

# Spiritual Disciplines

## QUESTIONS

- What is discipline?
- Could we learn from other areas of discipline?
- What is a disciple?
- What are some examples of spiritual disciplines?
- How can I become more disciplined spiritually?

**Discipline is the path to godliness.**

## DEFINITION OF DISCIPLINE

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## DISCIPLINING CHILDREN

- What is the purpose?
- Learning to discipline your children effectively is hard work.
- Setting goals

## SELF-DISCIPLINE

- Categories: \_\_\_\_\_

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- How to become more self-disciplined?

## DISCIPLINE IN SPORTS, MUSIC, BUSINESS

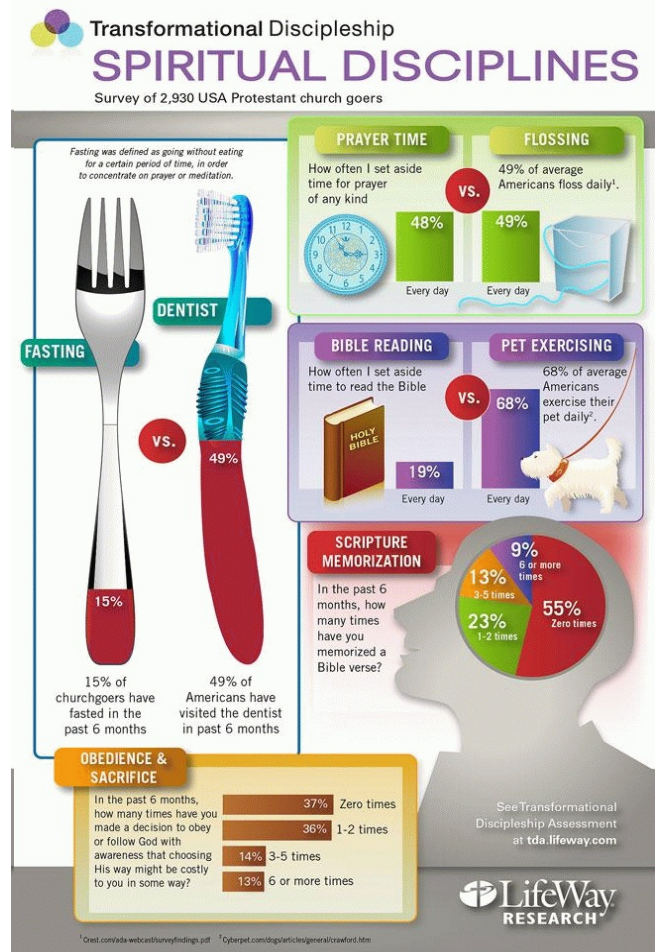
- What is required to win or excel? \_\_\_\_\_

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## CHURCHGOERS SURVEY



- 19 percent – daily Bible reading
- 68 percent – walked pet daily
- 48 percent – daily prayer
- 49 percent – floss daily
- 49 percent – visited dentist in last 6 mos.
- 15 percent – fasted in the last 6 mos.

**Studying to gain a greater understanding of the Bible and be changed by it.**

## DISCIPLE

- Definition: \_\_\_\_\_  
\_\_\_\_\_

"The Lord God ... awakens me morning by morning, He awakens my ear to listen as a disciple [as one who is taught]"  
(Isaiah 50:4 AMP).

## WHAT ARE SPIRITUAL DISCIPLINES?

- A spiritual discipline is, when practiced faithfully and regularly, a habit or regular pattern in your life that repeatedly brings you back to God and opens you up to what God is saying to you.
- Spiritual disciplines can be described as behaviors that facilitate (make a process easier) spiritual growth.
- Spiritual disciplines exercise our spirit, mind, and emotions so that we become closer to God.
- They help us see His will for our lives more clearly so that we can live the life He desires for us. The more we practice these disciplines, the better we get at them, and the stronger we make our faith.

Disciplines are practices  
(action word).

- What is the purpose for spiritual disciplines? \_\_\_\_\_  
\_\_\_\_\_

"Exercise thyself rather unto godliness" (1 Timothy 4:7).

## HOW TO PUT INTO PRACTICE

- **(1)** Have a purpose or goal
- **(2)** Realize the danger of staying in the same place spiritually
- **(3)** Meditate and memorize Scriptures
- **(4)** Use the following practices:
  - educate (read, hear, watch)
  - ask for help
  - spiritual mentor
  - create a schedule
  - remove distractions
  - make lists
  - accountability

## HOW TO IMPROVE THE FOLLOWING DISCIPLINES?

- **Prayer:** \_\_\_\_\_  
\_\_\_\_\_

- **Bible Reading:** \_\_\_\_\_  
\_\_\_\_\_

- **Bible Study:** \_\_\_\_\_  
\_\_\_\_\_

- **Meditation:** \_\_\_\_\_  
\_\_\_\_\_

- **Fasting:** \_\_\_\_\_  
\_\_\_\_\_

- **Church Attendance, Worship, Fellowship, Evangelism, Service**

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