



February 2, 2022

### Guiding Scripture

“The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.” – John 10:10

### What are Spiritual Disciplines?

Spiritual disciplines are practices that by design can lead to life transformation. Their purpose is to aid our spiritual growth as disciples of Christ and deepen our relationship with God. They are like training exercises for the spiritual life.

### Why are Spiritual Disciplines important?

Spiritual disciplines are important because they help us to think and act more like Jesus. They are enacted upon to help us know how to please God as well as how to stay in the presence of God.

### What do Spiritual Disciplines consist of?

- *Inward Disciplines:* Meditation, Prayer, Fasting, Study
- *Outward Disciplines:* Simplicity, Solitude, Submission, Service
- *Corporate Disciplines:* Confession, Worship, Guidance, Celebration

### Why should we practice Spiritual Disciplines?

**Titus 2:11-15:** “For the grace of God that bringeth salvation hath appeared to all men, Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world; Looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ; Who gave himself for us, that he might redeem us from all iniquity, and purify unto himself a peculiar people, zealous of good works. These things speak, and exhort, and rebuke with all authority. Let no man despise thee.”

**1 Timothy 4:7-8:** “But refuse profane and old wives' fables, and exercise thyself rather unto godliness. For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.”

The Discipline of Prayer and Fasting: Matthew 6:1-6, 16-18

The Discipline of Simplicity and Submission: Philippians 4:10-13; Matthew 6:19-33

The Discipline of Silence and Solitude: Luke 5:15-16; 1 Kings 19:11-13

The Discipline of Service and Giving: Matthew 6:19-21; Matthew 25:14-30

The Discipline of Scripture: Study, Memorization, Meditation & Contemplation – Psalm 119