

THE 28th.LIFE

THE EMBERS

MODULE 3 — SPIRITUAL DISCIPLINES

Positioning Yourself for God's Grace

Module Overview

As the embers of your faith continue to grow, God invites you into something deeper—not simply knowing about Him, but walking with Him daily.

Throughout **THE SPARK**, you established the foundational habits of prayer, Bible reading, worship, and devotion. Those habits ignited your relationship with Christ.

Now, in **THE EMBERS**, those same practices become intentional disciplines that allow God's sanctifying grace to continue transforming your life.

A spiritual discipline is not a way to earn God's love.

It is a way to place yourself before God so He can continue the work He has already begun.

Just as athletes train their bodies and musicians practice their craft, followers of Jesus intentionally cultivate habits that help them become more like Him.

These disciplines create space for the Holy Spirit to shape our hearts, renew our minds, and strengthen our faith.

John Wesley believed that God had given believers "means of grace"—ordinary practices through which He regularly pours out His transforming grace. These include prayer, searching the Scriptures, worship, communion, fasting, Christian fellowship, acts of mercy, and serving others.

The disciplines themselves do not change us.

God does.

But as we faithfully practice these rhythms, we become more attentive to His presence and more responsive to His leading.

The embers are becoming stronger.

Now it's time to intentionally fan the flame.

"Remain in Me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine."

— John 15:4

Learning Objectives

By the end of Module 3, you will:

- Understand the purpose of spiritual disciplines.
 - Learn how spiritual disciplines position you to receive God's grace.
 - Deepen your practice of prayer and Scripture.
 - Discover the value of fasting, solitude, and silence.
 - Develop a sustainable rhythm for lifelong spiritual growth.
 - Learn to recognize God's voice more clearly.
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LESSON 9 — THE MEANS OF GRACE

Theme

Spiritual disciplines are God's gifts that help us remain connected to Him.

Key Scriptures

- John 15:1–8
 - Acts 2:42
 - 1 Timothy 4:7–8
 - Psalm 1:1–3
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Big Idea

Spiritual disciplines do not earn God's favor—they help us remain close to Him.

Introduction

Every healthy relationship requires time.

Friendships grow through conversation.

Marriages deepen through intentional connection.

Our relationship with God grows the same way.

God invites us into daily practices that keep our hearts open to His transforming grace.

John Wesley called these practices the **Means of Grace** because they are ordinary ways God chooses to meet us and continue His work within us.

These include:

- Prayer
- Reading and studying Scripture
- Worship
- Communion
- Christian fellowship
- Fasting
- Serving others
- Acts of compassion and mercy

These are not religious checklists.

They are invitations into a deeper relationship with Christ.

Growing Through Grace

Think of a fireplace.

The fire continues burning because fresh wood is continually added.

Our spiritual disciplines don't create God's fire.

They simply keep our hearts receptive to His presence.

Reflection

1. Which spiritual discipline has impacted your faith the most?
 2. Which one has been the most difficult?
 3. How have these practices helped you grow closer to Jesus?
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Weekly Challenge

Evaluate your current spiritual rhythms.

Choose one area where you would like to become more intentional this month.

Prayer

Father,

Thank You for inviting me into relationship with You. Help me faithfully pursue the practices that draw my heart closer to Yours and allow Your grace to continue transforming me.

Amen.

Memory Verse

"Remain in Me, and I will remain in you."

— John 15:4

LESSON 10 — DEEPENING YOUR LIFE OF PRAYER

Theme

Prayer becomes more than speaking to God—it becomes living in continual communion with Him.

Key Scriptures

- Luke 11:1–13
 - Philippians 4:6–7
 - 1 Thessalonians 5:16–18
 - Psalm 62:5–8
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Big Idea

Prayer is not only about presenting requests—it is about deepening your relationship with God.

Introduction

As new believers, many of us begin praying when we need something.

As we mature, prayer becomes something much richer.

It becomes conversation.

It becomes communion.

It becomes dependence.

It becomes listening.

God desires more than occasional conversations.

He desires an ongoing relationship.

Growing Beyond Requests

Healthy prayer includes:

- Praise
- Thanksgiving
- Confession
- Listening
- Intercession
- Surrender
- Silence
- Worship

As your prayer life matures, you'll spend less time talking at God and more time walking with Him.

Listening Prayer

Prayer isn't a one-sided conversation.

After you've spoken, become still.

Ask:

"Lord, what do You want me to know today?"

Then quietly reflect on Scripture and allow the Holy Spirit to guide your thoughts.

God will never contradict His Word.

Reflection

1. How has your prayer life changed?
2. What distractions keep you from praying?
3. How comfortable are you with silence before God?

Weekly Challenge

Spend ten minutes each day in quiet prayer.

For the final five minutes, simply sit in silence before God.

Prayer

Father,

Teach me not only to speak to You, but to listen for Your voice. Deepen our relationship until prayer becomes the natural rhythm of my everyday life.

Amen.

Memory Verse

"Pray continually."

— 1 Thessalonians 5:17

LESSON 11 — FEEDING YOUR SOUL THROUGH SCRIPTURE

Theme

God transforms us as His Word shapes our hearts and minds.

Key Scriptures

- Psalm 119:9–16
 - Joshua 1:8
 - Hebrews 4:12
 - James 1:22–25
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Big Idea

We don't simply read the Bible.

We allow the Bible to read us.

Introduction

The goal of Bible study is not simply gaining knowledge.

It is experiencing transformation.

God's Word reveals:

- His character.
- His promises.
- His wisdom.
- His will.
- His love.

As we meditate on Scripture, the Holy Spirit begins renewing our thinking.

Over time, God's truth reshapes our attitudes, decisions, and desires.

Reading with Intention

Ask these questions:

- What does this passage teach about God?
- What does it reveal about people?
- What truth should I remember?
- What is God inviting me to do?

- How can I apply this today?

Scripture isn't meant only to be understood.

It is meant to be lived.

Reflection

1. How has Scripture changed your thinking?
 2. Which passage has shaped your faith recently?
 3. How can you apply today's reading?
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Weekly Challenge

Read one chapter of Scripture every day this week using the five reflection questions above.

Journal one application each day.

Prayer

Lord,

Open my eyes to the truth of Your Word. Transform my thinking so that my life increasingly reflects the heart of Christ.

Amen.

Memory Verse

"Your word is a lamp for my feet, a light on my path."

— Psalm 119:105

LESSON 12 — FASTING, SOLITUDE, AND LISTENING

Theme

Sometimes we hear God most clearly when we intentionally remove distractions.

Key Scriptures

- Matthew 6:16–18
 - Mark 1:35
 - Psalm 46:10
 - Isaiah 30:21
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Big Idea

Creating space for God allows His voice to become clearer amid the noise of everyday life.

Introduction

Modern life is filled with constant activity.

Notifications.

Schedules.

Conversations.

Entertainment.

Noise.

Yet throughout Scripture, we see Jesus intentionally withdrawing to quiet places to pray.

He understood something we often forget:

Silence creates space for God.

Fasting

Fasting is voluntarily giving up something—often food—for a period of time in order to focus more fully on God.

Fasting reminds us that our deepest hunger is for Him.

It teaches dependence, humility, and surrender.

You may also fast from:

- Social media
- Television
- News
- Entertainment
- Other distractions

The purpose is not self-denial for its own sake.

The purpose is greater intimacy with God.

Solitude and Silence

Solitude isn't loneliness.

It's intentionally being alone with God.

Silence quiets our hearts so we can recognize His gentle leading.

In those quiet moments, the Holy Spirit often brings:

- Peace
 - Conviction
 - Wisdom
 - Encouragement
 - Clarity
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Reflection

1. What distractions compete for your attention?
 2. What might God be inviting you to set aside?
 3. How could silence strengthen your relationship with Him?
 4. What step can you take toward creating more space for God?
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Weekly Challenge

Choose one day this week to fast from something that regularly occupies your attention.

Use that time for prayer, Scripture, and quiet reflection.

Prayer

Father,

Help me slow down and create space to meet with You. Remove the distractions that keep me from hearing Your voice, and teach me to delight in Your presence above everything else.

In Jesus' name,

Amen.

Memory Verse

"Be still, and know that I am God."

— Psalm 46:10

Module 3 Wrap-Up

The spiritual disciplines are not burdens to carry—they are invitations to draw near to God.

Through prayer, Scripture, worship, fasting, solitude, and the other means of grace, the Holy Spirit continues the transforming work He began when you first trusted Christ. These practices do not make God love you more; they help you become more aware of the love He has already poured into your life.

As you faithfully remain connected to Christ, the embers of your faith become stronger, steadier, and more resilient. You begin to discover that spiritual maturity is not achieved through striving, but through abiding in Jesus day after day.

In **Module 4**, you'll explore **The Holy Spirit**, discovering how God empowers, guides, convicts, comforts, and equips every believer to live a life that reflects Jesus Christ.