



Spiritual Disciplines for the Christian Life

Unit 1 – For the Purpose of Godliness 1 Timothy 4:6-16

The only road to Christian maturity and Godliness passes through the practice of the Spiritual Disciplines.

1. Maturity – a lifetime journey of small steps and large leaps
1 Corinthians 13:11; Ephesians 4:13-15; Romans 5:1-5
1. Godliness – a lifetime job of obedience to the commands of God
2 Peter 1:5-8; Romans 12:1-2; Matthew 6:31-33
2. Spiritual Disciplines
 - a. They are the Means of Godliness
 - i. Personal – What every believer does on their own to look more like Christ
 - ii. Corporate – What every church does together to serve Christ more faithfully
 - b. The Lord Expects Them – 1 Peter 1:15-16
 - i. Justification – Free from the Penalty of Sin
Romans 5:6-11; 1 Corinthians 6:9-11
 - ii. Sanctification – Free from the Power of Sin
2 Timothy 2:20-22; Hebrews 13:12
 - iii. Glorification – Free from the Presence of Sin
Romans 8:28-30; 1 John 3:2
 - c. There is Danger in Neglecting Them
Hebrews 2:1-4; 1 Corinthians 12:4-7; Matthew 6:24
 - d. There is Freedom in Embracing Them
2 Peter 1:3-6; Galatians 5:1-14; John 8:32-36
 - e. There is an Invitation to all Christians to Enjoy Them
Matthew 4:2; Luke 2:46-47; John 13:2-6, 17:4

Homework – Reflections:

1. In the past, how have you felt about Spiritual Disciplines such as Bible intake, prayer, worship, evangelism, and fasting? Be honest.

2. Read Colossians 2:20-23 and 1 Timothy 4:8; what single purpose unites the Spiritual Disciplines?

3. What does 1 Peter 1:15-16 say about the importance of holiness in believers' lives?

4. Let's look at two Bible stories that reveal how two people put themselves in the path of Jesus and sought him. As a result, their lives were changed forever:
 - a. Bartimaeus: Luke 18:35-43
 - i. What strikes you about his response to Jesus?

 - ii. In response to Bartimaeus' faith, what did Jesus do for him?

 - b. Zacchaeus: Luke 19:1-10
 - i. How does this tax collector pursue Jesus?

 - ii. What does this story tell us about Jesus' mercy?

 - c. How do these stories encourage you to seek God?

5. What do the following verses say about what it means for each of us to be Jesus' disciple?
 - a. Matthew 11:29

 - b. Luke 9:23

 - c. Galatians 5:22-23

6. "The gold of Godliness isn't found on the surface of Christianity. It has to be dug from the depths with the tools of the Disciplines." – Don Whitney
 - a. Do you agree with this assessment from the author? Why?

 - b. Think back to your past week's activities, how much did you dig for the "gold of Godliness"?

 - c. Are there some tangible changes you can make in your daily life to strengthen your Spiritual Disciplines?

7. "Freedom comes through mastery of any discipline..." Don Whitney
 - a. What kind of freedom is the author referring to?

 - b. Have you experienced this kind of freedom in Godliness?

8. Read 2 Peter 1:3-6; why must we practice self-control to mature in Godliness?

9. Read Matthew 4:2; Luke 2:46-47; John 13:2-6, 17:4; what does each passage say about Jesus and His pursuit of the Spiritual Disciplines?

10. Through the Holy Spirit we have the power to persevere in the Spiritual Disciplines. Read 2 Timothy 1:7; why is this truth encouraging to you?

11. According to 1 Corinthians 12:4-7, everyone has been given spiritual gifts. Why do you think Spiritual Discipline is so important to the development of those gifts?

12. What practical steps are you willing to take in the coming days to begin building more Spiritual Discipline in your life?