

## 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. (1Timothy 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

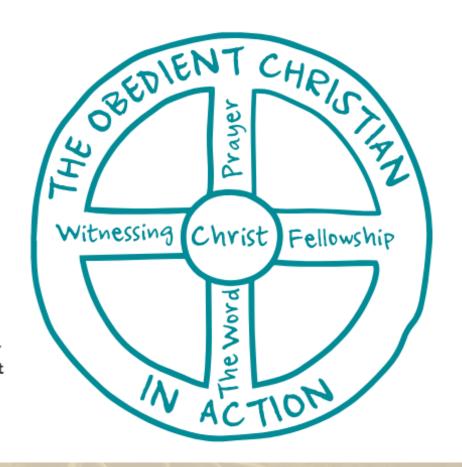
8/4 A **Praying** Life

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. (1Timothy 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

