

What are spiritual disciplines?

The spiritual disciplines are those practices found in scripture that promote spiritual growth among believers in the gospel of Jesus Christ.

Spiritual disciplines are habits of devotion and practical Christianity that have been practiced by God's people since biblical times.

SIX KEY ASPECTS OF SPIRITUAL DISCIPLINES

1. Personal and Corporate

- a. There are some disciplines we practice alone and those that we practice with other Christians.
- b. We practice both because Jesus practiced both and because the Bible prescribes both.
- c. We don't want to think of the spiritual disciplines just as something we do by ourselves, we are to also engage others.

2. Doing and Being

- a. Spiritual disciplines are activities, not attitudes.
- b. Disciplines are practices, not character qualities.
- c. Rightly motivated, they are things that we are to do, in order to be like Jesus.

3. Modeled in the Bible

- a. Spiritual disciplines are practices taught or modeled in the Bible.
- b. We need to guard against calling anything we want a spiritual discipline.
- c. It is not for us to determine what will be best for our spiritual health and maturity. It is important that we accept those things God has revealed in Scriptures as the means of experiencing God and growing in Christlikeness.

4. Promoted in the Scriptures

- a. Spiritual disciplines found in Scripture are sufficient for knowing and experiencing God and for growing in Christlikeness.
- b. 2 Timothy 3:16-17 tells us that, “All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.
- c. Whatever else a person might claim regarding the spiritual benefits of some practice that is not in the Bible, at the very least we can say it isn’t necessary. The spiritual disciplines that are necessary are found and promoted in the Scriptures.

5. Derived from the Gospel

- a. Spiritual disciplines are derived from the gospel, not divorced from the gospel.
- b. Rightly practiced, spiritual disciplines take us deeper into the glories of the gospel of Jesus Christ.
- c. Spiritual disciplines do not move us on to some advanced level of Christianity.

Means, Not End

- d. Spiritual disciplines are means and not ends.
- e. The purpose of practicing spiritual disciplines is godliness.
- f. We are not godly because we practice spiritual disciplines, they are simply a means to godliness.

Challenge for this week:

1. Spend time in prayer asking God for wisdom and strength as you engage in a deeper pursuit of Christ.
2. Stay attentive to the Holy Spirit as we look into and examine various disciplines to find the ones that connect best with you.