

Essentials of Discipleship

Chapter 5 – Devotions and Prayer

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Resource: Essentials of Discipleship by Francis Cosgrove published by Roper Press in 1988.

This short 12 chapter book outlines eleven essentials of what a disciple of Jesus Christ is and how each disciple should become a disciple-making disciple. These study guides offer an outline of the book with some questions to be used in reviewing and discussing the content so each participant will need to obtain and read this book as well. After the initial two chapters titled: What is a Disciple? & The Disciple is a Learner; the author reviews the Lordship of Jesus Christ which is the umbrella for the remaining essentials or characteristics of a disciple.

I. Introduction

A. Opening thoughts:

1. A disciple has a daily devotional time and is developing his prayer life. Write a brief note for each of these verses:
 - a. Psalm 27:4 -
 - b. Psalm 42:1-2 -
 - c. Mark 1:35 -
 - d. Luke 11:1-4 -
 - e. I Thess 5:17-18 -
 - f. James 1:5-7 -
 - g. James 5:16 -
 - h. Romans 10:17 -
2. What is the main, if not only way, you will grow in your faith? And in your relationship with God / Christ?

II. Examples of the Quiet Time

Key Question: Since there is no clear commandment in the Bible to “have a daily quiet time or devotional”, how do we learn to do this?

A. The Example of Jesus

1. What do we learn from the example of Jesus (Mark 1:35)?

B. Examples of the Psalms, etc.

1. What is your favorite verse in Psalm 63:1-8?
2. What did Lorne Sanny do every night?

C. Examples of Men and Women of God

1. What did these examples offer?
 - a. J. O. Fraser?
 - b. Dawson Trotman (founder of the Navigators)?

III. Fellowship with God

Note: A “quiet time” is when we have _____ with Almighty God. The basis for this fellowship is the _____ of Jesus Christ.

A. Christ Made Fellowship Possible

1. Use Hebrews 10:19-22 to explain how we can have communion and fellowship the Holy God.

B. God Desires Fellowship with Us

2. Does it motivate you to know that the Creator of Heaven and Earth wants to commune with you and spend time with you?

IV. The Place of the Bible - Since one of the means of communication with God is our quiet times is the Bible, let’s look at:

A. Spiritual Nourishment

1. What should be our objective in our devotional times?

B. Follow a Plan

1. Which of the three plans suggested will work best for you?

- V. The Place of Prayer (Conversing with God after reading His Word)
 - A. The Cost of Prayer
 - 1. Why is prayer costly?
 - B. Follow a Plan
 - 1. Which of the two plans mentioned (CPTIP and ACTS) will work best for you?

- VI. **Attitude**
 - A. Let your Heart be Still
 - 1. Why is it important to be still (quiet and not hurried or stressed) before God? What does worrying communicate to God about your trust in Him?
 - B. Expect His Presence
 - 1. Have you personally experienced the presence of God in your quiet times / devotionals?
 - 2. What is the difference between just reading God's Word and meditating on it with your heart?

- VII. **Time and Place**
 - A. Questions:
 - 1. What is the meaning of the phrase "Remember the Morning Watch"?
 - 2. What is a "lordship" commitment to God?
 - 3. Have you learned to have a quiet time (devotional) by mentally shutting out the noises of the world?

- VIII. **Conclusion**
 - A. Final thoughts / questions:
 - 1. A relationship takes time and commitment. What does God want to offer you in your quiet times/devotionals?
 - 2. How do we speak back to God?
 - 3. What is the commitment we must make?
 - 4. Reflect on the statement by C.T. Studd, an English missionary statesman who said, "If you don't desire to meet the devil during the day, meet Jesus before dawn (or when we wake up if you have a challenging schedule)."