

Spiritual Disciplines for the Christian Life

Introduction: For the Purpose of Godliness

1. Introduction

What do you think of the phrase: "Discipline without direction is drudgery."

- a. An encounter with an angel
- b. An encounter with the gospel
Romans 8:29
1 Timothy 4:7

2. The Lord has provided them

a. What are spiritual disciplines?

"The Spiritual Disciplines are those _____ and _____ disciplines that promote spiritual _____"

"They are the _____ of devotion and experiential Christianity that have been _____ by the people of God since biblical times."

- Bible Intake
- Prayer
- Worship
- Evangelism
- Service
- Stewardship
- Fasting
- Silence and Solitude
- Journaling
- Learning

b. 3 primary catalysts for change

- i. Other people
- ii. Circumstances
- iii. Spiritual disciplines

What are two key differences between the first two and the third?

1. The first two work from the _____ but the third works from the _____

2. God has given us a measure of _____ over the last that we don't have with the first two (Hebrews 2:11 vs. Hebrews 5:14).

c. Placing yourself in the path of God's grace Luke 19:1-10

3. The Lord expects you to use them

- a. A strong imperative (1 Tim. 4:7)
- b. Wise counsel (Prov. 23:12)
- c. A gift of God (2 Tim. 1:7)
- d. A mark of maturity (Gal. 5:23)
- e. An example set

4. Some additional thoughts

- a. There is danger in neglect them
- b. There is freedom in embracing them
- c. There is an invitation to enjoy them