

Spiritual Disciplines

NOVEMBER 13, 2022

The Goal

- To bring God glory!
- We are the crown jewel of creation.
- Genesis 1:25, after God made the earth and animals, He declared it was “good.”
- Genesis 1:31, after creating man and women, He declared it was “very good.”

Made In God's Image

- Genesis 1:26, “Then God said, “Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heaven and over the livestock and over all the earth and over every creeping thing that creeps on the earth.”

Made In God's Image

- Genesis 1:27, “So God created man in his own image, in the image of God he created him; male and female he created them.”
- Genesis 1:28, “And God blessed them. And God said to them, “Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.”

The Garden

- Genesis 2:8, “And the LORD God **planted** a garden in Eden, in the east, and there **he put the man** whom he had formed.”
- Genesis 2:15, “The LORD God took the man and put him in the garden of Eden to **work** it and **keep** it.”

Worship And Obey

- Genesis 2:15, “The LORD God took the man and put him in the garden of Eden to **work** it and **keep** it.”
- “The LORD God took the man and put him in the garden of Eden to **worship** and **obey**.”
- A work that is worshipful; a stewardship that is obedient.

Main Point

- God created us to worship Him and to obey Him!
- God commanded mankind to fill the earth with worshipers of Him. Worshipers who obey Him and bring Him glory through all that we do (our work).
- This is what image bearers do. Reflect the glory of God.

The Fall

- Adam and Eve disobeyed God, ate the fruit, and spiritually died that day. Their relationship with God was broken. And their relationship with each other was cursed.
- This sin is passed down to every person. You and I.
- Romans 3:22-23, “For there is no distinction: for all have sinned and (*continue to*) fall short of the glory of God.”

The Good News Of The Gospel

- Romans 3:24, "...and are justified by his grace as a gift, through the redemption that is in Christ Jesus."
- Romans 8:22 "For we know that the whole creation has been groaning together in the pains of childbirth until now."
- All of creation is awaiting Christ's return. How should we live today (as we wait for his return)?

Fill The Earth With Worshipers

- Before the fall, we were called by God to fill the earth with worshipers of Him. Genesis 1:26-27.
- Today, as those who are redeemed, we are called by God to fill the earth with worshipers of Him. Matthew 28:18-20.
- Spiritual Disciplines help us to worship and obey God. Just as we were created to do as image bearers.

Spiritual Disciplines In Our Lives

- 1 Timothy 4:7, “discipline (*train*) yourself for the purpose of godliness.”
- How do we become godly? The Holy Spirit working in our lives, conforming us to Christ’s image.
- Our job? To pursue holiness/godliness.

Spiritual Disciplines In Our Lives

- Spiritual Disciplines are actions which we put into practice in the power of the Holy Spirit. *To worship and obey God.*
- We are to be living sacrifices for Him. This is our worship.
- Romans 12:1-2, “I appeal to you therefore, brothers, by the mercies of God to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.”

1. Motivation And Joy Of The Disciplines

- The story of a boy named Kevin (pages 1-2).
- The motivation and joy of practicing the disciplines comes from God's declaration of what we will become: the glorious "image of the Son" (Romans 8:29).
- When Jesus comes we will be transformed to perfect holiness; we will no longer sin.

1. Motivation And Joy Of The Disciplines

- Hebrews 12:14, “Strive for peace with everyone, and for the holiness without which no one will see the Lord.”
- 1 Timothy 4:7-8, “Discipline yourself for the purpose of godliness, for while bodily training is of some value, godliness is of value in every way, as it holds the promise for the present life and also for the life to come.”

2. Freedoms Offered By The Disciplines

- The freedom that comes from proficiency:
- 10,000 hours to master any discipline.
- Example: Tyler making it to the minor leagues. Working hard to make it to the MLB. Always learning and working!
- Self-control and perseverance are critical to gaining godliness (pp.18-19).

2. Freedoms Offered By The Disciplines

- The freedom of knowing God and enjoying Him:
- “Discipline without direction (*goal*) is drudgery.”
- The goal of godliness: **closeness to and conformity to Christ.**

2. Freedoms Offered By The Disciplines

- The freedom of knowing God and enjoying Him:
- Who is the perfect model of discipline?
- JESUS
- As we practice spiritual disciplines, we grow more in our knowledge of Jesus and delight in Him as we walk by faith and the power of the Spirit.

What Are The Disciplines?

- Bible intake (reading, memorize, meditate)
- Prayer
- Worship
- Evangelism
- Serving
- Stewardship
- Fasting
- Silence and Solitude
- Journaling
- Learning
- Perseverance in the Disciplines
- Watchfulness (Brian Hedges)

Characteristics Of Disciplines

- “Both personal and interpersonal” — the private disciplines are focused on by Whitney.
- “Activities, not attitudes” — the spiritual disciplines require action.
- “Biblical” — they are based upon biblical teaching.

Characteristics Of Disciplines

- “Sufficient for knowing and experiencing God, and for growing in Christlikeness” — they are all we need!
- “Derived from the gospel, not divorced from the gospel” — not only are we saved by the gospel, but we are drawn more deeply through the transforming power of the gospel through the disciplines.
- “Means, not ends” — disciplines are not the goal; godliness is.

Spiritual Disciplines

- “The efforts of a Christian and the work of God — can occur simultaneously in a person indwelt by the Holy Spirit.”
- Colossians 1:29, Paul said, “For this I toil, **struggling with all his energy** that he powerfully works within me.”

Spiritual Disciplines

- This process is not natural to our flesh. It is a spiritual process. And requires effort on our part.
- “We should think of spiritual disciplines as ways by which we can spiritually place ourselves in the path of God’s grace and seek Him, much like Zacchaeus placed himself physically in Jesus’ path and sought Him.” (pp.11-13)

Looking Forward:

- How can we apply this lesson to our lives this week?
- What discipline are you most looking forward to?
- Next week: Read chapter 2.