

A large, mature tree with a thick trunk and a full canopy of green leaves stands in the center of a landscape. The sun is low on the horizon, creating a bright glow behind the tree and casting long shadows. The ground is rocky and uneven, with the tree's roots exposed and spreading out across the foreground. In the background, there are rolling hills and mountains under a sky filled with soft, golden clouds. The text 'SPIRITUAL DISCIPLINES' is overlaid in large, white, bold, sans-serif capital letters across the middle of the image, with the tree's trunk acting as a central vertical element between the two words.

SPIRITUAL DISCIPLINES

So why the spiritual disciplines?

On the other hand, **discipline yourself for the purpose of godliness**; for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come.

(1 Timothy 4:7b-8)

Definition: a spiritual discipline is a biblical practice that produces godliness when done regularly

What are the spiritual disciplines?

7/7 Feeding on **God's Word**

7/14 The Gift of **Confession**

7/21 What is **Fasting?**

7/28 **Giving** to the Lord

8/4 A **Praying** Life

Others could include **solitude, fellowship, witnessing, worship, etc.**



Navigators Discipleship Tool

The Wheel diagram, created by Navigator founder Dawson Trotman in the 1930s, is a simple and effective way to visually explain the structure of a God-glorifying life. Sharing it can be as simple as drawing it on a napkin or notepad. The diagram challenges us to think deeply about how to be an obedient follower of Christ and each part represents a crucial component of a vibrant Christian life.



- **Acts of obedience demonstrate our love**

- *Jesus answered and said to him, “If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our abode with him. (John 14:23)*

- **Love often takes discipline**

- *Take pains with these things; be absorbed in them, so that your progress will be evident to all. (1 Timothy 4:15)*

How do they work?

- **They work very much like physical disciplines**
 - *Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win. Everyone who competes in the games exercises self-control in all things. They then do it to receive a perishable wreath, but we an imperishable. (1 Corinthians 9:24-25)*
- **When done regularly they produce their results**
 - *Do not be deceived, God is not mocked; for whatever a man sows, this he will also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. Let us not lose heart in doing good, for in due time we will reap if we do not grow weary. (Galatians 6:7-9)*

What are the benefits?

On the other hand, **discipline yourself for the purpose of godliness;** for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come. (1 Timothy 4:7b-8)

- To know and love God (Deuteronomy 6:4-5)
- To grow in faith and be prepared for heaven (Romans 8:29-30)
- To accomplish God's will on earth (Ephesians 2:10)
- To glorify God (1 Peter 2:12)

How do I get started (or take the next step)?

- By faith (Hebrews 11:6)
- In the power of the Spirit (John 15:5)
- Build on your strengths (1 Timothy 4:14-16)
- Take small steps



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