

# Spiritual Disciplines Scripture Discovery

## Why Spiritual Disciplines and what are they?

Zacchaeus the tax collector intentionally positioned himself in such a way that he would encounter Jesus' grace in his life. In the same way we extend effort to encounter God's grace in our lives through the practice of spiritual disciplines.



1 Tim. 4:7	
Rom. 15:18	
Col. 1:29	
1 Cor. 15:10	

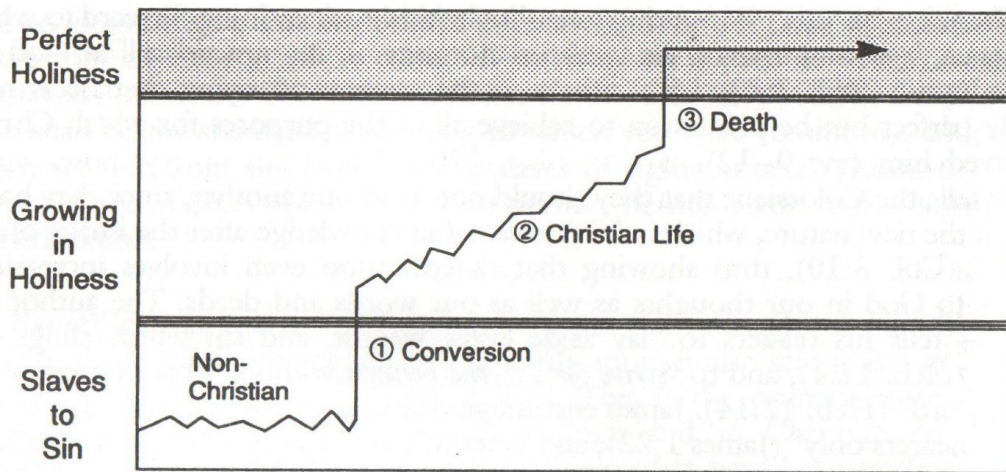
*"When it's all said and done, our hope is not to be a skilled Bible reader, practiced pray-er, and faithful churchman, but to **be the one who 'understands and knows me,** that I am the Lord who practices steadfast love, justice, and righteousness in the Earth' (Jer. 9:23-24) " - David Mathis*

## Avoid Legalism...

When we emphasize the technique and the skill while neglecting God's role as supplier, we put the stress too much on us and our individual effort. Disciplines can seem like a long list of things we are NOT doing and create a sense of guilt. Getting to know God is not a checklist, but rather a relationship. It's very important to remember that these efforts are **NOT salvific** and do not affect our perfection in Christ. It's also important to note that these disciplines are **personal**, and we are not to enforce extra-Biblical standards or rules on each other.

## Sanctification

We are lifelong-learners (not of facts, but of God). We will never perfectly pursue God or know everything about him, but as our life goes on, we grow closer in pursuit of Him.



THE PROCESS OF SANCTIFICATION

Figure 38.1

## Five Principles for Lifelong Learning

1. Use a variety of sources: classes, videos, books, teachers, council, new technology, etc.
2. Set apart and redeem your time.
3. Don't be arrogant or stuck in your theology, but embrace the identity of learner.
4. Don't skip over things. Always ask questions.

## God's Word ( Hearing His Voice)

### Mediation & Memorization

Consider the concept of God's word. God speaks and reveals himself to us. We have the privilege to know God and hide His word in our hearts. We apply the word to our lives as we strive to be not just hearers of the word but also doers. We resolve to be lifelong learners and pursue to know God *relationally*, not just know facts about Him.

### What Is The Bible

2 Timothy 3:16	
Romans 15:4	
Isaiah 40:8	

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Hebrews 4:12	
1 Thessalonians 2:13	
Psalms 19:7-11	
John 17:17	
Proverbs 30:5-6	
Deuteronomy 11:18	
Colossians 3:16	
Psalms 119:105	

### **Meditation**

Joshua 1:8	
Psalms 1:1-2	
Psalms 119:11	
Psalms 119:16	
Psalms 40:8	
Ezra 7:10	
Psalms 111:2	
1 Timothy 4:6-8	

### **Application**

FIRST: study the Bible contextually and how it was written to the original hearers.

SECOND: If we find timeless truths, we bring them home to us and apply them to our lives.

The Holy Spirit helps us to discern where to apply these truths to our lives.

Romans 12:2	
Philippians 1:9-10	
Ephesians 5:8-10	
Colossians 1:9-10	

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## Prayer (Having His Ear)

As children of God, we have God's ear. We can enter His throne room with confidence through Christ as mediator. We engage in private and corporate prayer just as we see examples of these in the life of Christ and the early church. We sharpen our affections towards Christ with fasting. We journal to deepen our joy in the present and enrich our spiritual lives. We also make time for silence and solitude in our everyday lives to refocus and recharge spiritually. Prayer is essentially a dependency on God.

Proverbs 15:8	
Psalms 102:17	
Jeremiah 29:12	
Ephesians 6:18	
Romans 12:12	
Luke 6:12	
1 John 5:14-15	
Mark 11:24	
Matthew 5:44	
Matthew 6:7	
Matthew 6:9	
Romans 8:26	
Philippians 4:6	
Colossians 4:2	
James 5:16	
Hebrews 4:16	
Romans 8:15	

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## **Fasting**

Fasting is a spiritual discipline of going without food for a period of time for a specific spiritual purpose. The Bible mainly talks about fasting from food, but you can also fast from things that are becoming idols (more precious than God) in your life. THIS IS NOT A WEIGHT LOSS PLAN... ("Daniel Fast")

Matthew 6:16-18	
Joel 2:12	
Matthew 4:4	
Luke 4:2	
Ezra 8:23	
Acts 13:3	

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## **The Church (Belonging to His Body)**

As a corporate body, we meet together and share spiritual disciplines and growth. We come together for worship, to celebrate new believers, to share in communion, to listen to Bible teaching, to keep each other accountable, to serve each other, and to go together on mission.

### **Baptism**

In the church, we publicly baptize repentant new believers as a symbol of Christ's burial and resurrection. (Acts 2:38, Acts 10:44-48, Mark 16:15-16, Mark 1:4, Matthew 28:19-20, Matthew 3:11)

### **Communion**

We take communion together to remember Christ's sacrifice on the cross, first examining our hearts. (Luke 22:19, 1 Corinthians 11:24-29, John 6:53-58, Acts 2:42)

### **Preaching**

Together we listen to teaching and the reading of God's word. (1 Timothy 4:13, 2 Timothy 3:16, 2 Timothy 4:2-4)

### **Confession & Accountability**

Together, we hold each other accountable and submit to church authority and discipline. (Matthew 18:15-17, 1 Timothy 5:20, 2 Corinthians 7:8-11, James 5:16, Hebrews 3:13, Hebrews 13:17)

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**Worship**

We praise God together in thankfulness as a form of worship and fellowship. (Colossians 3:16, Ephesians 5:19-20, Psalm 95:1-11, Hebrews 12:28-29, Matthew 15:7-14)

**Serving**

We use our spiritual gifts and resources for building each other up in the faith and we serve each other in need. (Galatians 6:10, Romans 12:9-11, Ephesians 4:11-16, Acts 20:28, Acts 2:44-47, 1 Thessalonians 5:11, Hebrews 10:24, Galatians 6:2, Proverbs 27:17, 1 Peter 3:8-9, 2 Corinthians 13:11, Rom 15:25-28, 2 Corinthians 8:1-4, Romans 12:10, Romans 12:13)

**Commission**

The church is on mission together going and sending to make disciples of all nations. (Matthew 28:19-20, 1 Corinthians 3:9, John 13:34-35, Acts 13:1-3)