



Spiritual DNA

Discovery Bible Studies

Prayer: Key Principles from the Scriptures

Our DNA contains the instructions we need to develop, live and reproduce. These instructions are passed down through each generation. This is true for spiritual DNA as well. Jesus teaches that we are born of the Spirit and are adopted into the family of God, taking on our spiritual DNA through the Holy Spirit residing us as followers of Jesus. By observing Jesus life and ministry we can identify at least 6 strands of spiritual DNA that we need to live out of and reproduce*:

Holy Spirit Dependence

Prayer

Obedience to God's Kingdom Agenda

Word of God

Exalting His Father

Relationships

This study unpacks key principles from the Scriptures that will help us develop our prayer life

* *Shiftm2M*, Power to Change 2019

Key Principles of Prayer

Study 1 The Holy Spirit helps us pray

Romans 8:22-28

Study 2 Pray in the Spirit

Ephesians 6:14-18

The ways God answers Prayer

Study 3 No, your request isn't my will

Matthew 26:36-46

Study 4 Slow—the timing is wrong

John 11:1-15

Study 5 Grow—your spiritual condition

James 4:1-10

Study 6 Go—Everything is good to go

Acts 12:5-17

Study 7 Pray with thanksgiving

Philippians 4:4-9

Study 8 Pray without ceasing

1 Thessalonians 5:12-26

Relational Home Group Process

*Based on Discovery Bible Study process

1 Thankful?

From this past week, what is something you're thankful for?

Positions our hearts to be grateful, models prayer, practices gratitude

2 Challenge?

From this past week, what was challenging for you?

Positions our hearts to admit that we have needs and Implies we need help

Questions 1-2 help us to "look back" and form community

3 How did it go?

How did it go?

Based on the previous week's Study "I will statements"/ "Share"/ ending Challenge"

Question 3 ushers in accountability and transformational, missional living

4 The Study - Discover

- Ask someone to read the passage one paragraph at a time.
- Have a group member tell it in their own words.
- Ask the group if they added anything or left anything out.

Questions #5-7 are the core of the DBS process.

***5 God?**

What does this study say about God?

***6 People?**

What does this study say about people/man?

***7 Obedience?**

What does this passage say about obedience?

7b I will . . .

In light of what we now know about his passage, what is God calling you to do this week?

As you discuss what has been observed, allow time (a minute or two) for people to simply examine, breathe, & meditate. Ask, “God, what do you want me to do this week because of what I’ve seen today?” Don’t rush this part. (1-2 minutes)

This is the transformational part, where my life begins to look differently. I become intentional. Because of my new or reinforced beliefs about God and People, how do I behave differently this week?

8 Share?

How will I live this out loud this week? Who needs to hear this?

Here, the DBS provokes intentional “living out loud” of what I’ve learned--for others to see or know. It puts me on mission for the week

9 Challenge?

In this upcoming week, what is going to be a challenge? Who can I share this with? What needs can we meet?

Typically, what happens is that group members do, in fact, pray here—but don’t force or make this the expectation. Be spurred on to “love and good deeds” and go walk in them. Don’t just leave “it” there,. go do life with each other outside of the church. Live out Biblical community—to do some real life TOGETHER beyond the DBS.

The Discovery Bible Study or DBS format has proved successful in discipling people at all stages of their faith journey right through to leadership and becoming reproducing disciples.

There are key advantages for using this method:

1. It's focus is making disciples rather just studying the word for knowledge.
2. It is effective for 3-12 people with optimum group size of 4-8.
3. Its best to avoid using commentaries and other resources and let the God breathed scriptures speak for themselves.
4. The approach to leading these groups is facilitation rather than teaching which gives several benefits:
 - The Holy Spirit is the teacher
 - Allows for a higher level of participation increasing learning capacity
 - Requires very little preparation for the leader
 - The leader does not need to know all the answers
 - It is a relational approach creates strong community and accountability
 - It becomes a highly reproduceable model to multiply disciples

The process includes nine questions to lead your group through with some points to help you understand what the reason that the question is asked so you can rephrase or facilitate the discussion.

Other Studies available from the Faith Builder series on Prayer

How to Pray with Confidence

Prayer in Jesus' Life and Ministry

Prayer: Jesus Teaches His Followers

The A.C.T.S. model for Prayer

Prayer: In the Life of the Early Church

Available for free download at

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