In fact He purchased your redemption and salvation for you!

## 1 Corinthians 6:19-20

Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body

Use your gifts to glorify God and serve His church! No matter if your service is seen and known by others or is quiet and behind the scenes; God sees and is glorified when you walk in the purpose He made you for!

# *Engage*

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It seems that as Christians read through the New Testament you will begin to realize that the life and vitality of the local church hinged upon the reality that they engaged with one another. Now, we're not asking that we meet once a day, but it seems reasonable that on the day that we do regularly meet, we would all come together.

So what we mean by engage is this: Are you actively involved and present here on Sunday's meeting with your life group and during our time of worship?

This will be one of the easiest habits to engage in 2022; simply are you active and present in the life of our church as we meet weekly?

One thing to note and keep in mind is the importance of membership, not just coming and enjoying the service week by week. We highly encourage those who feel led to be a part of what God is doing here to join our church!

We emphasize this because we firmly believe that scripture clearly lays out the expectations for those who follow Jesus and one of those expectations is that we would be a part of a local body (membership) and that we would actively engage with that local body for the glory of God and the edification of our souls and the souls of others.

So engaging is so much more than being here on Sundays and Wednesdays (although it is no less than that). It is playing a vital part in the life of the local body of FBC Terrell and seeking to see every member of this body know and love Jesus more.

# *Pray*

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"There is no recipe for prayer that can work for us like a handyman's do-it-yourself manual or a cookery book, where the claim is that if you follow the instructions you can't go wrong. Praying is not like carpentry or cookery; it is the active exercise of a personal relationship, a kind of friendship, with the living God and his Son Jesus Christ, and the way it goes is more under divine control than under ours. . . . As in other close relationships, so in prayer: you have to find out by trial and error what is right for you, and you learn to pray by praying." - J.I. Packer

Prayer is vital to your relationship with the Lord and your spiritual growth. This simply cannot be stated enough. Simply put, where there is no prayer there is no life. But prayer isn't a new concept formed by the local church. It's a timeless spiritual habit of our Lord Jesus Christ.

Jesus would often withdraw from crowds and his disciples simply to go to the Father in prayer

## Mark 1:35

And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.

If we would seek to be more like Jesus in 2022, we must start here. Learning to pray. Deepening our relationship with Jesus through communing with him in prayer each day. Depending on him to form within a deep longing for this spiritual habit.

Maybe we can take on the example of His disciples in asking Jesus the same question they asked Him in Luke 11 "Lord, teach us to pray".

# *Fast*

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## Matthew 6:16-18

“Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. But you, when you fast, anoint your head and wash your face so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you.”

Fasting is one of the spiritual disciplines that often gets overlooked. However, scripture mentions its importance quite regularly.

Fasting is the abstinence from food for spiritual purposes. However, a more general application could be fasting from something legitimate for a particular spiritual purpose.

Fasting is for a spiritual purpose, not for physical wellness or losing weight. Some spiritual purposes for fasting might include:

- strengthening your prayer life
- seeking God's guidance in your life
- expressing grief or pain
- seeking deliverance or protection from God
- to express repentance and return to God
- to humble ourselves before God
- to express concern for the work of God
- to minister to the needs of others
- to overcome temptation, and dedicate yourself to God
- to express love and worship to God



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