

# SPIRITUAL DISCIPLINES

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IN A SOCIAL MEDIA AGE

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## WHAT'S THE POINT OF SPIRITUAL DISCIPLINES?

- ▶ To grow closer to God and to become more like Jesus.
- ▶ They themselves are not the goal but they are the means to the goal.

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## WHAT ARE SPIRITUAL DISCIPLINES?

- ▶ “Spiritual Disciplines are activities, not attitudes. Disciplines are practices, not character qualities, graces. Disciplines are things you do such as read, meditate, pray, fast, worship, serve, learn and so on. The goal of practicing a given Discipline, of course, **is not about doing as much as it is about being more like Jesus.** But the biblical way to grow in being more like Jesus is through the rightly motivated doing of the biblical spiritual disciplines” —Whitney

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# WHAT ARE SPIRITUAL DISCIPLINES?

1 Timothy 4:7-9

7 Have nothing to do with irreverent, silly myths. *Rather train yourself for godliness*; 8 for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. 9 The saying is trustworthy and deserving of full acceptance. 10 For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.

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## WHAT ARE SPIRITUAL DISCIPLINES?

- ▶ Not legalistic activities.
- ▶ Not just anything that we “feel” brings us closer with God. Like hiking, hunting, fishing, reading a novel, being in nature, watching a movie, exercising....
- ▶ These are practices that are found *in the Bible* that we are instructed by the Lord to engage in.
- ▶ They are: The Word of God, Prayer, Fasting, Worship, Evangelism, Serving, Stewardship, Silence and Solitude.

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## THE WORD OF GOD

- ▶ “Regardless of how busy we become with all things Christian, we must remember that the most transforming practice available to us is **the disciplined intake of Scripture**” —Whitney
- ▶ *If most American teens substituted their screen time for Reading the Bible they would have read through it in about a week.*

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# THE WORD OF GOD

- ▶ Hearing
- ▶ Reading
- ▶ Studying
- ▶ Meditating
- ▶ Memorizing
- ▶ Applying

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## PRAYER

- ▶ Matthew 6:5-8 “And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward.<sup>5</sup> But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.<sup>6</sup> <sup>7</sup> “And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. <sup>8</sup> Do not be like them, for your Father knows what you need before you ask him.



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# PRAYER

- ▶ “Without ceasing” Col. 4:2
  - ▶ Formal and informal times.

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# PRAYER

- ▶ Pray Scripture
  - ▶ Matthew 6:5-13 - The Lord's Prayer
  - ▶ Psalms 51 - Repentance
  - ▶ Col. 1:9-14 - Praying for others

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# PRAYER

## ▶ A.C.T.S

- ▶ Adoration -Worship God for who He is.
- ▶ Confession - Personal Sin.
- ▶ Thanksgiving - Worship God for what He has done.
- ▶ Supplication - Request for ourselves and others

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# FASTING

- ▶ “Christian fasting is a believer’s voluntary abstinence from food for spiritual purposes” - Whitney
- ▶ Doesn’t have to be food to be effective.
- ▶ Not to manipulate God somehow.
- ▶ An intensifier of other Spiritual Disciplines.
- ▶ Helps focus prayer and study.
- ▶ Helps expose idols in your life.

