



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 itself. Only God can do that ([John 15:5](#)).

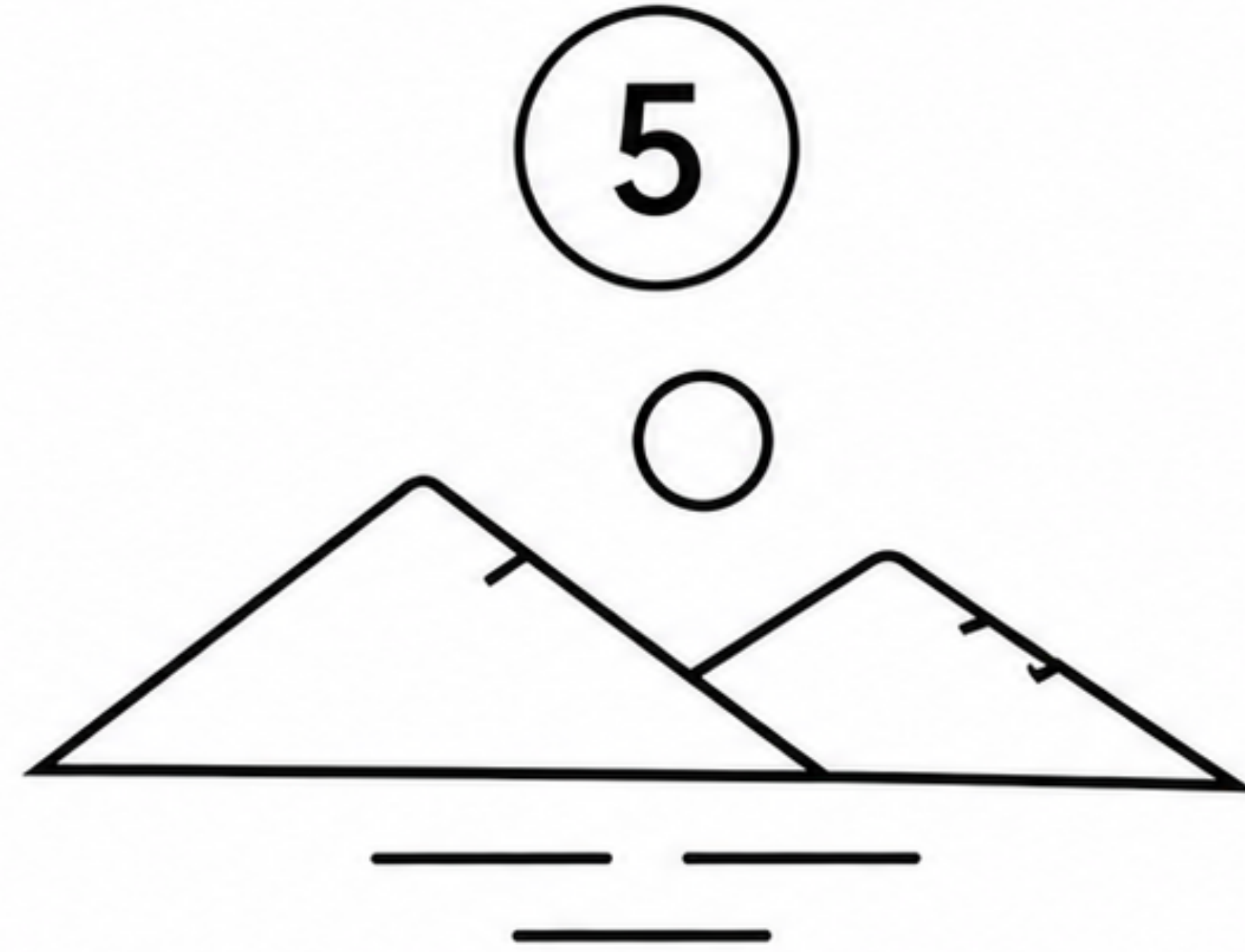
The goal is **relational** instead of **transactional**. To create conditions where growth can flourish.

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

The Disciplines - Not About Justification

We are justified by grace through faith in Jesus Christ alone, NOT by works, lest anyone should boast. (Eph 2:8-9)

The Disciplines create ways to **abide, trust, obey, and grow.**



SABBATH, SILENCE, AND SOLITUDE

Slowing down to be with God



Mark 6:31



Ps. 46:10

Main Texts: Gen 2:1-3; Psalm 46; Mark 2:23-28; Matt 11:28-30; Hebrew 4.

Big Idea:

Sabbath, Solitude & Silence are about stopping, listening, and being with God and recognizing that He is our source of life, salvation, fruitfulness, and peace.

Weariness: A Check Engine Light

We all grow weary, whether physically, spiritually, mentally, or all of the above.

This is by God's design and grace to show us something is out of order.

What do we need to delete? What do we need to add? How can we trust more?

Sabbath: to cease

Sabbath is how redeemed people enjoy rest with their Creator, to worship Him and model dependence on Him.

Sabbath is not about rule following, but about recognizing Who life, rest and salvation come from!

Sabbath: to cease

shabath: To cease, to rest, to desist

Original Word: שָׁבַת

KJV: (cause to, let, make to) cease, celebrate, cause (make) to fail, keep (sabbath), suffer to be lacking, leave, put away (down), (make to) rest, rid, still, take away celebrate, cause make to fail

Sabbath: to cease

A weekly rhythm set by God to remind the people of God where life, peace, and rest come from.

The only day of the week worth naming and the pinnacle of the week. A day of worship, rest, rejuvenation, and connection.

Sabbath

- Instituted by God before the fall. (Gen 2:3)
- Followed by the Israelites before the Law. (Ex 16:23)
- Reinforced in the Law. (Ex 20:8)
- Jesus as our Sabbath Rest and Lord of the Sabbath (Matt 11:28-12:8; Heb 4)

Solitude: Disconnecting to Connect

"He Himself often withdrew into the wilderness and prayed" Luke 5:16

Jesus often withdrew for a purpose: to pray and be with God and to escape the will of man.

(Mk 1:35, 6:31-32; Lk 5:16, 6:12, 9:18: John 6:15)

Solitude: Disconnecting to Connect

Solitude is not just the removal of self from other people, but from distractions.

Solitude helps us quiet all the ongoing narratives and distractions and to approach God personally.

Sabbath, Solitude & Silence

Sabbath: Ceasing from working and striving to rest in God.

Solitude: Ceasing from engagement and distraction to be with God.

Silence: Ceasing from speaking externally and internally to hear from God.

Silence: Quieting Your Soul

Silence best comes when our heart is quiet. As a way to begin prayer, during prayer, or after we pour out our hearts to God.

Silence is a surrendering of our will to God's will. "Here am I, speak, Lord; your servant is listening."

Sunday Challenges

1. What is God calling you to remove from your life to make space?
2. What is God calling you to add?
3. What aspect is most challenging for you?
Sabbath, Solitude or Silence?
4. Make a plan, share it with a friend & start!

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