

## Spiritual Disciplines – Spiritual Habits

July 26

- What do you think of when you hear the word “discipline”?
- What do you think of when you hear the word “habit”? Is there a difference?
- What makes something a habit?
- What are some habits you have intentionally developed? Why did you develop them? How did you develop them?
- What are some spiritual habits you have developed?

There is no set list in the Bible of “Spiritual Disciplines” or “Spiritual Habits”. However, many different lists are available. Lists vary in size, and specifics. Here are five to begin with.

### Meditating on God's Word

Psalm 1: 1-2: Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night.

Psalm 77: 12: I will ponder all your work, and meditate on your mighty deeds

Psalm 119: 105: Your word is a lamp to my feet and a light to my path.

- What does it mean to meditate?
- Why is this habit important?
- How can you develop this habit?
- What are some barriers that make it difficult to form this habit?

*\*\*\* AIC goal for 2020 is to Grow Daily in Word and Prayer \*\*\**

### Prayer

Romans 12: 12: Rejoice in hope, be patient in tribulation, be constant in prayer

1 Thessalonians 5: 17: pray without ceasing,

Philippians 4: 6: do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

- Why is this habit important?
- How can you develop this habit?
- What are some barriers that make it difficult to form this habit?

### Giving Thanks

Psalm 110: 4: Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!

1 Thessalonians 5: 16-18: Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

- How do you give thanks to God?

- As a habit, when do we give thanks?
- Why is this habit important?
- How can you develop this habit?
- What are some barriers that make it difficult to form this habit?

### Serving

John 13: 12-15: When he had washed their feet and put on his outer garments and resumed his place, he said to them, “Do you understand what I have done to you? You call me Teacher and Lord, and you are right, for so I am. If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet. For I have given you an example, that you also should do just as I have done to you.

1 Peter 4: 10: As each has received a gift, use it to serve one another, as good stewards of God’s varied grace.

- What are some ways that we serve?
- How have others served you?
- How did you feel after each situation?
- Why is this habit important?
- How can you develop this habit?
- What are some barriers that make it difficult to form this habit?

### Giving

Proverbs 11: 25-25: One gives freely, yet grows all the richer; another withholds what he should give, and only suffers want. Whoever brings blessing will be enriched, and one who waters will himself be watered.

2 Corinthians 9: 6-9: The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work. As it is written, “He has distributed freely, he has given to the poor; his righteousness endures forever.” (Ps 112:9)

- What do you have to give to form a habit of giving?
- Why is this habit important?
- How can you develop this habit?
- What are some barriers that make it difficult to form this habit?

### What other spiritual habits have you developed?

Some other spiritual habits to consider:

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|--------------|-------------------|
| ● Worship    | ● Rest            |
| ● Fellowship | ● Disciple Making |
| ● Fasting    |                   |
| ● Confession |                   |