



## November

### Prayer

**Daily** - For this month, your Daily disciplines include:

- **Scripture reading** - Read all assigned passages for the month of October
- **Journaling** - Use the H.E.A.R. acrostic to read and study Scripture intentionally.
- **Prayer** - Use the *R* in H.E.A.R. to guide your prayers
- **Reading** - Pray the *Handbook to Prayer* daily!
  - Turn to Part Two: Daily Prayer Guide on page 27, and pray THE FIRST MONTH
  - Start with Day One and commit to praying for thirty consecutive days
  - \*Remember, the goal this month is not just to learn about why we are called to pray; the goal is actually to spend time in prayer.

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**Weekly** - Weekly disciplines include:

- **Scripture Memory** - This month, you will memorize
  - James 5:16
  - Philippians 4:6-7
  - Matthew 6:9-13
- **Group Check-In**

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**Monthly** - Monthly disciplines include:

- **The Spiritual Discipline: Morning, Noon, and Evening Prayer.**
    - In the Hebrew and early Christian tradition, there has always been a daily prayer rhythm of pause and prayer—morning, midday, and evening. We see this in Jesus's life and with the apostles in the early church. Use the Handbook to Prayer for these prayers. You may want to pray in one sitting or pray in specific sections throughout the day. Either way, we want to live out what Paul writes in 1 Thessalonians 5:17: to pray without ceasing.
  - **Man Date** - Schedule a one-on-one Man Date with one of the guys in your group for a time to get to know each other more and to talk about things that are going on in each other's lives.
  - **Book Review**- Remember, this is not a book to be read, it's a habit to be practiced, so you won't have a book review this month.
  - **Group Meeting** - Your group will meet each month for accountability and to deepen your relationship with one another. You will come prepared to discuss the book, review Scripture memory, and share reflections from journaling, your man-date, and your spiritual discipline.
- **\*OPTIONAL:** There are physical and spiritual needs all around our community. If you or your group is aware of a need that your group can meet, we would love to empower you to lead your group to prayerfully consider how you might be able to meet that need.

REMINDER: Each month, go to [biltmorechurch.com/davidsmen](http://biltmorechurch.com/davidsmen) to download materials.