

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. — Hebrews 12:1-2 (ESV)

“TRAIN YOURSELF IN GODLINESS”

(1 Tim. 4:7)

*Devotional Guidelines:
Paul's Letters*



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WHY PURSUE DISCIPLESHIP? Christians are, by definition, Christ’s disciples (Acts 11:26). Disciples must commit to a disciplined lifestyle as they follow their Lord (1 John 2:5–6). The following activities are Christ-centered guidelines to help the spiritual "workout" (1. Tim. 4:7).

- SOLITUDE (Mark 1:35).** Schedule a set time each day (optimal time ½ hr. +) with NO DISCTRACTIONS (No phone!).
- SCRIPTURE STUDY (2 Tim. 3:16–17).** Have a notebook ready. Read each chapter **two times per day**: morning and noon/evening. Summarize what you read using the H.E.A.R.¹ method:
 - Highlight what stands out (aim to capture a single thought).
 - Explain what it means in the original context (consult a study Bible).
 - Apply it to our time and circumstances.
 - Respond — apply the verses to your walk.
- SCRIPTURE MEMORIZATION (Psalm 119:11).** Use Mooretown’s memory verse of the month.
- WORSHIP (John 4:23).** Worship the Lord with one of your favorite songs and incorporate the Psalms (see the bottom right chart).
- PRAY (1 Thess. 5:17).** Have an updated prayer list. One of the ways to organize your prayer is by using the acronym P.R.A.Y.,² which is based around the *Lord’s Prayer* in Matthew 6:9b–13 (ESV):
 - Praise God for who he is and what he has done (v. 9b: "Our Father in heaven, hallowed be your name.")
 - Repent of your sins of both commission and omission (v. 12: "and forgive us our debts, as we also have forgiven our debtors.").
 - Ask for the needs of others and yourself (v. 11: "Give us this day our daily bread"; v. 13: "and lead us not into temptation, but deliver us from evil."). *Be sure to bring up the needs of the church, both locally and worldwide (esp. remember the persecuted Christians).*
 - Yield your will to God's will and his agenda (v. 10: "Your kingdom come, your will be done, on earth as it is in heaven.")

PAUL IN 15 WEEKS						
Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
Church	Rom. 1	2	3	4	5	6
Church	Rom. 7	8	9	10	11	12
Church	Rom. 13	14	15	16	1Cor. 1	2
Church	1Cor. 3	4	5	6	7	8
Church	1Cor. 9	10	11	12	13	14
Church	1Cor. 15	16	2Cor. 1	2	3	4
Church	2Cor. 5	6	7	8	9	10
Church	2Cor. 11	12	13	Gal. 1	2	3
Church	Gal. 4	5	6	Eph. 1	2	3
Church	Eph. 4	5	6	Phil. 1	2	3
Church	Phil. 4	Col. 1	2	3	4	1The. 1
Church	1The. 2	3	4	5	2The. 1	2
Church	2The. 3	1Tim. 1	2	3	4	5
Church	1Tim. 6	2Tim. 1	2	3	4	Titus 1
Church	Titus 2	3	Phlm. 1			

31 PSALMS FOR DAILY WORSHIP				
1. Psalm 8	8. Psalm 46	15. Psalm 96	22. Psalm 111	29. Psalm 134
2. Psalm 19	9. Psalm 47	16. Psalm 97	23. Psalm 113	30. Psalm 135
3. Psalm 23	10. Psalm 65	17. Psalm 98	24. Psalm 115	31. Psalm 136
4. Psalm 24	11. Psalm 67	18. Psalm 99	25. Psalm 116	
5. Psalm 29	12. Psalm 84	19. Psalm 100	26. Psalm 117	
6. Psalm 33	13. Psalm 91	20. Psalm 103	27. Psalm 118	
7. Psalm 34	14. Psalm 93	21. Psalm 104	28. Psalm 130	

1. This journaling method was developed by Pastor Robby Gallaty (www.replicate.org).
 2. This method was adopted from a post made on the BMA Seminary Facebook page.