

PRACTICING SPIRITUAL DISCIPLINES

Series: "VITAL SIGNS", Part 2 of 4

Sunday, June 12, 2022 at 9:00 & 11:00 AM

Text: Miscellaneous Scriptures from relevant passages

Big Idea: The regular practice of spiritual disciplines is the means God uses to leverage His transforming grace in our lives, and grow us in sanctification.

Personal Spiritual Disciplines:

bible intake

individual prayer

fasting

spiritual journaling

service

solitude

silence

Congregational Spiritual Disciplines:

fellowship

Lord's Supper

congregational worship

confession of sin

congregational prayer.

Spiritual Disciplines are methods and means of grace God has designed, through which, as we practice them, we grow in godliness.

"Are these spiritual disciplines increasingly important in my/our life?"

1. THE PURPOSE OF SPIRITUAL DISCIPLINES IS GODLINESS.

1 Timothy 4:7, "Have nothing to do with godless myths and old wives' tales; rather, **train yourself to be godly.**"

Ruth Haley Barton says: “I cannot transform myself, or anyone else for that matter. What I can do is create the conditions in which spiritual transformation can take place, by developing and maintaining a rhythm of spiritual practices that keep me open and available to God.”^[1]

2. THE PRICE OF SPIRITUAL DISCIPLINES IS TIME.

Hebrews 12:14, “Pursue peace with all men, and the sanctification without which no one will see the Lord.” {NASV}

Question: how much time are you spending pursuing holiness and godliness and Christlikeness?

1 Timothy 4:8, “For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”

3. THE PARADOX OF SPIRITUAL DISCIPLINES IS FREEDOM.

John 8:31b-32, “If you hold to my teaching, you are really my disciples. ³² Then you will know the truth, and the truth will set you free.”

Elisabeth Elliot writes: “Freedom and discipline have come to be regarded as mutually exclusive, when in fact freedom is not at all the opposite, but the final reward, of discipline.”^[2]

Galatians 5:1, “It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

^[1] Ruth Haley Barton, *Sacred Rhythms* (Downers Grove, IL: InterVarsity Press, 2006), introduction.

^[2] Elisabeth Elliot, as quoted in *Christianity Today*, November 4, 1988, p. 33.