

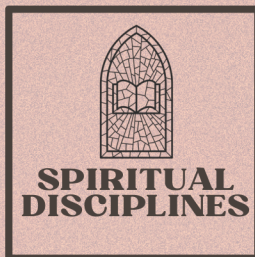
# FRAMES

SPIRITUAL DISCIPLINES  
PASTOR FERNANDO MORALES



## Foundation Verse

*Ephesians 2:10: "For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."*



## FRAME Questions:

1. **What are Spiritual Disciplines?**
2. **What benefit do they bring to the Christian life?**
3. **What are some ways to practice spiritual disciplines?**



## OPENING IMAGE

Here is a picture of what old-school dumbbells look like! Even though time has gone by, the principle is still the same. Heavy weights help grow stronger muscles. Research shows that stress must be placed on the body to increase muscle mass. You must apply a load to your muscles that they need to be adapted to. For example, you probably aren't building much muscle by pushing air. But if you put 200 lbs. on a barbell and push, you'd stress your muscles and trigger growth. Stress and testing trigger growth. That principle doesn't only apply to your pecs, abs, and biceps, but it also applies to building spiritual muscle.

Discipline in Greek means "to become complete." To be a complete person. Discipline in Latin is a military term that means "training of knowledge and practice." So instead of looking at it from a negative connotation, let's look at its richer meaning; in other words, to be disciplined is "to train oneself in knowledge and practice to become a whole person."

**Read 1 Corinthians 9:25--27**

## Question #1

**What do you hear when you hear the word discipline? What do you think of when you hear that there are spiritual practices that help us strengthen our spiritual lives?**

Spiritual Disciplines guide you toward a path of grace. The Bible prescribes both personal (inward) and interpersonal (outward) spiritual disciplines. Let's look at a list of both inward and outward spiritual disciplines. There are those spiritual disciplines that we practice alone and those that we practice with other Christians



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### Outward Disciplines

1. Prayer
2. Service
3. Study of God's Word
4. Giving

### Inward Disciplines

1. Solitude
2. Simplicity
3. Meditation
4. Fasting

### Question #2

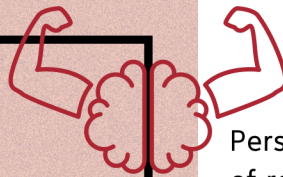
What are some other spiritual habits that you think might fall into the category of Spiritual disciplines? Which one of the habits that we shared do you do naturally? Which ones are harder for you to practice and why?

### What benefit do Spiritual Disciplines bring?

#### Spiritual Growth

"A farmer is helpless to grow grain; all he can do is provide the right conditions for the growing of grain. He cultivates the ground; he plants the seed; he waters the plants; and then the natural forces of the earth take over and up comes the grain. This is the way it is with the spiritual disciplines - they are a way of sowing to the Spirit. The disciplines are God's way of getting us into the ground; they put us where he can work within us and transform us. They are a means of receiving God's grace."

Richard Foster



**Spiritual Disciplines also teach us to focus on God & his presence in our lives.**

**Spiritual disciplines teach us to look to God rather than looking to ourselves**

### Question #3

In a world filled with distractions, how do Spiritual Disciplines contribute to teaching individuals to focus on God and prioritize seeking Him over self-centered pursuits?

### What are some ways to practice spiritual disciplines

#### Read Psalm 19:11-17

Persistently progressing on a daily pathway of reading through the Bible (despite distraction and schedule irregularity) is more than essential—it can be joyous! God's Word is the ever-available, supernatural source for faith, strength, wisdom, growth, and freedom in Christ. And there is no substitute for its power to nurture, counsel, and sustain.

3 ways to practice Studying the Word.

1. **Pick it up.** Pick up the Bible and read it to grow from God's word
2. **Read it.** Discipline yourself to engage with the scriptures daily.
3. **Apply it.** Allow God to guide you through the reading of His Word.

#### Application

What adjustment might you need to make in your Bible reading habits? How have you experienced the power of the Bible to nurture, counsel, and sustain you?