



SPIRITUAL DISCIPLINES

7

HABITS FOR CHRISTLIKENESS





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1

CHURCH
COMMUNITY

Heb. 10:24–25
Acts 2:42–47



2

SCRIPTURE

Ps. 1:2–3
2 Tim. 3:16–17



3

FASTING

Matt. 6:16–18
Acts 13:2–3



4

PRAYER

Luke 5:16
Phil. 4:6–7



5

SABBATH,
SILENCE, AND
SOLITUDE

Mark 6:31
Ps. 46:10



6

GENEROSITY
AND SERVICE

Acts 20:35
1 Pet. 4:10



7

WITNESS AND
OUTREACH

Matt. 28:19–20
Acts 1:8

Your Watering System

A watering system does not create life by itself. Only God can do that ([John 15:5](#)).

The goal is **relational** instead of **transactional**. To create conditions where growth can flourish.

To live the “**good life**” that Jesus lived by looking at His habits and priorities.



PRAYER

Living in communion
with the Father



Luke 5:16



Phil. 4:6–7

Main Texts: Luke 11:1–13; Gen. 3:8–9;
Mat. 6:5–13; John 15:1–11; Heb. 4:14–16;
Rom. 8:15–27; Rev. 21:1–4

Big Idea:

Prayer is not primarily about getting things from God.

It is learning to live in communion with the God who has always desired to dwell with His people.

Prayer

Prayer is how redeemed people enjoy restored fellowship with their Creator.

Prayer is not primarily about getting God to hear us.

Prayer is learning to live with God.

The Life of JESUS

When we look at the life of Jesus, we discover that He lived with intentional rhythms / habits / priorities.

Jesus

1. Jesus prayed at His baptism (Luke 3:21–22)
2. He prayed all night before choosing the Twelve (Luke 6:12–13)
3. He prayed before Peter confessed Him as the Christ (Luke 9:18)

4. He prayed at the Transfiguration (Luke 9:28–29)

5. He prayed in Gethsemane and on the cross (Luke 22:42; 23:34, 46)

Not for information.
Not for certainty.

He prayed to model a joyful dependence
on the Father.

John 5:19, 30 — “The Son can do nothing
of His own accord...”

We Were Created for Communion

Genesis 1–3

Prayer doesn't begin after sin.

It begins with fellowship.

Humanity was created in the image of a relational God.

We were created not merely to work or obey, but to walk with God.

“Lord, Teach Us to Pray”

(Luke 11:1)

They weren't asking for a technique.
They were asking for His communion.

Jesus begins prayer with two words:

Our Father (Matt. 6:9; Luke 11:2)

Prayer begins not with our needs
..or failures.

It begins with relationship.

Not with what you need,
but whose you are.

Worship Before Requests

“Hallowed be Your name.”

Before Jesus teaches us to ask,
He teaches us to adore.

Prayer lifts our eyes so our fears shrink
before Gods greatness.

Surrender Before Strategy

“Your kingdom come. Your will be done...

“Not My will, but Yours...” (Luke 22:42)

Every time we pray these words,
we are surrendering control.

Dependence Before Self-Reliance

“Give us this day our daily bread.”

Prayer teaches us daily dependence,
not lifetime self-sufficiency.

Just as manna taught Israel to trust God,
prayer reminds us who provides the
bread.

Grace Before Guilt

“Forgive us our debts...”

Prayer creates a rhythm of honest confession before a faithful Father.

1 John 1:9 — “He is faithful and just to forgive...”

Strength for the Battle

“Lead us not into temptation,
but deliver us from evil.”

Prayer prepares us for spiritual battle.

Victory is found not in self-confidence,
but in dependence.

Prayer Forms Us

John 15:4–5 — “Abide in Me...”

Before fruit, there is abiding.

The goal of prayer is not producing fruit;
it is remaining connected to the Vine.

Prayer Changes Perspective

Philippians 4:6–7

Prayer doesn't always remove the storm.

Sometimes it anchors us in the middle of it.

We Never Pray Alone

Romans 8:26–27 — The Spirit helps us in our weakness.

When words fail, the Spirit intercedes.

Even your silence can become prayer.

Public Fruit, Private Roots

Matthew 6:6 — “Go into your room... pray to your Father who is in secret.”

Hidden communion produces hidden strength.

Public fruit grows from private roots.

Four Movements of Prayer

1. Talking to God
2. Talking with God
3. Listening to God
4. Being with God

1. Talking to God

Prayer begins by speaking honestly with the Father.

We worship, thank Him, confess sin, bring requests, and surrender our plans.

Psalm 62:8 — “Trust in him at all times, O people; pour out your heart before him...”

2. Talking *with* God

As we grow, prayer becomes less like giving a speech...

and more like having a conversation.

God doesn't simply want your prayer list.

He wants your life.

3. Listening to God

Healthy conversations involve listening.

Prayer is no different.

God speaks most clearly through His Word.

John 10:27 — “My sheep hear my voice, and I know them, and they follow me.”

Being with God

Sometimes words fail.

Sometimes presence is enough.

Psalm 27:4 — “**One thing** have I asked of the LORD... that I may dwell in the house of the LORD all the days of my life...”

Prayer ultimately leads us to enjoy God Himself.

Why Prayer Can Feel Hard

Our minds wander, phones buzz...

Sometimes we simply feel exhausted.

You're not failing.

You're learning.

Consistency usually comes before delight.

Roots always grow before fruit appears.

Prayer and the Future

Revelation 21:3 — “The dwelling place of God is with man.”

Prayer is practice for the communion we were created for.

One day prayer will give way to sight.

- Prayer is not about saying the right words or becoming spiritually impressive.
- Prayer is learning to live with God.
- The Father has made a way through the Son.
- The Spirit helps us in our weakness.
- Until the day we see Him face to face, we pray.

Begin Simply

Find a quiet place.

Open your Bible.

Read a short passage.

Talk with God about what you've read.

Sit quietly for a few moments.

Listen.

Then carry that conversation with you
throughout the day.

The goal isn't perfect prayers.

The goal is a growing relationship.

Three Takeaways

1. Prayer begins with relationship (Heb. 4:16)
2. Prayer shapes us before it changes circumstances (John 15:4–5)
3. Prayer becomes a way of life (1 Thess. 5:17)

Resources/ Bibliography:

1. <https://www.gotquestions.org/spiritual-disciplines.html>
2. <https://www.cru.org/us/en/train-and-grow/spiritual-growth/spiritual-disciplines-strengthen-faith.html>
3. <https://www.practicingtheway.org/>