



Growing in the Habits of a Disciple

In the midst of these uncertain and challenging times, we know that our mission as a church has not changed: Following the Holy Spirit, we exist to create a movement of disciple-making disciples, in RDU and around the world. In light of this call, we've curated five weeks' worth of resources to help you grow in five essential habits of being a disciple of Jesus.

As we love and care for each other, our city, and our world, we know God has called us to grow as disciple-making disciples and deepen our dependence on him. As we say often around here, "The gospel is not just the diving board; it's the pool." We believe God is at work in this season in many ways, but we know one of them is for us to go deeper into that pool. We don't want to waste this moment; we want to trust that God will redeem it.

The following verses serve as guides for us:

"... walk worthy of the Lord, fully pleasing to him: bearing fruit in every good work and growing in the knowledge of God." - Colossians 1:10 (CSB)

"Pay careful attention, then, to how you walk—not as unwise people but as wise—making the most of the time ..." - Ephesians 5:15–16 (CSB)

Each week below focuses on one habit of a disciple of Jesus, including small group discussions, personal challenges, and resources to dig deeper.

- **Habit of a Disciple** - Each week's study leads us to one outcome, one habit, to develop as disciples of Jesus.

- **Small Group Discussion** - The curriculum centers around one habit each week. Take this opportunity to grow personally and corporately with your community. Not connected to a small group? [Learn more.](#)
- **Dig Deeper** - For those that want to go deeper into this habit, there are resources that can help you do so. As you use these resources, ask the Holy Spirit to lead you to respond in ways he is wanting to grow you.

It is good to know that we have a God who is in charge, who loves us, and is calling us deeper into being a disciple of him. We are expectant of how he will grow each of us in this season.

Week 1

“And Jesus woke early in the morning to go be with his Father.” – Mark 1:35

Develop the Habit of Personal Bible Study

To cultivate a habit of personal Bible study, practice a personal Bible study for five days this week.

Small Group Guide

Dig Deeper Resources

- **Watch/Listen**
 - ["Basics for Reading the Bible"](#) - This is a powerful and practical teaching on growing in more love and understanding of God's Word by Pastor John Piper.
- **Read**
 - [Habits of Grace: Chapters 3–4](#) - This one of Summit staff's favorite books, and it's free online. Part one of the book, especially these chapters, gives some great insight and inspiration on developing deeper intimacy with God through his Word.
- **Do**
 - Develop a Bible memorization plan for yourself
 - Learn the why - [“Why Memorize Scripture When You Can Google It?”](#)
 - Practice - [Bible Memory App](#)
 - Take a free online seminary course through Southeastern Baptist Theological Seminary
 - [Understanding the Bible \(Hermeneutics\)](#) taught by Dr. Daniel Akin
 - [Use these instructions](#) to help you sign up.

Week 2

“And [Jesus] answered them, ‘Who are my mother and my brothers?’ And looking about at those who sat around him, he said, ‘Here are my mother and my brothers! For whoever does the will of God, he is my brother and sister and mother.’” – Mark 3:33–35 (ESV)

Develop the Habit of Christian Accountability

Choose one friend to be accountable to and establish a rhythm of accountability with them.

Small Group Guide

Dig Deeper Resources

- **Watch/Listen**
 - These excellent teachings explain some of the nuances men and women face in friendships and accountability.
 - [For Men](#)
 - [For Women](#)

- **Read**
 - [Relationships: A Mess Worth Making](#). This is one of the best books on building deep, healthy, Christian friendships. If you’re short on time, the articles are great summaries.
 - ["Who Knows You?"](#)
 - ["Growing a Healthy Friendship"](#)

- **Do**
 - Start an accountability group
 - [Biblical Accountability Sermon](#)
 - [Practical Guide to Accountability](#)

Week 3

“And Jesus woke early in the morning to pray.” – Mark 1:35

Develop the Habit of Daily Prayer

Pray for five minutes a day through ACTS

Small Group Guide

Dig Deeper Resources

- **Watch/Listen**
 - Watch these sermons to learn more about what Scripture says on prayer.
 - ["The Primacy of Prayer" \(Tim Keller\)](#)
 - ["Prayer to God, Your Sovereign Father" \(Pastor J.D.\)](#)

- **Read**
 - [Habits of Grace: Chapters 7–10 \(Mathis\)](#)
 - [Psalms: The Prayer Book of the Bible \(Bonhoeffer\)](#)

- **Do**
 - [Three to 30 Prayer Challenge](#)

Week 4

“Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men.” – Philippians 2:5–7 (ESV)

The Habit of Serving Others

Choose one tangible way to serve someone in your household, neighborhood, or community each day this week.

Small Group Guide

Dig Deeper

- **Watch/Listen**
 - Sermon on Service
 - [“Generous Justice”](#) (Tim Keller)

- **Read**
 - [Becoming Whole](#) (Fikkert and Kopic)
 - [The Gospel Comes With a House Key](#) (Butterfield)

- **Do**
 - [Serve Your Community and RDU](#)

Week 5

“... for we cannot help but speak of what we have seen and heard.” – Acts 4:20 (RSV)

The Habit of Personal Testimony

Share what God is doing in your life with one person each day this week.

Small Group Guide

Dig Deeper Resources

- **Watch/Listen**
 - [Summit's Who's Your One? Evangelism Training](#)
 - [“Divine Sovereignty: The Fuel of Death-defying Missions”](#) (David Platt)

- **Read**
 - [Gay Girl, Good God](#) (Jackie Hill Perry's Personal Testimony)
 - [Evangelism and the Sovereignty of God](#) (J.I. Packer)

- **Do**
 - [The Word One to One](#)
 - Virtually read through the Gospel of John with someone who doesn't know Jesus.