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Spiritual Disciplines: Introduction

Teacher: Pastor Joshua Kirstine

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**HANDOUT NOTES**

* **A Disciplined Life**

**1 Timothy 4:7** (NASB) … discipline yourself for the purpose of godliness

**Discipline (Greek: gymnazō):** to train, to exercise

* **The Spiritual Disciplines Are Personal and Corporate**
* **The Spiritual Disciplines Are Something You Do!**

**Philippians 2:12-13** Therefore, my beloved, as you have always obeyed … work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure.

**Ephesians 4:15** Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ

**Ephesians 4:13** until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ

**John 15:5** “I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.”

**1 John 5:12** (NKJV) He who has the Son has life; he who does not have the Son of God does not have life.

* **The Spiritual Disciplines Are Not Whatever We Want Them to Be**
* **The Spiritual Disciplines we will study this year that we see in Scripture:**

1. Worship
2. Serving
3. Evangelism
4. Apologetics
5. Stewardship
6. Discipleship
7. Forgiveness
8. Confession/Repentance
9. Sabbath
10. Fasting
11. Accountability
12. Bible Study
13. Bible Memorization
14. Faith
15. Submission/Humility
16. Silence and Solitude
17. Prayer
18. Chastity/Purity

* **The Practice of the Spiritual Disciplines Is a Time Issue and a Priority Issue**
* **Put on/Put off**

**Colossians 3:9** Do not lie to one another, seeing that you have put off the old self with its practices

**Colossians 3:12-13** Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.

**Ephesians 4:24** ... put on the new self, created after the likeness of God ...

**Ephesians 6:11** Put on the whole armor of God ...

**1 Timothy 4:7** (NASB) … discipline yourself for the purpose of godliness

**Hebrews 10:24**-**25** and let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

**1 Corinthians 9:24-27** Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.