

Session 6: Spiritual Disciplines 101

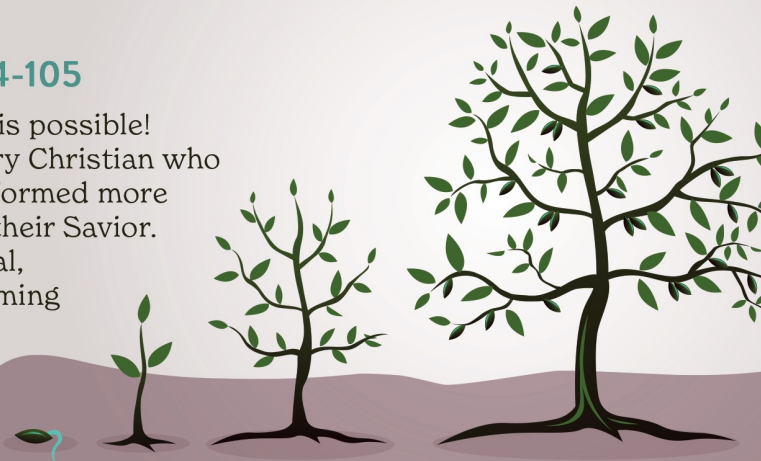
Growing in Christ

SUNDAY CLASS FOR ADULTS AND TEENS

January 14–March 10

9:00am in WC Room 104-105

Growth in the Christian life is possible!
This 9-week class is for every Christian who
wants to see their life transformed more
and more into the image of their Savior.
Join us as we look at the goal,
process, and means of becoming
more like Christ!



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





There is a immense difference between training to do something and trying to do something....Sp iritual transformation is not a matter of trying harder, but of training wisely.... Following Jesus simply means learning from him how to arrange my life around activities that enable me to live in the fruit of the Spirit

— *John Ortberg* —

AZ QUOTES

1Timothy 4:7 “discipline yourself for the purpose of godliness”



- gumnazō
- to exercise vigorously, in any way, either the body or the mind

b. Listening to God: Meditation on His Word



- i. What meditation is not
- ii. Meditation defined

“This book of the Law shall not depart from your mouth, but you shall HAGAH (meditate) on it day and night”



c. Talking to God: Prayer

- i. Obstacles to prayer
- ii. Prayer and the Gospel

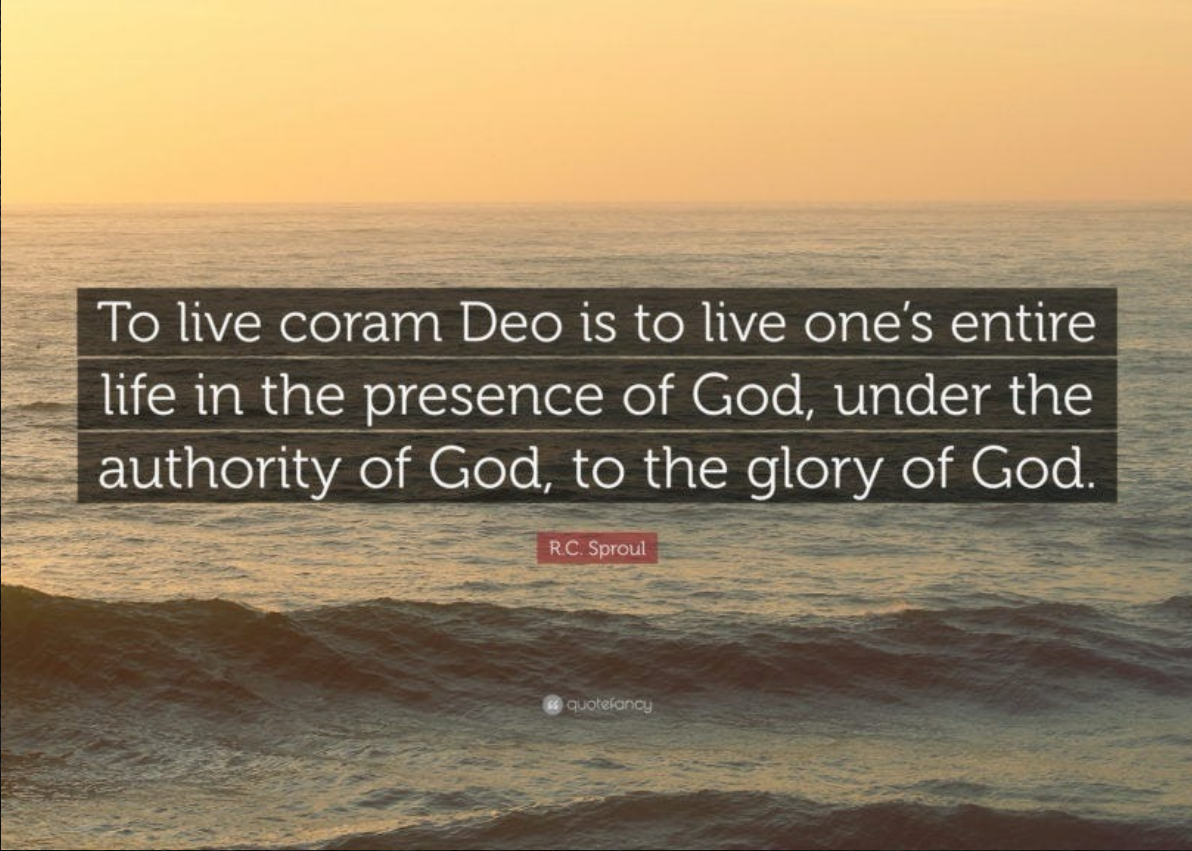


2. How to apply the Disciplines

a. Receiving vs Achieving



b. Communion with God vs Compartmentalizing



To live coram Deo is to live one's entire life in the presence of God, under the authority of God, to the glory of God.

R.C. Sproul

quote fancy

c. Measured Regularity vs Short Bursts



GOALS

You gotta start somewhere



3. The Gospel changes everything!

a. Be Transformed



b. The purpose of Spiritual Disciplines



Conclusion: Spiritual Discipline produces missionaries, not monks!

