



Rock Point Church
Speaker's Name | 9.28.25

Spiritual Practices ≠

- Disciplines
- Punishment
- Training

Spiritual Practices = Developing a Friendship with Jesus.

John 15:13 (NLT)

¹³ There is no greater love than to lay down one's life for one's friends.

Luke 10:41-42 (NLT)

⁴¹ But the Lord said to her, "My dear Martha, you are worried and upset over all these details! ⁴² There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."

- What do I need to eliminate?
- Where do I need to engage?

How to develop a friendship with Jesus:

- Still yourself with Him.

Psalm 1:1-3 (NLT)

¹ Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers.
² But they delight in the law of the Lord, meditating on it day and night.
³ They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.

- Communicate without ceasing or censoring.

Ephesians 6:18 (NLT)

¹⁸ Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.

- Align your heart with His.

Proverbs 4:4 (NLT)

⁴ My father taught me,
"Take my words to heart.
Follow my commands, and you will live."

Proverbs 4:23 (NLT)

²³ Guard your heart above all else,
for it determines the course of your life.

John 15:14-15 (NLT)

¹⁴ You are my friends if you do what I command. ¹⁵ I no longer call you slaves, because a master doesn't confide in his slaves. Now you are my friends, since I have told you everything the Father told me.

Jesus is our...

Savior (Titus 2:13)

Teacher & Lord (John 13:13)

King (Revelation 19:16)

Messiah (Matthew 1:1)

Christ (Matthew 16:16)

The Way, the Truth, and the Life (John 14:6)

Wonderful Counselor, Mighty God, Prince of Peace (Isaiah 9:6)

Mediator (1 Timothy 2:5-6)

Light of the World (John 8:12)

Good Shepherd (John 10:9-11)

Bread of Life (John 6:35)

Alpha and Omega (Revelation 1:8)

God with Us (Matthew 1:23)

Brother (Hebrews 2:11-12)

Creator (Colossians 1:16)

Eternal Word (John 1:14)

Friend (John 15:15)

2-WEEK BLOCK BIBLE READING PLAN

Choose one of the books or passages below and read it for two weeks straight – all the way through every day! At least try to read the book or passage 10 of the 14 days before moving on to the next reading.

This will allow you to absorb some things you may have overlooked by only reading it once and will prevent you from getting bogged down on one little thing and never coming back to it again.

So, pray first, then just read straight through the passage! Ask God to help you apply what you're reading to your life, especially as you get about 5-6 days into the passage. God will do amazing things during this time with Him!

2 Timothy (STRENGTH, SUFFERING)

James (FAITH IN ACTION)

1 Peter (CHRISTIAN LIFE AND DUTIES)

1 Kings 17, 18, and 19 (ELIJAH)

Luke 22, 23, and 24 (EASTER)

1 Samuel 18, 19, and 20 (FRIENDSHIP, LOYALTY)

Psalms 22, 23, 24, and 25 (GOD'S STRENGTH IN TROUBLE)

John 13, 14, and 15 (JESUS LOVE, SERVICE AND FRIENDSHIP)

Ephesians (HIGH GOALS FOR THE CHURCH)

Hebrews 4, 5, 6 and 10, 11, 12 (SUFFICIENCY OF JESUS)

Jonah (GRACE OF GOD, OBEDIENCE)

Psalms 1, 5, 8, and 19 (WAY OF RIGHTEOUS AND THE LORD)

Genesis 1, 2, 3, and 4 (CREATION STORY)

Matthew 5, 6, and 7 (SERMON ON THE MOUNT, JOY, & WORRIES)

Acts 1, 2, 3, and 4 (BEGINNINGS OF THE CHURCH, FAITH)

1 Corinthians 10, 11, 12, and 13 (CHRISTIAN CONDUCT, SPIRITUAL GIFTS)

2 Peter (GROWTH, PERSECUTION)

Daniel 1, 3, and 6 (FAITH, FRIENDSHIP, CONVICTIONS)

Proverbs 1, 2, 3, and 4 (WISDOM)

1 John (ASSURANCE OF SALVATION)

Ecclesiastes 1, 2, 3, and 4 (MEANINGLESS, PURPOSE)

Mark 1, 2, 3, and 4 (CHRISTMAS, START OF JESUS' MINISTRY)

Colossians (ADEQUACY OF JESUS, FULLNESS OF CHRIST)

Joshua 2, 3, 4, 5, and 6 (FAITH, RISK, FORGIVENESS, OBEDIENCE)

Matthew 1 and 2 (CHRISTMAS)

GROUPS QUESTIONS:

1. What stood out to you most in this week's message, and why?

2. Read John 15:13. What does this verse reveal about the depth of friendship Jesus offers us? How does that change the way you view your relationship with Him?
3. In Luke 10:41-42, Jesus tells Martha that Mary chose what was most important. What are some “details” in your life that easily distract you from spending time with Jesus?
4. Which of the three practices—stilling yourself with Him, communicating without ceasing, or aligning your heart with His—comes most naturally to you, and which feels most challenging? Why?
5. Ephesians 6:18 calls us to “pray in the Spirit at all times and on every occasion.” What does prayer “without ceasing” look like in daily life?
6. Proverbs 4:23 says to guard your heart because it determines the course of your life. What are some practical ways we can guard our hearts while still remaining open and vulnerable in our relationship with Jesus?
7. Jesus has many titles—Savior, Lord, Shepherd, Brother, Friend. Which of these names connects most deeply with you right now, and how does that shape the way you relate to Him?
8. What practices, routines, or habits in your life might you need to eliminate in order to make more space for friendship with Jesus?