



# SPIRITUAL DISCIPLINES

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**7** HABITS FOR CHRISTLIKENESS

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# 7 Spiritual Disciplines

1. **Church Community** – Growing together as the body of Christ (**Heb. 10:24–25; Acts 2:42–47**)
2. **Scripture** – Being shaped by the Word of God (**Ps. 1:2–3; 2 Tim. 3:16–17**)

3. **Prayer** – Living in communion with the Father (Luke 5:16; Phil. 4:6–7)
4. **Fasting**– Creating hunger for God above everything else (Matt. 6:16–18; Acts 13:2–3)
5. **Sabbath, Silence, and Solitude** – Slowing down to be with God (Mark 6:31; Ps. 46:10)

6. **Generosity and Service** – Pouring out what God has poured in (**Acts 20:35; 1 Pet. 4:10**)
7. **Witness and Outreach**– Living sent as ambassadors of Christ (**Matt. 28:19–20; Acts 1:8**)



# SPIRITUAL DISCIPLINES

7 HABITS FOR CHRISTLIKENESS



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



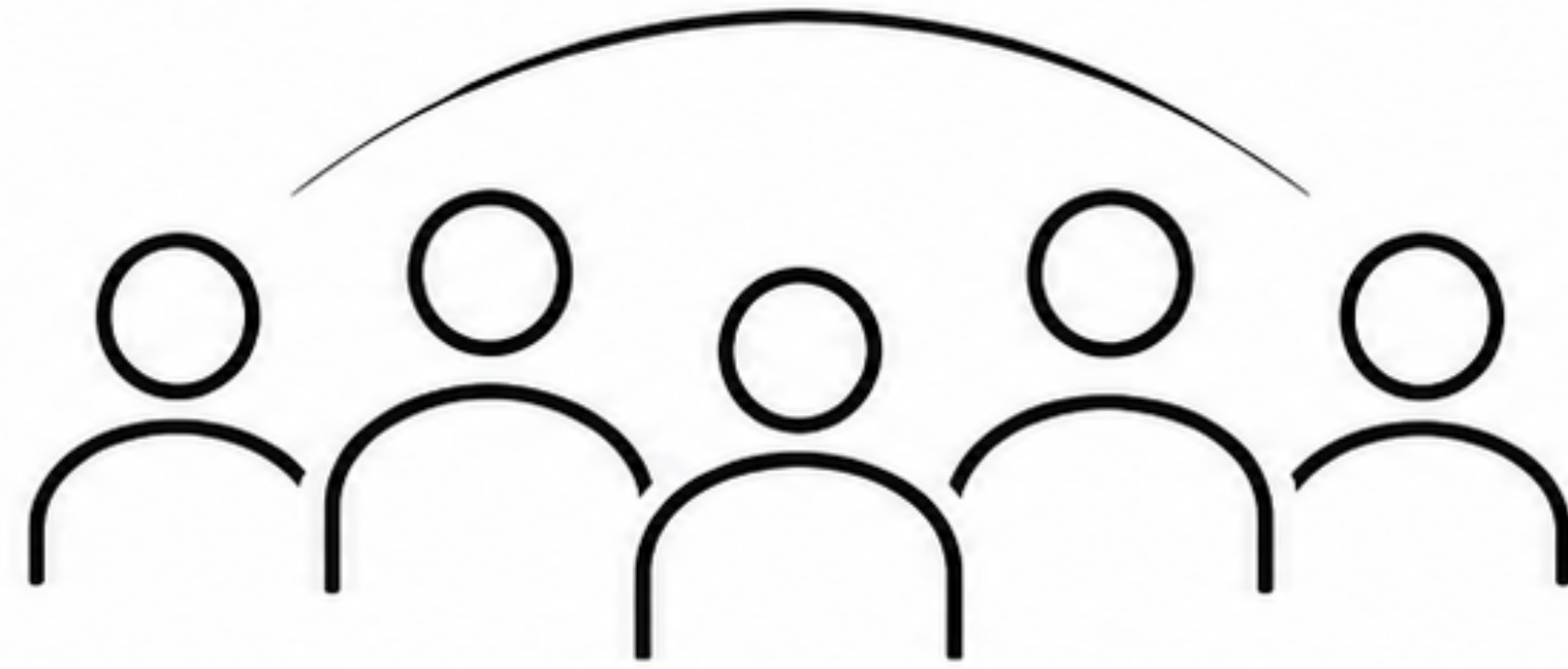
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WITNESS AND  
OUTREACH

Matt. 28:19–20  
Acts 1:8



1



# CHURCH COMMUNITY

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*From Crowd to Community to Christlikeness*



Heb. 10:24–25



Acts 2:42–47

## **Main Texts:**

**Mat. 28:19-20; Acts 2:42-47;**

**Eph. 4:11-16; Col. 1:28**

## **Big Idea:**

**God did not save us merely to attend church. He saved us into a family where we grow into Christlikeness together and are sent on mission together.**



# THE CRISIS OF MODERN CHRISTIANITY

1. We live in a culture of unprecedented connection and unprecedented loneliness.
2. Thousands of followers. Hundreds of contacts. Constant communication.
3. Yet many people remain deeply isolated, and that mentality often enters the church.

4. Many Christians view church as a service to attend, a sermon to consume, a program to evaluate, or a building to visit.
5. But the New Testament presents something radically different: the church is a people, a family, a body, a household, a community united around Christ.

**GOD'S PLAN HAS ALWAYS BEEN A PEOPLE**

**Genesis 1:26 — “Let Us make man in Our image.”**

**The first thing Scripture reveals is that God exists eternally as Father, Son, and Holy Spirit.**

**Before creation there was community. Before humanity there was **relationship**. Before the church there was fellowship within the Trinity.**

Human beings were created in the image of a relational God, so community is not optional to Christianity. It is part of God's design.

**Sin shattered relationships:** Adam hid, Cain murdered, humanity scattered.

**But redemption restores what sin destroyed.**

**Ephesians 2:19 — “You are fellow citizens with the saints and members of the household of God.”**

**Family. Household. Body. Bride. Flock. Beloved.**

**JESUS DID NOT BUILD AN AUDIENCE  
— HE BUILT A FAMILY**

## **JESUS' PATTERN**

**He had crowds.**

**He had the seventy.**

**He had the twelve.**

**He had the three.**

**The closer the relationship, the deeper  
the formation.**

# The Four Circles of Community

1. Intimates (1–5)
2. Kin (Around 15)
3. Village (50–150)
4. Tribe (Larger Community)

# DISCIPLESHIP IN LAYERS

Large gatherings. Smaller communities.  
Intentional discipleship relationships.

This same pattern is reflected in **our church:**

Sunday Gatherings, Life Groups, Titus Groups.

# ACTS 2 CHURCH

“They devoted themselves...”

Not attended. Not sampled.

Not occasionally participated.

They devoted themselves.

# **ACTS 2 - FOUR COMMITMENTS**

- 1. The apostles' teaching.**
- 2. Fellowship.**
- 3. Breaking bread.**
- 4. Prayer.**

# **ACTS 2 - Health**

- 1. The church was built on truth and relationships.**
- 2. Word and Spirit.**
- 3. Gathering and belonging.**
- 4. Teaching and community.**

**The focus is shared life, shared mission, shared devotion, shared discipleship.**

# SUCCESS?

What are we trying to produce?

Most churches are tempted to measure success by attendance, buildings, budgets, programs, staff size, and online engagement.

Those things may be indicators, but they are not the goal.

# BIBLICAL GOAL

Ephesians 4:11–16 — maturity.

Matthew 28:19–20 — disciples.

Colossians 1:28 — Christlikeness.

# INTERNAL SUCCESS

Spiritual maturity.

Spiritual vitality.

Relational unity.

Engagement.

Leadership development.

# **INTERNAL SUCCESS DETAILS**

## **MATURE AND ALIVE**

- 1. People know Scripture and obey Christ.**
- 2. People repent quickly and take ownership of their walk with God.**
- 3. People hunger for God, pray, worship, seek the Spirit, and expect God to move.**

# **INTERNAL SUCCESS DETAILS**

## **UNIFIED AND ENGAGED**

- 1. Trust grows and conflict is handled biblically.**
- 2. People genuinely care for one another and generations connect.**
- 3. Members move from consumers to contributors: they serve, disciple, and invest in others.**

# INTERNAL SUCCESS DETAILS

## LEADERSHIP DEVELOPMENT

Disciple-makers multiply.

People are equipped.

New leaders emerge.

# **EXTERNAL SUCCESS: ON MISSION**

People naturally share their faith.

New believers come to Christ.

Baptisms increase.

Gospel conversations happen.

People are Sent.

# DISCIPLESHIP HAPPENS THROUGH COMMUNITY

You can gain information alone.

You cannot become mature alone.

**HEBREWS 10:24–25** “Let us consider how to stir up one another to love and good works.”

**Love, pray, encourage, forgive, bear with, and confess to one another.**

**These commands cannot be obeyed in isolation.**

**The Christian life is personal, but it was never intended to be private.**

**We are community projects.**

# DISCIPLESHIP JOURNEY

Confess your sins and turn to and trust in Jesus as God, who died for your sins and rose again, offering eternal life to believers (John 3:16). Abide in Him (John 15:4).

- Regularly attend Sunday Worship Services
- Be intentional about making connections
- Attend New to Fellowship Dinner
- Explore church activities and events (Heb. 10:25)

- Seek fellowship with other believers
- Join a Life Group or Ministry Group to support and encourage you in your journey of faith (Matt. 18:20).

- Choose to serve as Jesus did, each according to your own unique gifting (Mark 10:45).
- Pray about where you could best serve. Be a part an existing ministry; or as God leads, create a new role.

Its about abiding not arriving. Continue to remain in Christ's presence through prayer, Scripture, and daily surrender, letting the Holy Spirit guide your actions (John 15:4). The main metric of maturity is love (1 Cor. 13)



**BELIEVE**

**DISCOVER**

**JOIN**

**SERVE**

**ABIDE**

**AFFIRM**

**OWN IT**

**GROW**

**LEAD**

- Confess your faith: Declare publicly that Jesus is Lord and that you believe in your heart that God raised him from the dead (Rom.10:9-11)
- Be Baptized! (Matt. 28:18-20)

- Commit to following Jesus in thought, deed, and every aspect of life, growing together in community (Gal. 2:20)

- Grow in your knowing, feeling, and doing by grace in faith through the practice of Spiritual Disciplines: ie. Bible Study, Prayer, Fasting, Service, Gratitude, Solitude, Stewardship, Evangelism, etc. (2 Pet. 3:18)

- Make disciples by facilitating groups, sharing the gospel, and mentoring others (Matt. 28:19). Reach around the corner and around the world (Acts 1:8)

# Learn

about the way of Jesus  
in community.

# Process Together

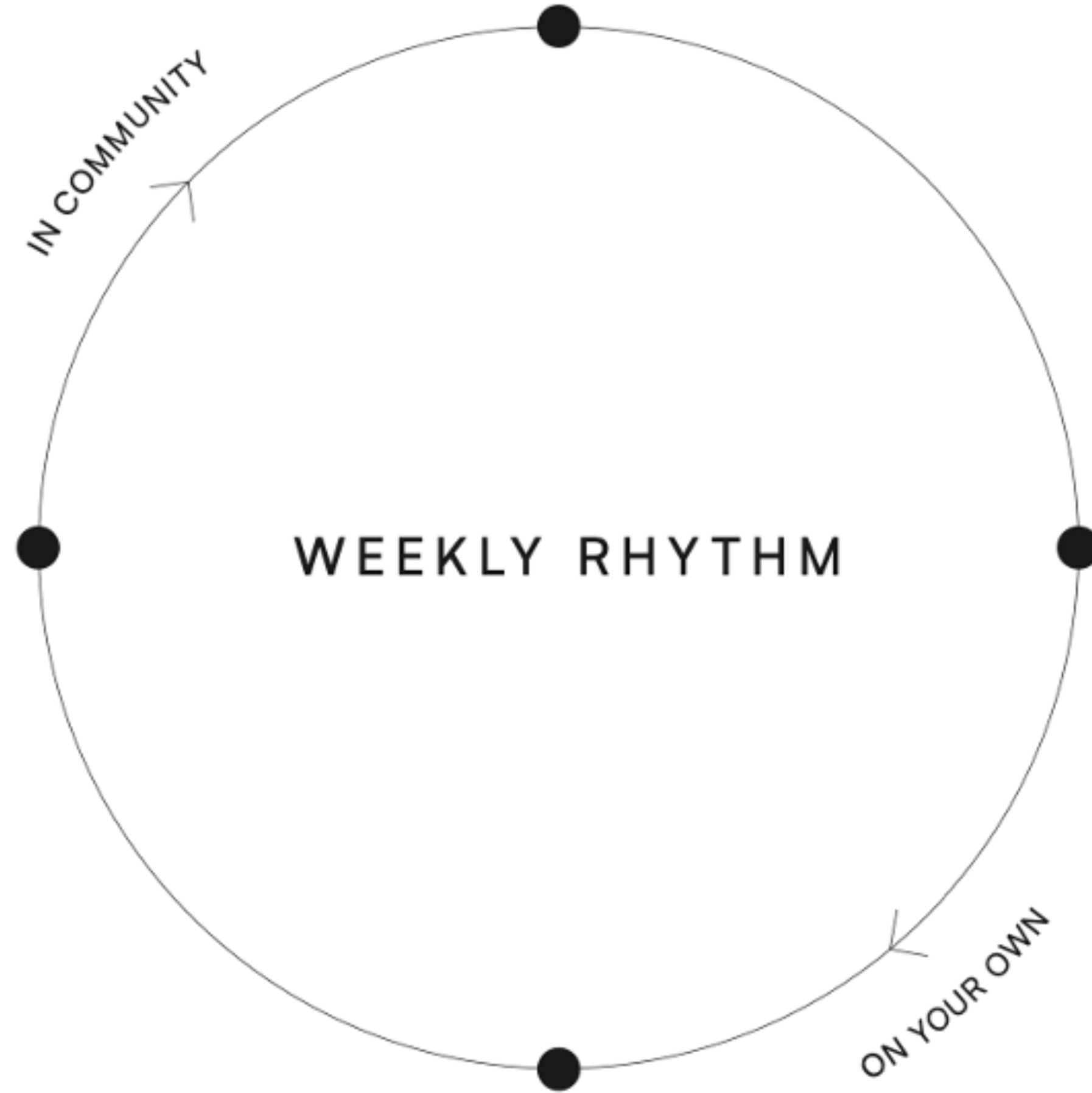
what is coming up for you  
through your experience.

# Practice

on your own with spiritual  
exercises using your  
companion guide.

# Reflect

on your own on your  
experience with God.



**Goal:** Gospel centered Christlikeness

**Church:** A gathered community,  
saved and motivated by the Gospel,  
formed and living by the Word and the  
Spirit.

**Heart:** Love God and love others

**Motto:** Love God Love Others

(Mark 12:30-31)

# Mission Statement:

- 1. PREACH** - To be a community of believers that brings people into an interactive-love-based relationship with Jesus
- 2. TEACH** - To grow Christians into maturity
- 3. REACH** - To reach out locally and around the world

**Vision Statement** (what the mission looks like here and now):

- 1.** To give every person of our community an opportunity to know and walk with Jesus
- 2.** To see every person in the church engaged in ministry or life groups
- 3.** To see people raised up and sent out on a regular basis

# Core Values

1. Humility, Holiness, and Heart (John 13)
2. Loyal Love is our motivation
3. Committed Christlikeness is our goal
4. Faithful Family interactions (Love and Truth)

# Takeaway 1

## Move From Attendance to Belonging

Say Yes to Jesus. Become part of His Family. Ask “How can I become part of the family?”

# Takeaway 2

## Move From Isolation to Community

Growth happens when we are known, challenged, encouraged, and loved.

Ministry?

Life Group?

Titus Group?

Other Gathering?

# Takeaway 3

## On Mission

Every believer is called to make disciples and help others follow.

Pray and ask God to show you what or who that next step is.



## 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/>