

# Spiritual Disciplines: For the purpose of Godliness

**Definition:** Spiritual Disciplines are those \_\_\_\_\_ found in Scripture that promote spiritual growth among believers in the gospel of Jesus Christ.

Discipline without \_\_\_\_\_ is drudgery

Crucial: It is not our pursuit of \_\_\_\_\_ that qualifies us to see the Lord. Rather, we are qualified to see the Lord by the Lord, not by good things we do.

**1 Timothy 4:7: "Discipline yourself for the purpose of godliness."**

If your purpose is godliness-and godliness is your purpose if you are indwelt by the Holy Spirit, for He makes godliness your purpose-then how do you pursue that purpose? According to this verse, you "discipline yourself for the purpose of godliness."

The desperate need today is not for a greater number of \_\_\_\_\_ people, or \_\_\_\_\_ people, but for \_\_\_\_\_ people. – Dallas Willard

## **Spiritual Discipline Ingredients:**

1. Both \_\_\_\_\_ and \_\_\_\_\_.
  2. They are \_\_\_\_\_, not \_\_\_\_\_.
  3. Practices derived from the \_\_\_\_\_, not \_\_\_\_\_ from the Gospel.
  4. They are a \_\_\_\_\_, not an \_\_\_\_\_. The END is \_\_\_\_\_.
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So the spiritual disciplines are those personal and interpersonal activities given by God in the Bible as the sufficient means believers in Jesus Christ are to use in the Spirit-filled, gospel-driven pursuit of godliness, that is, closeness to Christ and conformity to Christ.

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God uses three primary catalysts for changing us and conforming us to Christlikeness:

1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. Spiritual Disciplines
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## **The Spiritual Disciplines: God's \_\_\_\_\_ for Christians**

Holiness is not an option for those who claim to be children of the Holy One. Neither is the \_\_\_\_\_ for holiness – The Spiritual Disciplines

2 Timothy 1:7 – Spirit of Self Control

Jesus \_\_\_\_\_ the Spiritual Disciplines

Despite the example of Jesus and the teaching of the New testament about Christianity as a life of disciplined spirituality, many professing Christians are spiritually undisciplined and seem to have little Christlike fruit and power in their lives.

\_\_\_\_\_ is the keynote of all the Disciplines. The purpose of the disciplines is liberation from the stifling slavery to self-interest and fear

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# Dallas Willard's The Spirit of the Disciplines

## Disciplines of \_\_\_\_\_:

- Solitude
- Silence
- Fasting
- Frugality
- ChastitySecrecy
- Sacrifice

## Disciplines of \_\_\_\_\_:

- Study
- Worship
- Celebration
- Service
- Prayer
- Fellowship
- Confession
- Submission

## Others:

- Meditation
- Evangelism

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**REMEMBER** – the path does not produce the change. It only puts us in the place where the change can occur. This is the way of disciplined \_\_\_\_\_.