become new

HOME : Spiritual Practices for a Life with the Father

6 Week Study Guide

bit.ly/BNSTUDY

During the Week (On Your Own)

- Watch or listen to the three HOME episodes
- Read the assigned scripture passages
- Complete the journal questions
- Memorize the weekly verse
- Try the recommended practice for the week

When You Meet

- Open in prayer
- Recite the memory verse for each other
- The facilitator for that week leads the discussion using the journal prompts
- Share how the weekly practice went
- Close by praying for one another

Table of Contents

Welcome Page 3
Weekly Map 5
Week 1 6–7
Week 2 8–9
Week 3 10–11
Week 4 12–13
Week 5 14–15
Week 6 16–17
Memorization Overview 18-19
Practices Overview 20
Series Book List 21

become new

HOME : Spiritual Practices for a Life with the Father

6 Week Study Guide

Welcome to the Become New Study Guide: HOME.

This guide is designed to help you engage John Ortberg's teaching as you grow spiritually, reflect on Scripture, and explore key themes in spiritual formation.

Each week, you'll watch or listen to three episodes, work through journal questions, and practice memorizing Scripture. **You can use this guide in one of two ways:** participants may engage **all episodes on their own** and use gathering time to discuss what stood out from the teaching, Scripture, and journaling, then pray for one another. Or, you may choose one episode from the weekly teachings to **watch together as a group** during your gathering and have participants watch the other two on their own during the week. This packet is designed to work well for both approaches.

Please print a copy of this guide (2-sided) for each participant so everyone has space to reflect and write. You'll also find room to note meeting dates and who will facilitate discussion each week. We've found rotating leadership helpful, but it's optional. Please scan the provided QR codes to access the teaching links.

This format works well for individuals, pairs, or small groups who engage the teaching independently and come together for conversation and prayer. We hope this guide helps you grow in Christ, one day at a time.

If you have questions or need support, please reach out to us at connect@becomenew.com.

– The Become New Team

HOME : Spiritual Practices for a Life with the Father

Weekly Map: 6 Week Study Guide

wk1 *date:* *leader:*

1. **Welcome Home**
2. **Solitude**
3. **Silence**

wk2 *date:* *leader:*

4. **Fasting**
5. **Frugality**
6. **Chastity**

wk3 *date:* *leader:*

7. **Secrecy**
8. **Sacrifice**
9. **Study**

wk4 *date:* *leader:*

10. **Worship**
11. **Celebration**
12. **Service**

wk5 *date:* *leader:*

13. **Prayer**
14. **Fellowship**
15. **Confession**

wk6 *date:* *leader:*

16. **Submission**
17. **Homeward Bound**

Week 1 : At Home With God: Solitude, Silence

Reading: Matthew 11, 1 Kings 19, James 1

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these words/phrases stand out to you?

bit.ly/BNSTUDY

---

3. Whare are you still relying on "trying harder" instead of rearranging your life around practices that produce transformation

4. What patterns of thought or behavior only show up when you are around other people...and what might solitude reveal about these thoughts and behaviors?

5. What does your use of words (talking, explaining, self-promoting, defending) reveal about your own need for approval or control?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week ONE:

Colossians 3:1-3 ***(NIV)***
Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God.

Choose one of the recommended practices this week (Solitude or Silence) and incorporate them into your day for 5-10 minutes each day.

Possible examples: Schedule a short, intentional block each day with no input (phone, music, etc.) Or choose one environment (car rides, meetings, meals, etc.) where you will intentionally not speak unless necessary.

Week 2 : Freedom from Within: Fasting, Frugality, Chastity

Reading: Matthew 4, Matthew 6, 1 Corinthians 6

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

bit.ly/BNSTUDY

---

3. What might your relationship with appetite (food, comfort, stimulation) reveal about deeper longings in your life?

4. How might your spending habits be forming (or deforming) your heart and trust in God?

5. Where do you most feel driven rather than free - food, money, sexuality, or something else?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week TWO:

Joel 2:13 (NIV)
Rend your heart and not your garments.
Return to the Lord your God, for he is gracious and compassionate,
slow to anger and abounding in love, and he relents from sending calamity.

Choose one of the recommended practices this week (Fasting, Frugality, Chastity) and incorporate your chosen practice into each day.

Possible examples: Fast one meal each day, choose to give up buying coffee each day this week, commit your eyes to not linger on anyone you find attractive, etc.

Week 3 : The Inner Life: Secrecy, Sacrifice, Study

Reading: Genesis 22, Romans 12, Philippians 4,

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

bit.ly/BNSTUDY

---

3. Where in your life are you most aware of "a desire for approval" and how is it shaping your behavior?

4. What are you currently trusting to meet your needs: what's "in your hands, " or God himself? What would it look like to shift your trust to God?

5. Take a minute to list out the thoughts that tend to dominate your mind day-to-day. Are they leading you toward love or away from it?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week THREE:

Romans 12:1-2 (NIV)
Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Choose one of the recommended practices this week (Secrecy, Sacrifice, Study) and incorporate your chosen practice into each day.

Possible examples: Do one meaningful act of good each day that no one knows about, give a gift to someone that actually costs you, choose one short passage (e.g., Psalm 23:1 or Philippians 4:8) and revisit it multiple times a day, etc.

Week 4 : The Overflowing Life: Worship, Celebration, Service

Reading: Revelation 4:8-11, Psalm 126, Mark 10

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

bit.ly/BNSTUDY

---

3. What currently captures your sense of awe - and how is that shaping your worship (or lack of it)?

4. What actually brings you deep, God-centered JOY? What could you do to intentionally cultivate it?

5. What are some small acts of service you can engage with that might reshape your character over time?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week FOUR:

Romans 15:13 (NIVUK) - personalized
May the God of hope fill me with all joy and peace as I trust in him, so that I may overflow with hope by the power of the Holy Spirit.

Choose one of the recommended practices this week (Worship, Celebration, Service) and incorporate your chosen practice into each day.

Possible examples: Begin each day by intentionally ascribing worth to God—use scripture, spoken words, or simple gratitude; Choose one day (or half-day) to intentionally engage things that bring you joy—food, people, beauty, rest; for one day, treat every interruption as an opportunity to serve rather than an obstacle; etc.

Week 5 : The Relational Life: Prayer, Fellowship, Confession

Reading: James 5, Acts 2, 1 John 1

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

bit.ly/BNSTUDY

---

1. What would it take for you to live with the same "unbroken awareness" of God that Jesus had? What's standing in the way?

4. Where in your life are you trying to go it alone instead of engaging in real fellowship?

5. Do you currently have a fully-disclosing friend? What would it take for you to take one step toward being more fully known by a trusted person?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week FIVE:

James 5:16 (NIV)
Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Choose one of the recommended practices this week (Worship, Celebration, Service) and incorporate your chosen practice into each day.

Possible examples: Practice talking to God throughout the day, not just at set times; schedule one meaningful interaction: read scripture, pray, or share honestly with another person. Move beyond surface-level connection; tell the truth in everyday situations—and notice the freedom it creates; etc.

Week 6 : Homeward Bound: Submission & Life with God

Reading: Matthew 11, Psalm 90, Luke 1

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

bit.ly/BNSTUDY

---

3. Have you ever had a mentor? (Spiritual or otherwise) Who were they and how did you submit to their guidance?

4. How might God be calling you to submit to him and what makes it hard to release control?

5. Reflect on this journey through HOME. What were your biggest take-aways? What practices had the deepest impact on you and why?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week SIX:

Matthew 11:28-30 (NIV)
"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Create a Simple Life Plan (Rule of Life Lite) Sketch a realistic rhythm for your week: when you pray, reflect, rest, engage others, and limit hurry. Keep it simple and personal. Share it with your group and commit to trying it for 1-3 months.

MEMORIZATION

Become New : HOME

Week 1

Colossians 3:1-3 (NIV)

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God.

Week 2

Joel 2:13 (NIV)

Rend your heart and not your garments.
Return to the Lord your God, for he is gracious and compassionate,
slow to anger and abounding in love, and he relents from sending calamity.

Week 3

Romans 12:1-2 (NIV)

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Week 4

Romans 15:13 (NIVUK) - personalized

May the God of hope fill me with all joy and peace as I trust in him, so that I may overflow with hope by the power of the Holy Spirit.

Week 5

James 5:16 (NIV)
Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Week 6

Matthew 11:28-30 (NIV)
"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Practices

Week 1

Choose one of the recommended practices this week (Solitude or Silence) and incorporate them into your day for 5-10 minutes each day.

Possible examples: Schedule a short, intentional block each day with no input (phone, music, etc.) Or choose one environment (car rides, meetings, meals, etc.) where you will intentionally not speak unless necessary.

Week 2

Choose one of the recommended practices this week (Fasting, Frugality, Chastity) and incorporate your chosen practice into each day.

Possible examples: Fast one meal each day, choose to give up buying coffee each day this week, commit your eyes to not linger on anyone you find attractive, etc.

Week 3

Choose one of the recommended practices this week (Secrecy, Sacrifice, Study) and incorporate your chosen practice into each day.

Possible examples: Do one meaningful act of good each day that no one knows about, give a gift to someone that actually costs you, choose one short passage (e.g., Psalm 23:1 or Philippians 4:8) and revisit it multiple times a day, etc.

Week 4

Choose one of the recommended practices this week (Worship, Celebration, Service) and incorporate your chosen practice into each day.

Possible examples: Begin each day by intentionally ascribing worth to God—use scripture, spoken words, or simple gratitude; Choose one day (or half-day) to intentionally engage things that bring you joy—food, people, beauty, rest; for one day, treat every interruption as an opportunity to serve rather than an obstacle; etc.

Week 5

Choose one of the recommended practices this week (Worship, Celebration, Service) and incorporate your chosen practice into each day.

Possible examples: Practice talking to God throughout the day, not just at set times; schedule one meaningful interaction: read scripture, pray, or share honestly with another person. Move beyond surface-level connection; tell the truth in everyday situations—and notice the freedom it creates; etc.

Week 6

Create a Simple Life Plan (Rule of Life Lite) Sketch a realistic rhythm for your week: when you pray, reflect, rest, engage others, and limit hurry. Keep it simple and personal. Share it with your group and commit to trying it for 1-3 months.

Books Referenced During this Series:

- The Spirit of the Disciplines — Dallas Willard
- The Divine Conspiracy — Dallas Willard
- Celebration of Discipline — Richard Foster
- Atomic Habits — James Clear
- The Imitation of Christ — Thomas à Kempis
- What's So Amazing About Grace? — Philip Yancey
- Reflections on the Psalms — C. S. Lewis
- The Screwtape Letters — C. S. Lewis
- Alcoholics Anonymous (The Big Book) — Alcoholics Anonymous