

The background of the slide is a light gray gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The text is centered on the slide.

# **PURSUING SPIRITUAL DISCIPLINES**

**GOD IS MOST GLORIFIED IN US,**

**WHEN WE,**

**ARE MOST SATISFIED IN HIM**

The background features a light gray gradient with several realistic water droplets of various sizes scattered in the corners. The droplets have highlights and shadows, giving them a three-dimensional appearance.

**HOLINESS IS THE FIGHT FOR HAPPINESS**  
**JOHN PIPER**

# **THE ULTIMATE ESSENCE OF EVIL IS TO LOVE OR DESIRE ANYTHING ELSE MORE THAN GOD**

- IS THAT TRUE?**
- TO LOVE OR DESIRE ANYTHING MORE THAN GOD WOULD BE IDOLATRY.**
- TO THINK WE CAN PLEASE GOD BY “BEING” OR “DOING” IS TO DECEIVE OURSELVES**
- TO DESIRE GOD MORE THAN ANYTHING, WE MUST TRAIN WITH THE SAME DETERMINATION AS ATHLETES**

# **GOD COMMANDS US TO DESIRE GOD MOST**

- **MATTHEW 22:37 YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART ALL YOUR SOUL AND ALL YOUR MIND.**
- **PS.37:3-7 - TRUST IN THE LORD, DELIGHT YOURSELF IN THE LORD, COMMIT YOUR WAY TO THE LORD; TRUST IN HIM,. BE STILL BEFORE THE LORD AND WAIT PATIENTLY FOR HIM;**
- **PS.119:11- YOUR WORD I HAVE HIDDEN IN MY HEART SO THAT I WILL NOT SIN AGAINST YOU**
- **DEUT.11:13; JOS.1:8,9; PS.1:2; PS.46:10; 2 PET.1:5-11**

# **PERSONAL DISCIPLINE HAS ALWAYS BEEN A PART OF THE PATH TO SUCCESS IN LIFE**

- WHETHER THE GOAL IS SUCCESS IN ATHLETICS, MUSIC, BUSINESS OR RELATIONSHIPS WITH PEOPLE OR GOD, PERSONAL DISCIPLINES WILL BE A PART OF THAT SUCCESS**
- ALL RELIGIONS, ALL OVER THE WORLD, CALL FOR SPIRITUAL DISCIPLINES FOR SPIRITUAL GROWTH**
- MATT.26:41 – THE SPIRIT IS WILLING BUT THE FLESH IS WEAK**
- 1TIM.4:7-8- TRAIN YOURSELF FOR GODLINESS – TRAIN-GUMNAZE; TRAINING – GUMNASIA**

# **HISTORICALLY SOME SPIRITUAL DISCIPLINES HAVE BEEN TAKEN TO EXCESS**

- 1 COR.9:24-27 I DISCIPLINE MY BODY AND KEEP IT UNDER CONTROL, LEST AFTER PREACHING I BE DISQUALIFIED**
- BEATINGS, STARVATION, EXPOSURE**
- 1 COR.13:3 IF I GIVE AWAY ALL I HAVE AND DELIVER MY BODY TO BE BURNED, BUT HAVE NOT LOVE, I GAIN NOTHING**
- OUTWARD MANIFESTATION AND INWARD MOTIVATION MUST BE RIGHT FOR IT TO BE OF SPIRITUAL VALUE**
- IT IS TO CHANGE OUR VIEW OF GOD, NOT HIS OF US**

# **HISTORICALLY SOME SPIRITUAL DISCIPLINES HAVE BEEN TAKEN TO EXCESS**

- **SPIRITUAL DISCIPLINES HAVE NO VALUE IN THEMSELVES. THE AIM AND SUBSTANCE OF SPIRITUAL LIFE IS NOT FASTING, PRAYER, HYMN SINGING, FRUGAL LIVING, AND SO FORTH. RATHER, IT IS THE EFFECTIVE AND FULL ENJOYMENT OF THE ACTIVE LOVE OF GOD AND HUMANKIND IN ALL THE DAILY ROUNDS OF NORMAL EXISTENCE WHERE WE ARE PLACED.** WILLARD, DALLAS. THE SPIRIT OF THE DISCIPLINES
- **PRACTICE THE DISCIPLINES YOU ARE NOT GOOD AT**

# **JESUS AND EARLY CHURCH USED SPIRITUAL DISCIPLINES**

- MATT.4:1-2- JESUS PRACTICED SOLITUDE, FASTING, PRAYER**
- MATT.6:1-18 – GOOD AND BAD GIVING, FASTING, PRAYER**
- LK.6:12 – PRAYER, ALL NIGHT, SOLITUDE, SILENCE**
- 2COR.4:10; GAL.5:24 – THOSE WHO BELONG TO CHRIST  
HAVE CRUCIFIED THE FLESH WITH ITS PASSIONS, DESIRES**
- EARLY CHURCH WAS NEVER ALLOWED TO FORGET THEIR  
CITIZENSHIP WAS IN HEAVEN**



# **SPIRITUAL DISCIPLINES OF ABSTINENCE**

- WHAT ARE THE SPIRITUAL DISCIPLINES OF ABSTINENCE?**
- SOLITUDE – CLOSING OURSELVES OFF FROM OTHERS**
- SILENCE – TO CLOSE OURSELVES OFF FROM SOUNDS**
- FASTING – TO ABSTAIN FROM FOOD OR TECHNOLOGY**
- FRUGALITY - ABSTAIN FROM GRATIFY OUR DESIRE FOR LUXURY.**
- CHASTITY – ABSTAIN FROM LEGITIMATE SEXUAL RELATIONSHIPS**
- SECRECY – TO GIVE OR SERVE ANOTHER AND TELL NO ONE**
- SACRIFICE – TO GIVE AWAY WHAT WE KNOW WE NEED - WIDOW**

# **SPIRITUAL DISCIPLINES OF ENGAGEMENT**

- WHAT ARE THE SPIRITUAL DISCIPLINES OF ENGAGEMENT?**
- STUDY/ MEMORIZATION – GROWING OUR KNOWLEDGE**
- WORSHIP – TO WORSHIP IS TO SEE GOD AS WORTHY**
- CELEBRATION – DEUT.14:22-27**
- SERVICE – SERVING OTHERS; WORKS ON OUR PRIDE**
- PRAYER – INVOLVES OTHER DISCIPLINES-STUDY, SOLITUDE**
- FELLOWSHIP – COALS TOGETHER BRING MORE HEAT LIGHT**
- CONFESSION – JA.5:16 – HUMILITY, FELLOWSHIP, WORSHIP**

# WHERE ARE YOU WEAK?

## DISCIPLINES OF ABSTINENCE

- SOLITUDE
- SILENCE
- FASTING
- FRUGALITY
- CHASTITY
- SECRECY
- SACRIFICE

## DISCIPLINES OF ENGAGEMENT

- STUDY/ MEMORIZATION
- WORSHIP
- CELEBRATION
- SERVICE
- PRAYER
- FELLOWSHIP
- CONFESSION

# **SPIRITUAL DISCIPLINES AS TOOLS**

- THE ULTIMATE ESSENCE OF EVIL IS TO LOVE OR DESIRE ANYTHING ELSE MORE THAN GOD**
- THE DISCIPLINES WHICH MUST BE CENTRAL TO OUR LIVES WILL BE DETERMINED BY THE CHIEF SINS OF COMMISSION AND OMISSION THAT ENTICE OR THREATEN OR WEAKEN OUR DESIRE OR HUNGER FOR GOD**
- THE VALUE IN THE DISCIPLINE IS THE BENEFIT IT PRODUCES IN DEEPENING OUR PREFERENCE OR HUNGER FOR GOD**