



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

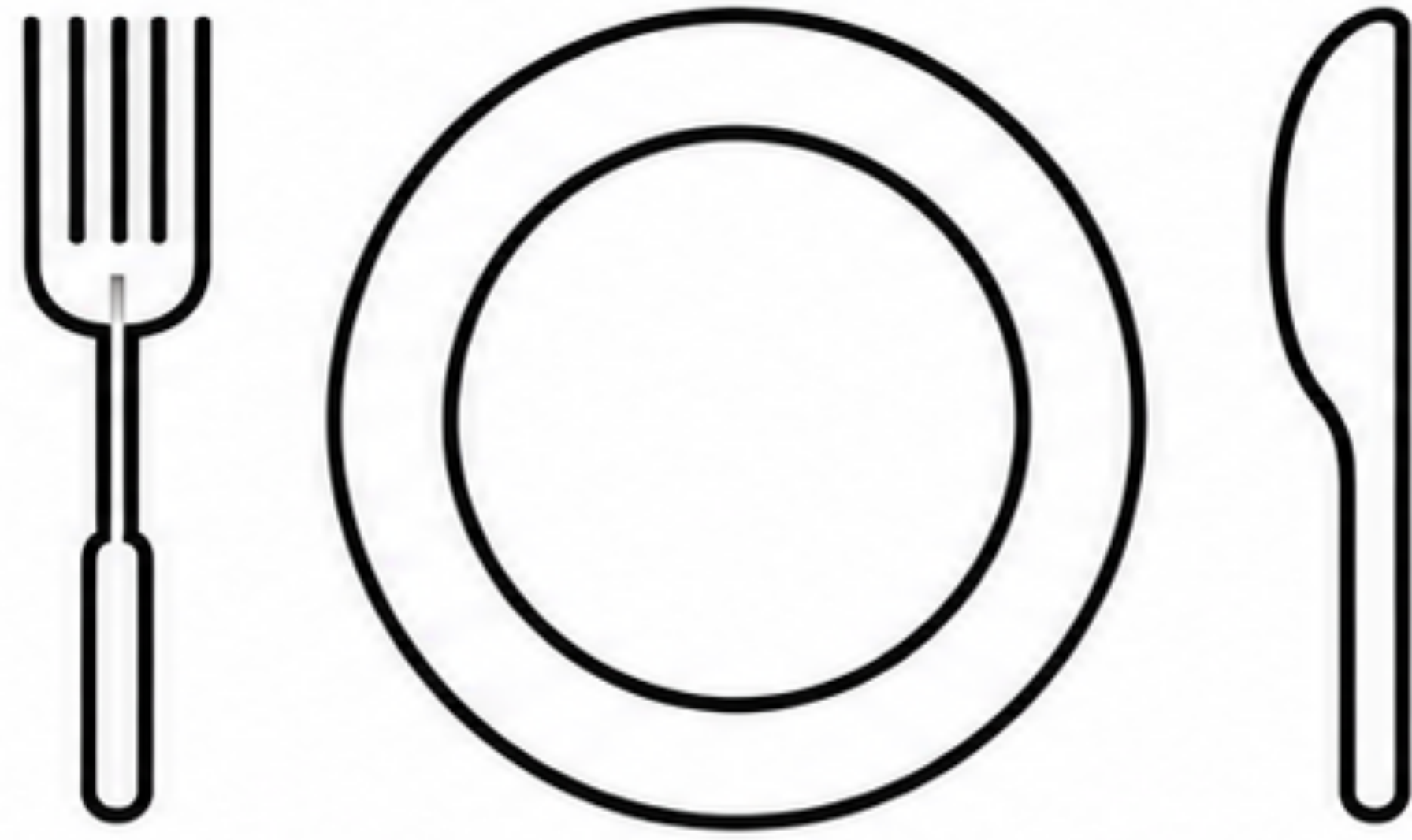
Matt. 28:19–20
Acts 1:8

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.



FASTING

Creating hunger for God
above everything else



Matt. 6:16–18



Acts 13:2–3

Main Texts: Deut. 8:1–3; Matt. 4:1–4;
Gen. 2-3; Ps 63; Isa 68; Acts 13; Rev 19

Big Idea:

Fasting is not ultimately about food.

It is about worship.

It is the intentional surrender of a good gift in order to train our hearts to desire the Giver above His gifts.

The Life of JESUS

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

- **In preparation** — Before public ministry, Jesus fasted in the wilderness (Matt. 4:1–2).
- **In temptation** — He answered Satan, “Man shall not live by bread alone” (Matt. 4:4).
- **In teaching** — Jesus assumed His disciples would fast: “When you fast...” (Matt. 6:16–18).

Why it Matters

1. **Hunger reveals desire** —
Fasting exposes what rules the heart.
2. **Hunger teaches dependence** —
God used the wilderness to retrain Israel's trust (**Deut. 8:2–3**).
3. **Hunger points to Christ** —
The deepest hunger of humanity has always been Christ.

Genesis 2–3

God gives abundance.

Then one prohibition.

The issue was never merely the fruit.

The issue was trust and love.

Life is found not merely in consuming God's gifts, but in trusting God's voice.

Genesis 3

She saw.

She desired.

She took.

She ate.

The eating was the final act.

The real battle happened in the heart.

A Mirror for the Heart

Remove food for a day.

What surfaces?

- Irritability.
- Impatience.
- Anxiety.
- Control.
- Self-pity.
- Distraction.

Fasting doesn't create idols—
it reveals them.

Deuteronomy 8:3

“He humbled you and let you hunger...”

God let them hunger.

Not because He abandoned them.

Because hunger became one of His
greatest teachers.

Spiritual maturity is not growing beyond dependence.

It is growing deeper into dependence.

Daily bread.

Daily trust.

Daily communion.

Matthew 4

Adam failed.

Israel failed.

Jesus did not.

He is the true and faithful Son.

Bread is not the issue.

The issue is satisfying a legitimate desire apart from trusting the Father.

Appetite is a wonderful servant but a terrible master.

“Man shall not live by bread alone...”

Bread fills the stomach.

Only God satisfies the heart.

The Gospel

Jesus is not merely our example.
He is our Savior.

We do not fast to become accepted.

We fast because in Christ we already are.

Psalm 63

“My soul thirsts for You;
my flesh faints for You...”

The deepest purpose of fasting is not an
empty stomach.

It is an awakened soul.

Isaiah 58

Biblical fasting is not merely subtraction.
It is transformation.

If fasting makes us proud,
-we've missed it.

If fasting makes us loving,
-it's bearing fruit.

Acts 13

Before strategy — worship.

Before planning — prayer.

Before sending — fasting.

Fasting creates space to listen.

Revelation 19

The Bible ends with a feast.

Every fast becomes an act of hope.

Christians fast because we know a feast is coming.

A Practical Path Forward

- Begin small — skip one meal.
- Let hunger become prayer.
- Pair fasting with Scripture.
- Fast with purpose.
- Let fasting overflow into love.

Three Takeaways

1. Hunger reveals what we love.
2. Dependence is the path to maturity.
3. Every fast points to Jesus.

The deepest hunger of the human soul has never been for bread.

It has always been for God.

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/>