

Session 6: Spiritual Disciplines 101

Introduction

- **Review**

- **Session 1 — Beholding and Becoming**
- **Session 2 — Idols of the Heart**

*An idol is **anything** or **anyone** that begins to **capture our hearts and minds and affections** more than God.*

- **Session 3 — The Gospel and Growth**
- **Session 4 — Heat and Thorns**
 - **How-To Solutions to Why Solutions**
- **Session 5 — Cross and Fruit**

- **Session 6 Introduction: Spiritual Disciplines are a means to an end**

1. Spiritual Disciplines 101

a. Training vs Trying

i. Trying without training

ii. Training equals Discipline

b. Listening to God: Meditation on His Word

i. What Meditation is NOT

- **Meditation is NOT mental passivity**
- **Meditation is NOT reading, hearing, or memorizing**

- **Meditation is NOT study**

ii. Meditation defined

c. Talking to God: Prayer

i. Obstacles to prayer

- **Legalism**
- **Self-Sufficiency**
- **Unbelief**

ii. Prayer and the Gospel

- **Praying in Jesus' Name – The antidote to legalism**
- **Praying like a little child – The antidote to self-sufficiency**
- **Praying to the Father – The antidote to unbelief**

2. How to apply the Disciplines

a. Receiving vs Achieving

b. Communion with God vs Compartmentalizing

- c. Measured Regularity vs Short Bursts**
- 3. The Gospel changes Everything!**
 - a. Be transformed**
 - b. The purpose of Spiritual Disciplines**
- 4. Conclusion: Spiritual Disciplines produce Missionaries, not Monks!**