

## Spiritual Disciplines for Devotion to God

### SPIRITUAL DISCIPLINES

- What are Spiritual Disciplines?
  - Donald Whitney, *Spiritual Disciplines for the Christian Life*
  - Scripture Reading, Prayer, Corporate Worship, Evangelism, Serving, Stewardship, Fasting, Silence & Solitude, Journaling, Learning

#### SPIRITUAL DISCIPLINES ARE \_\_\_\_\_

- **Donald Whitney:** “But even though disciplining yourself is sometimes difficult and involves struggle, self-discipline is not self-punishment. It is instead an attempt to do what, prompted by the Spirit, you actually want in your heart to do.”
- Disciplines for \_\_\_\_\_
  - **1 Timothy 4:7-8** “Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.”
  - *Gumnazo:* “to train, undergo discipline”
- Disciplines for Spiritual \_\_\_\_\_
  - **1 Corinthians 9:24-27** “Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.”
- Plan of Discipline
  - What disciplines am I strong in? Which am I weak in?
  - What will best help me pursue these spiritual disciplines (timing, place, resources, etc.)?

#### SPIRITUAL DISCIPLINES ARE \_\_\_\_\_

- Spiritual Disciplines are a means, not the goal
- The Goal of Spiritual Disciplines is \_\_\_\_\_
  - **1 Timothy 4:9-10** “The saying is trustworthy and deserving of full acceptance. For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.”
- Spiritual Pursuit
  - How does the spiritual goal of spiritual disciplines motivate us to pursue them?
  - Are there people I can practice disciplines with, or share my pursuit of Christ with?
  - What needs to be cut out in my life to pursue Christ more? What needs to be reoriented to make Christ the goal?