



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

PRAYER

Luke 5:16
Phil. 4:6–7



4

FASTING

Matt. 6:16–18
Acts 13:2–3



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.

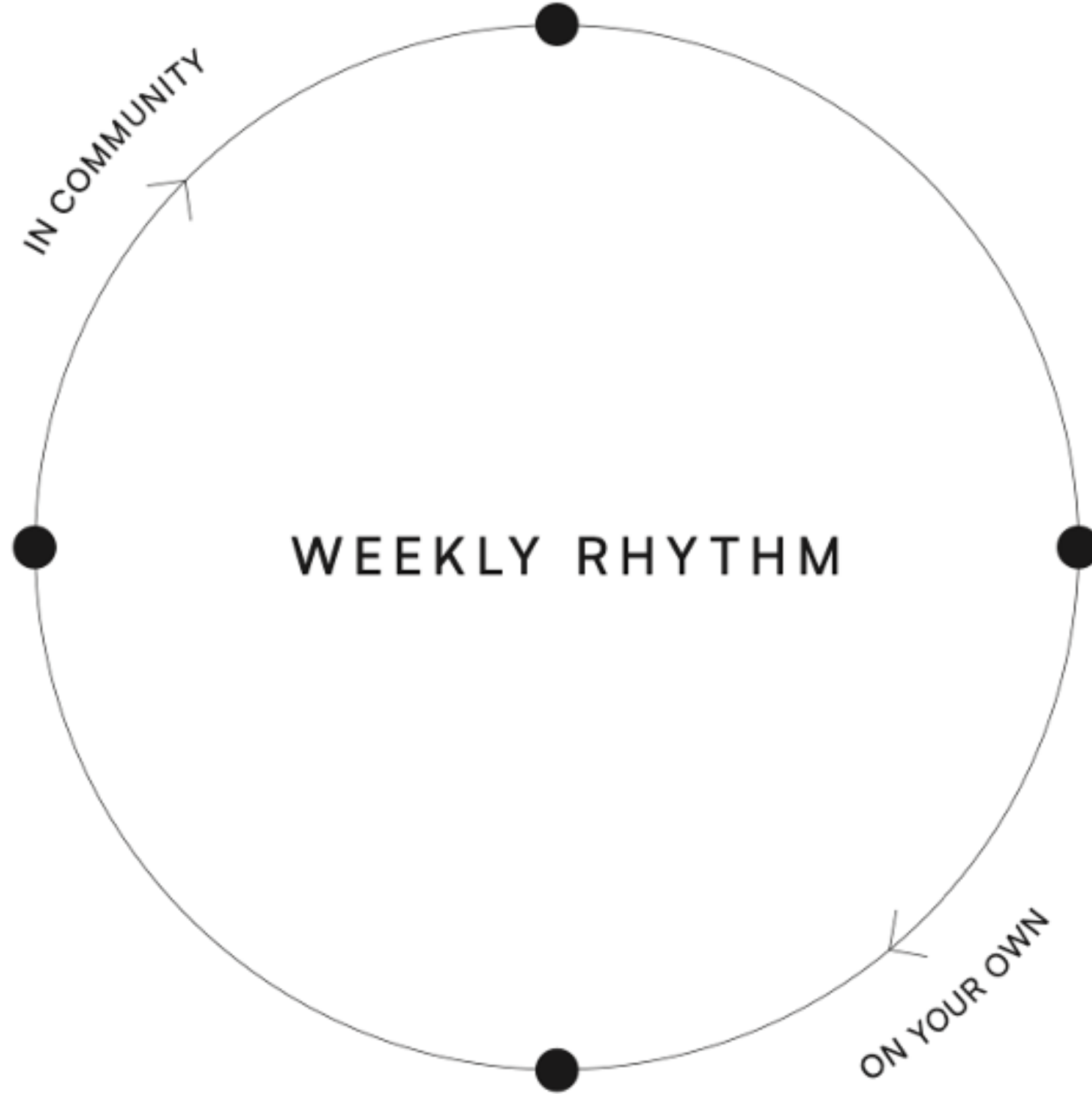
To live the “**good life**” that Jesus lived by looking at His habits and priorities.

Learn

about the way of Jesus
in community.

Process Together

what is coming up for you
through your experience.



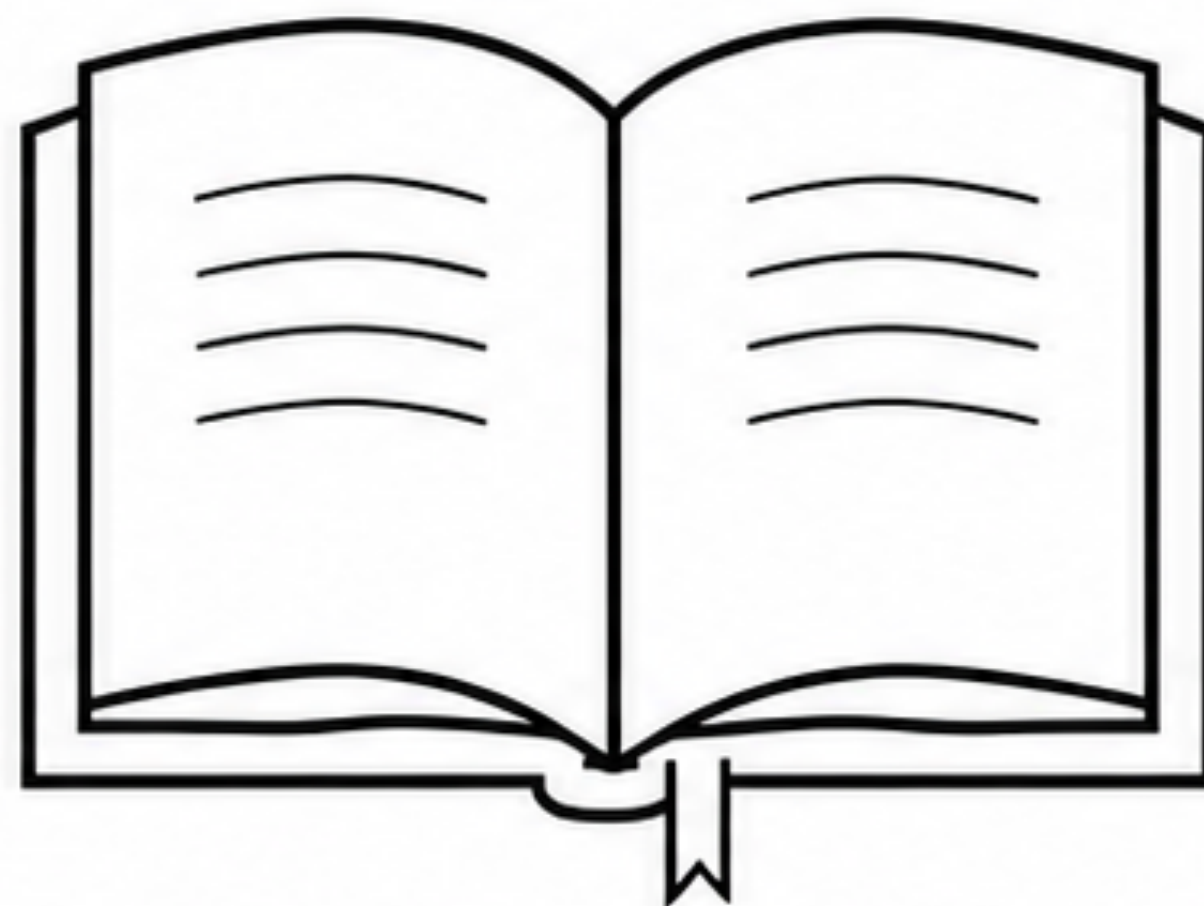
Practice

on your own with spiritual
exercises using your
companion guide.

Reflect

on your own on your
experience with God.

2



SCRIPTURE

Being shaped by
the Word of God



Ps. 1:2–3



2 Tim. 3:16–17

Main Texts: 2 Tim. 2:15; Luke 24:25–45; 2 Pet. 1:3; Rom. 12; 2 Cor. 3:18

Big Idea: The goal of Bible reading is not merely information, it's transformation. Not simply knowing the Book, but knowing and loving the Author who transforms us into the image of Christ.

The Life of JESUS

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

1. He withdrew to pray (**Luke 5:16**)
2. He gathered with God's people (**Luke 4:16**)
3. He invested deeply in community (**Mark 3:13–14**)
4. He lived in constant dependence upon the Father (**John 5:19**)

JESUS and Scripture

1. **In temptation** — Jesus answered Satan three times with “It is written” (**Matt. 4:1–11**), quoting **Deut. 8:3, 6:16, 6:13**.
2. **In worship** — He read Isaiah publicly in the synagogue “as was His custom” and declared its fulfillment in Himself (**Luke 4:16–21**).

3. **In teaching** — People were amazed at His understanding (**John 7:14–15**)
4. **In interpretation** — The Emmaus Road, “in all the Scriptures” the things concerning Himself (**Luke 24:27, 44–45**)
5. **In suffering** — Even from the cross, (**Matt. 27:46; Ps. 22:1**)

Why it Matters

1. **Scripture shapes reflexes** — Jesus met temptation with Scripture, not impulse; we grow the same way as the Word governs thought and response (Matt. 4:4; Rom. 12:2)

- 2. Scripture trains maturity** — All Scripture is useful for teaching, correction, and training in righteousness so God's servant is equipped for every good work (2 Tim. 3:16–17)
- 3. Scripture feeds growth** — We do not live by bread alone but by every word from God; the Word is spiritual nourishment, not mere information (Matt. 4:4).

4. **Scripture forms habits** — Repeated exposure to God's Word builds the rhythms of meditation, obedience, discernment, endurance (**Josh 1:8; Ps 1**).
5. **Scripture leads to Christlikeness** — Spiritual maturity is growth into the likeness of Christ, and that growth happens through practiced submission to God's truth. (**2 Cor. 3:18**).

APPROVED WORKERS

2 Timothy 2:15

“present yourself to God as one approved...”

Paul calls Timothy to diligence.

“Approved” describes metal tested and proven genuine.

The picture is not perfection. The picture is authenticity.

An approved worker is someone who has submitted himself to God’s examination.

2 Timothy 2:15

“rightly divide / cut straight...”

To mishandle Scripture is to cut crooked.

We force Scripture to say what we already believe. We ignore passages we dislike, elevate preferences above God's Word, seek affirmation instead of transformation.

MEETING WITH THE AUTHOR

Luke 24:25–45 “Beginning with Moses and all the Prophets, He interpreted to them in all the Scriptures the things concerning Himself.” ...“Then He opened their minds to understand the Scriptures.”

Be with Him, learn from Him

ONE STORY

The Bible contains:

- 66 books
- Over 40 authors
- Roughly 1,500 years of writing
- Multiple cultures, genres, and languages
- One story. One Hero. One Savior.
Jesus Christ. (Ephesians 1:7-10)

Luke 24:25–45 Principle

Begin by asking Him: “What does this reveal about you?” & “how can I live this out?”

Transformation begins with seeing Christ.

“We all, with unveiled face, beholding the glory of the Lord, are being transformed...” (2 Corinthians 3:18)

You become like what you behold.

SUFFICIENT FOR LIFE AND GODLINESS

2 Peter 1:3 “His divine power has granted to us all things that pertain to life and godliness.”

Not some things.

Not most things.

All things.

Marriage, parenting, leadership, temptation...

Scripture's sufficiency does NOT mean:

- Auto repair
- Plumbing
- Algebra
- Brain surgery

Scripture's sufficiency DOES mean:

- God's wisdom for living victoriously and faithfully as a witness in every circumstance.

A PLACE OF RELATIONSHIP

Psalm 1 not speed but savor.

The Christian life grows deepest where the soul learns to slow down.

Love has a speed, its not hurried.

The goal is not getting through the Bible. The goal is Christ in you.

A PRACTICAL PATH FORWARD

1. Remember the J-Curve
2. Create a place
3. Create a time
4. Read slowly
5. Pray the text
6. Obey something

Read to Hear: Lectio Divina

1. Prepare
2. Read
3. Reflect
4. Respond
5. Rest
6. Act

Read to Understand

What genre am I reading?

What comes before and after?

What is the author's purpose?

How does this point to Christ?

How does Scripture interpret Scripture?

See Jesus on Every Page

John 5:39 — “These are the very Scriptures that testify about Me.”

Action: Ask in every reading, “What does this reveal about Christ?”

Trust God's Word More Than Your World

2 Peter 1:3

Action: Identify one area where you are seeking wisdom everywhere except Scripture.

Trade Hurry for Abiding

John 15:4 — “Abide in Me.”

Action: Schedule fifteen minutes this week to sit with God and His Word without distractions.

See the **Lectio Davina** workbook

Imagine standing before God one day.

“Did you know Me?” (Philippians 3:8–10)

The greatest purpose of Scripture is not mastery of information.

It is **Relational transformation.**

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/>