

201 : Disciplines for Life

Overview & Introduction

Each of our four Core Values Classes (101 : Mission & Membership; 201 : Disciplines For Life; 301 : Designed to Serve; and 401 : Sharing Your Story) are designed to help you learn about Sierra's goals, what it means to belong to our family, and tools to help you grow as a Christian.

Our 201 Class is an overview of some of the essential elements that go into developing a rich and full life focused on following Jesus. To help you get the most out of the class, there is some pre-class homework that is important to do. The key to getting the most out of the pre-class homework and completing it before class begins, is to start the work at least 6 days before the class starts (class is March 4th. so that means by the Feb. 26th). The questions are primarily for personal reflection. You do not have to share them in class. If you have any questions regarding the pre-class homework, call Noah or Corbett at (530) 544-7055.

Pre-Class Homework:

Bible Reading:

How much time each *week* do you spend reading the Bible?

How many times a *month* do you read and study the Bible with other people?

How many bible verses would you say you have memorized?

Exercise: You'll need at least one other person, a blank piece of paper, pen and Bible. Find 20 minutes of uninterrupted time to sit in a place free of distractions. Read Philippians 4:6-7 with at least one other person. Write at least 20 observations. Circle the observation that was most significant to each of you.

Pre-Class Homework continued on next page...

Prayer:

On average, how much time each day do you spend praying?

How much time each month do you spend praying with others?

Exercise: You'll need the papers entitled "Surrender" and "Examine" that are in this packet. Beginning the Monday (April 18th) before class begins, devote time before you start each day to say a prayer of "Surrender". Likewise at the close of each day devote time to a prayer of "Examine".

Solitude:

Psalm 46:10 says "be still and know that I'm God". Where do you find that you're "still"?

How does rest/quietness contribute to your spiritual growth?

Where do you find that God is present in your week?

Service:

How much time each *week* do you set aside for serving others?

In a typical *month*, how much time do you spend serving others?

Exercise: Find one hour this week to dedicate to serve someone you wouldn't regularly serve.

Giving: (Your answers will NOT be discussed or shared with anyone)

On average how much of your monthly income do you give away?

Are you satisfied with that amount?

When did you last have a personal conversation exploring what it means to be generous with your personal finances?

Exercise: Set aside a small amount of money; ANONYMOUSLY buy a gift for someone or give the money away.