



Habits of a Disciple – Bible and Prayer

David Miller – 04 Jan 2026 (watch talk [here](#))

Intro:

Spiritual disciplines like praying and reading the Bible have a big part to play in our spiritual formation. The goal is to change to become more like Jesus, not just for our own sake, but for the sake of others. Paying attention to the small things can make a big difference. It's in the daily, ordinary, and many small things that make up everyday life that make a big difference over time.

“Spiritual formation is a process of being formed, in the image of Christ for the sake of others” - Robert Mullholland, Invitation to a Journey

Illustration – spiritual disciplines as solar panels

Spiritual disciplines don't hold any power in and of themselves but like solar panels tilted towards the sun to absorb its power, the disciplines help us tilt towards God and absorb *His* power to help us change.



Spiritual disciplines also help interrupt the formation that is happening all the time. We are all being formed and shaped by the world around us whether we are aware of it or not. The question isn't *if* I'm being shaped, it's *how* I'm being shaped.

Bible and Prayer

Dave spoke to us about 2 of the spiritual disciplines: Bible reading and prayer.

He encouraged us to pray honestly, intimately and in a habitual way.

He encouraged us to read the Bible deeply, and attentively (reference Psalm 1).

Reflect and discuss:

- How have you seen spiritual practices impact your own journey with Jesus?
- What helps you stand firm in your faith, when other voices are pulling a different direction?
- How is prayer going for you at the moment? What are some of the challenges or things that are helping?
- How is Bible reading going for you at the moment? What are some of the challenges or things that are helping?
- What's your “intentional plan” for growing in these spiritual practices this term?