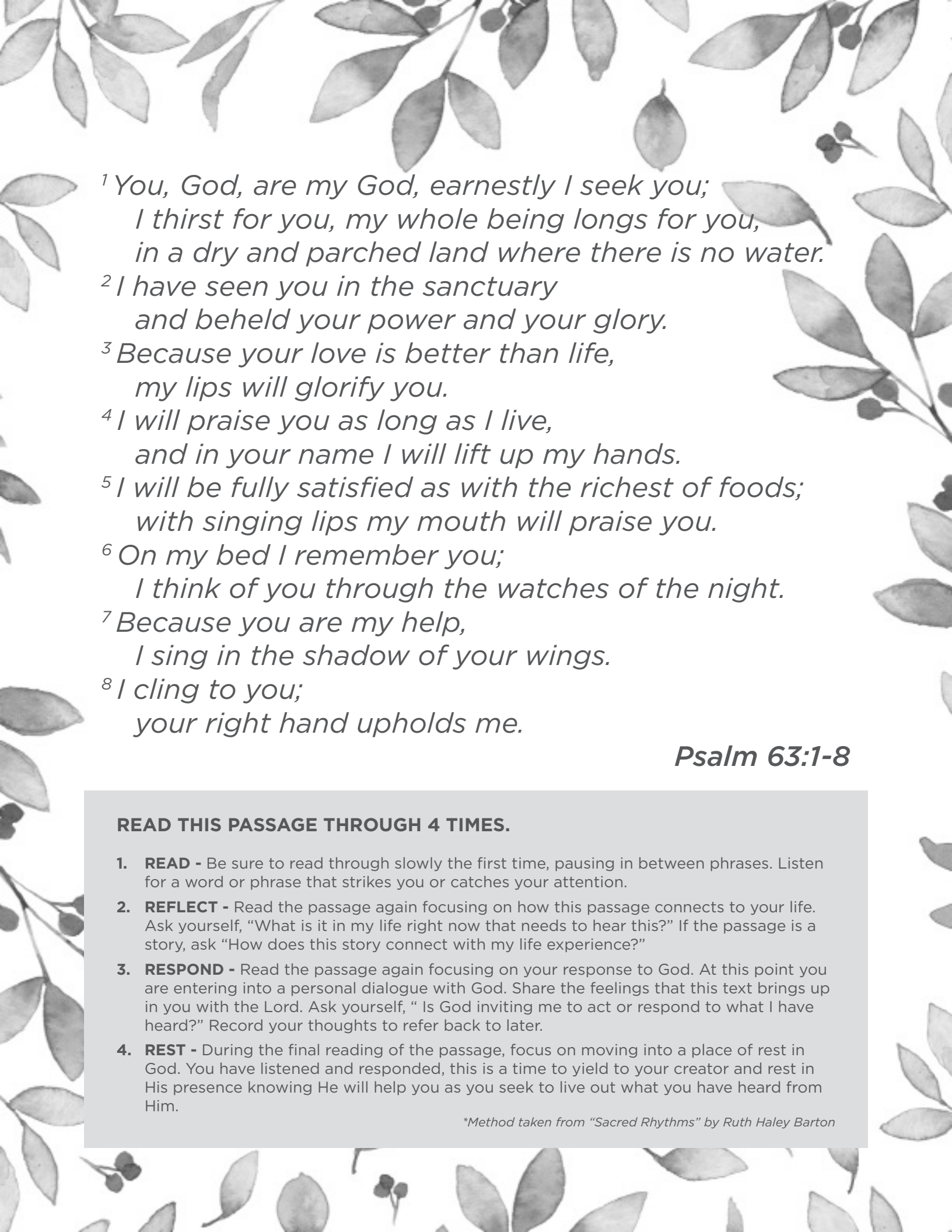




# Ladies'

Night Out

FEBRUARY 5TH 2018

- 
- A decorative border of stylized leaves and small berries frames the text on the page.
- <sup>1</sup> *You, God, are my God, earnestly I seek you;  
I thirst for you, my whole being longs for you,  
in a dry and parched land where there is no water.*
- <sup>2</sup> *I have seen you in the sanctuary  
and beheld your power and your glory.*
- <sup>3</sup> *Because your love is better than life,  
my lips will glorify you.*
- <sup>4</sup> *I will praise you as long as I live,  
and in your name I will lift up my hands.*
- <sup>5</sup> *I will be fully satisfied as with the richest of foods;  
with singing lips my mouth will praise you.*
- <sup>6</sup> *On my bed I remember you;  
I think of you through the watches of the night.*
- <sup>7</sup> *Because you are my help,  
I sing in the shadow of your wings.*
- <sup>8</sup> *I cling to you;  
your right hand upholds me.*

## ***Psalms 63:1-8***

### **READ THIS PASSAGE THROUGH 4 TIMES.**

- 1. READ** - Be sure to read through slowly the first time, pausing in between phrases. Listen for a word or phrase that strikes you or catches your attention.
- 2. REFLECT** - Read the passage again focusing on how this passage connects to your life. Ask yourself, "What is it in my life right now that needs to hear this?" If the passage is a story, ask "How does this story connect with my life experience?"
- 3. RESPOND** - Read the passage again focusing on your response to God. At this point you are entering into a personal dialogue with God. Share the feelings that this text brings up in you with the Lord. Ask yourself, "Is God inviting me to act or respond to what I have heard?" Record your thoughts to refer back to later.
- 4. REST** - During the final reading of the passage, focus on moving into a place of rest in God. You have listened and responded, this is a time to yield to your creator and rest in His presence knowing He will help you as you seek to live out what you have heard from Him.

*\*Method taken from "Sacred Rhythms" by Ruth Haley Barton*

## FEBRUARY 5TH NOTES

**LIE #1:** God's Word has nothing to do with my life in the 21st century.

*Psalm 91:10-11* \_\_\_\_\_

*Psalm 18:2-3* \_\_\_\_\_

*Philippians 4:12-13* \_\_\_\_\_

*Hebrews 4:12* \_\_\_\_\_

*II Peter 1:20-21* \_\_\_\_\_

*Psalm 12:6* \_\_\_\_\_

*II Timothy 3:16-17* \_\_\_\_\_

**LIE #2:** If I don't feel like reading my Bible, it's pointless for me to open it up.

*James 1:19-21* \_\_\_\_\_

*Jeremiah 17:19* \_\_\_\_\_

*Proverbs 4:23* \_\_\_\_\_

*Deuteronomy 4:9, 11:16* \_\_\_\_\_

### ONE FOCUS

#### FEBRUARY

We are asking for you to engage with scripture every day for the next month. We know that for many of you will have to find a way to make margin in your schedule for this discipline of reading scripture. How do you plan to incorporate scripture into your daily routine this month? Once you name your one focus, use pages 6-7 to keep up with your progress and what you are learning.

## NOTES CONT...

**LIE #3:** I've read the Bible before, so I am not going to gain anything new by reading it more.

Romans 15:4 \_\_\_\_\_

John 6:63 \_\_\_\_\_

II Timothy 1:6 \_\_\_\_\_

Psalms 119:105 \_\_\_\_\_

**LIE #4:** When I'm hurting, REALLY hurting, the Bible is the last thing I need.

Psalms 73: 25-28 \_\_\_\_\_

Proverbs 18:21 \_\_\_\_\_

Job 32:12 \_\_\_\_\_

Isaiah 55:10-11 \_\_\_\_\_

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# ACCOUNTABILITY

## WHAT DOES IT MEAN TO BECOME A DISCIPLE?

A disciple is simply a follower... a student... a learner. Being a disciple is choosing to put ourselves in this posture of being open to learning, open for the Spirit to move in our hearts and in our lives. It's putting ourselves in a position to be trained through correction, molding and perfecting through discipline in order to build our character and deepen our faith. Being a disciple is not a product or an event. It's a journey, not a destination. Becoming a Disciple requires discipline and accountability.

## HOW DO WE INCORPORATE THESE DISCIPLINES INTO OUR LIVES?

This semester we are diving into becoming a disciple through worship, Scripture, prayer and rest. Each month, we will ask you to pick ONE FOCUS for the month, one way to incorporate that month's discipline into your daily life. Make it something doable that you can commit to daily but that will stretch you outside of your comfort zone.

We encourage you to have a mentor or accountability partner to check in on your progress throughout the month. If you do not already have that relationship built into your life, we hope you either connect with a small (*no more than 2-3*) group of friends to hold each other accountable, connect with some women at your table or let us pair you with a mentor/accountability partner for your journey.

## WHY DO I NEED A MENTOR/ACCOUNTABILITY PARTNER?

Mentorship and accountability are intentional relationships that we all need in our lives. These are relationships much like those Jesus' disciples had. We need a Peter (*accountability peer*) in our lives who is walking with us and is experiencing the same struggles. We need a Paul (*mentor*) to look up to and learn from because he is farther along in his journey. We even need a Barnabas (*mentee*) who we can pass along the wisdom we have learned from our trials and successes. We want to provide an avenue for you to experience these relationships in this season of becoming a disciple.

## HOW DOES THE MENTOR/ACCOUNTABILITY PROCESS WORK?

There is a ONE FOCUS card at your table to let us know how you're pursuing mentoring/accountability and how we can help. Use the following 2 pages of your booklet to record your ONE FOCUS for the month and track your progress. Use the questions for discussion with your mentor/accountability partner through each of the approximate 10-day increments.

We want to help you succeed in diving deeper into Spiritual Disciplines this semester together by providing these tools to help you on your journey!

*Becoming*  
A DISCIPLE THROUGH SCRIPTURE

# 30 DAY PSALM READING PLAN

**DAY 1** - Read *Psalm 100*

**DAY 2** - Rewrite *Psalm 100* in your own words

Start with writing out a triumphant praise, then express who God is to you and who you are to Him, and finish with giving thanks & praise.

**DAY 3** - Read *Psalm 19:1-14*

**DAY 4** - Reread *Psalm 19:12-14*

Write out the following statements as a prayer. Cleanse me from \_\_\_\_\_. Moreover, keep me from \_\_\_\_\_. Do not let them rule over me. Then I will be innocent and cleansed from blatant rebellion. May the words of my mouth and the meditation of my heart be acceptable to You, Lord, my rock and my Redeemer.

**DAY 5** - Read *Psalm 34:1-22*

**DAY 6** - Use *Psalm 34:1-22* to make a list of all God's promises to you.

**DAY 7** - Read *Psalm 40:1-17*

**DAY 8** - Use *Psalm 40:1-17* to answer the following questions:

1. When have you been in a desolate pit?
2. How did the Lord set your feet on a rock?
3. Are you in a desolate pit right now?
4. What has the Lord promised to do?

**DAY 9** - Read *Psalm 66:1-20*

**DAY 10** - Read *Psalm 66:3, 66:5, 66:16* outloud.

Meditate on the things you have seen God do in your life.

**DAY 11** - Read *Psalm 92*

**DAY 12** - Use *Psalm 92:1-2* to make a gratitude list to our good God. Write a statement starting with "I will give thanks in..." for each of the following: this joyful thing, this suffering, this certainty, this stress, this injustice, this sorrow, this plenty, this want, this wandering, this waiting

**DAY 13** - Read *Psalm 118:1*

**DAY 14** - Write *Psalm 118:1* down multiple times in your journal & put Chris Tomlin's song "Forever" on repeat today.

**DAY 15** - *Psalm 98:1-9*

**DAY 16** - Focus on the following verses in *Psalms* 98 and record your thoughts:

**Look at verses 1-3.** Why were the Israelites singing a song to the Lord?

**Look at verses 7-9.** Why should we sing a song to the Lord?

How can you incorporate the idea of “shouting to the Lord” into your day?

**DAY 17** - Read *Psalms* 101:1-22

**DAY 18** - Use *Psalms* 101:3-5 to help you write out the following statements:

He forgives \_\_\_\_; He heals \_\_\_\_; He redeems \_\_\_\_; He crowns me with \_\_\_\_; He satisfies me with \_\_\_\_

**DAY 19:** Read *Psalms* 118:1-29

**DAY 20:** Rewrite *Psalms* 118:1-9 in your own words.

Use the structure of verses 1-9 in David’s psalm to write a personal song of thanks to God. Contrast the unique details of your changing life with God’s unchanging truth.

**DAY 21:** Read *Psalms* 126:1-26

**DAY 22:** Reread *Psalms* 126:1-26.

Write a few of your own “His love is eternal” statements from your own life. He \_\_\_\_\_. His love is eternal.

**DAY 23:** Read *Psalms* 139:1-24

**DAY 24:** Answer the following from *Psalms* 139.

1. How does God know us?
2. How does God go with us?
3. How does God create us?
4. What does this teach me about God’s character?
5. Notice how vs. 23 parallels vs. 1. Why does David ask God to do what he knows God has already done?

**DAY 25:** Read *Psalms* 63:1-4

**DAY 26:** Answer the following based on *Psalms* 63:1-4. What does it mean to seek God? What does it mean to thirst for God? What does it mean to long for God?

**DAY 27:** Read *Psalms* 63:5-8

**DAY 28:** Answer the following based on *Psalms* 63:5-8.

1. What would it look like if you were “fully satisfied” with God?
2. What does it feel like to be in the “shadow of His wings”?

**DAY 29:** Recite *Psalms* 63:1-2 outloud from memory. Write the verse from memory on a notecard and place it somewhere that you will see it daily!

**DAY 30:** Recite *Psalms* 63:3-5 outloud from memory. Write the verse from memory on a notecard and place it somewhere that you will see it daily!

# ONE FOCUS

## MONTHLY CHALLENGE

This month I commit to \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Use these bubbles to mark the days you follow through with your ONE FOCUS.

SUN	MON	TUES	WED	THURS	FRI	SAT
		6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	1	2	3
4	5					

COME TO  
MARCH'S LNO!

### WHAT'S NEXT?

Use the questions on the next page to record your progress and have discussion with your mentor/accountability partner.



# QUESTIONS

## **DAYS 1-10** (*FEBRUARY 6 - 15*):

How have you been successful in incorporating Scripture into your daily routine?

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What changes have you seen in the past 10 days?

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What has been the biggest challenge during the past 10 days?

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What would you like to see happen in the next 10 days?

## **DAYS 11-20** (*FEBRUARY 16 - 25*):

How have you been successful in incorporating Scripture into your daily routine?

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What changes have you seen in the past 10 days?

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What has been the biggest challenge during the past 10 days?

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What would you like to see happen in the next 10 days?

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## **DAYS 21-30** (*FEBRUARY 26 - MARCH 4*):

What has been the biggest challenge during the last 10 days?

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What have surprised you the most as you have engaged with scripture this month?

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In what ways will you continue to incorporate scripture into your daily routine going forward?

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# SCRIPTURE MEMORY

*"Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands. I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you."*

## Psalm 63:3-5

Use these pages to write out this month's Scripture as you practice memorizing it.

[illegible]

[illegible]

# Becoming

A DISCIPLE THROUGH SCRIPTURE

A DISCIPLE THROUGH SCRIPTURE

# SCRIPTURE REFERENCES FROM TONIGHT

PSALM 91:10-11

HEBREWS 4:12

II TIMOTHY 3:16-17

PROVERBS 4:23

JOHN 6:63

PSALM 73: 25-28

ISAIAH 55:10-11

PSALM 18:2-3

II PETER 1:20-21

JAMES 1:19-21

DEUTERONOMY 4:9, 11:16

II TIMOTHY 1:6

PROVERBS 18:21

PHILIPPIANS 4:12-13

PSALM 12:6

JEREMIAH 17:19

ROMANS 15:4

PSALM 119:105

JOB 32:12

## ANNOUNCEMENTS

- Join our Facebook Group at [facebook.com/groups/graceladiesnightout](https://facebook.com/groups/graceladiesnightout)
- Follow us on Instagram at [instagram.com/graceladiesnightout](https://instagram.com/graceladiesnightout)
- Mark your calendars for our future Ladies' Night Out on March 5th and April 2nd

## RESOURCES

### BOOKS:

*Sacred Rhythms* by Ruth Haley Barton

*30 Days to Understanding the Bible* by Max Anders

*The New Evidence that Demands a Verdict* by Josh McDowell

*The Case for Christ* by Lee Strobel

*Cold Case Christianity* by J. Warner Wallace

### APPS:

**YouVersion** - Multiple Bible Translations and Reading Plans on Various Topics

**If:Equip, She Reads Truth and First 5** - Devotional Apps geared toward women

**Bible Study Tools** - Resource with Bible Dictionaries and Commentaries for deeper research

If you would like to connect with Kristy who shared her testimony tonight about doubting Scripture, she would love to connect with you, her email address is [kj2004ch@aol.com](mailto:kj2004ch@aol.com)