



Growing in His Likeness

What Resources Has the Church Given Us?

Session 4 - October 1, 2023

THE BIG IDEA

Spiritual disciplines (e.g., reading Scripture, spending time in solitude and quiet, praying, studying, and fasting) are some of the ways that **God has always trained people to become disciples** in his Church for the sake of the world.

SUMMARY

- Like an athlete's training program, spiritual disciplines are the **activities, patterns, and habits** of believers that help us grow to have a stronger **relationship with the Triune God**.
- A caveat: **We are not saved by spiritual disciplines**, but by the **person and work of Jesus Christ!**
- These disciplines help us **practice being like Jesus**, getting into the habit of spending time with Him, so that **we grow to love God and neighbor in word and deed**, through the **power of the Holy Spirit**.
- Spiritual disciplines can be **personal** and **communal**. (We will talk about communal disciplines in the next several weeks!)

SOMETHING TO READ TOGETHER

"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." — Matthew 11:28-30

SOMETHING TO TALK ABOUT TOGETHER

In what ways might our attempts to make our faith more real in our lives feel a burden, a frustration, a distraction, or even just impossible? What gets in the way? How can we help each other practice these things?

SOMETHING TO TRY AT HOME

This week, try fasting on Friday! (Description on reverse.)

