

THE FIRST PRINCIPLES Series 1 - Book 4 - Cultivating Habits of the Heart

First Principles of Disciplined Living

Local Certified
Student Mentor Leader

Student Name:

Session 1 Objective: You understand the significance of Christ dwelling in your heart and the implication in your own life

Summarize the core teaching of the passage: **Ephesians 3:14-21**

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Instructions: Design a personal prayer for your life, based on Paul's example. Then list a few habits of the heart that you need in order to grow in your comprehension of Christ and His purposes.

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Session 2 Objective: You understand the foundations of the heart of a disciple and are cultivating habits in your own individual lives

Summarize the core teaching of the passage **Colossians 3:1-17**

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Instructions: Record personal habits of the heart and any accompanying time commitments to these habits:

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Session 3 Objective: You understand the importance of your roles within a household and are cultivating habits in your family life

Summarize the core teaching of the passage **Ephesians 6:1-4**

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Instructions: Record family habits of the heart and any accompanying time commitments to carry them out:

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Session 4 Objective: You understand the importance of your roles within a local church and are cultivating habits in your church family

Summarize the core teaching of the passage **Hebrews 10:23-25**

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Instructions: List the core "habits" required for full involvement in the life of a local church community. Then record your thoughts about how your life needs to change in order to become vitally involved in a local church family.

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Session 5 Objective: You understand the concept of lifework and are cultivating habits to develop a good work ethic

Summarize the core teaching of the passage **1 Thessalonians 4:9-12**

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Instructions: List the habits of one who has a disciplined work ethic. Describe the importance of this to our lives as disciples of Jesus Christ:

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Session 6 Objective: You have sincere convictions on what it biblically means to cultivate habits of the heart for disciplined living and you have a basic plan for shaping your life decisions and habits around these convictions.

Instructions: Reflect on what you have learned from the biblical texts, readings and discussions related to the previous five competencies. Summarize the most important and personally impactful things that you have learned about becoming a disciple of Jesus Christ and create a basic plan for shaping your life decisions and habits around these convictions.

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Completion Date:

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