



## MIGHTY MEN OF GOD

### Week Five: “The Spiritual Disciplines”

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#### I. Introduction

- Last week, we talked about the need for discipline in being a disciple
  - The goal for us is **godliness**
  - Godliness requires **discipline**
  - Godliness requires **practice**
  - Godliness requires **perseverance**
  - It requires building new **habits**

#### II. Let's Get Practical

##### A. A mile wide and an inch deep

*Superficiality is the curse of our age. The doctrine of instant satisfaction is a primary spiritual problem. The desperate need today is not for a greater number of intelligent people, or gifted people, but for deep people. – Richard Foster, Celebration of Discipline*

- God wants you to take it \_\_\_\_\_

##### B. The disciplines of \_\_\_\_\_

- Some have called these the disciplines of \_\_\_\_\_
- These practices involve \_\_\_\_\_ something
- Giving something up in order to \_\_\_\_\_ something else
- In contemporary society the Enemy majors in three things:
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_

##### How do we battle these things?

1. \_\_\_\_\_ – Matthew 14:23
  - Spending time to be \_\_\_\_\_ with God
  - Use the Bible as a source of companionship with God
  - Learn to listen to Him
2. \_\_\_\_\_ – Psalm 62:1
  - Removing noisy \_\_\_\_\_ to hear from God

- Find a quiet place away from noise
  - Write your thoughts and impressions
3. \_\_\_\_\_ – John 4:34
- Skipping a meal to find greater \_\_\_\_\_ from God
  - Will reveal how much our peace depends on the pleasures of eating
  - Fasting confirms our dependence on God
4. \_\_\_\_\_ – James 5:1, 5
- Learning to live with less \_\_\_\_\_ and still meet your basic needs
  - Before buying something new, choose to live without it
  - Live a simple, focused life
- In frugality we abstain from using money or goods at our disposal in ways that merely gratify our desires or our hunger for status, glamour, or luxury.*  
 – Dallas Willard, *The Spirit of the Disciplines*
5. \_\_\_\_\_ – 1 Thessalonians 4:4-5; 1 Corinthians 7:5
- Voluntarily choosing to abstain from \_\_\_\_\_ for a time
  - Includes abstaining from indulging in sexual feelings and thoughts
  - Teaches us how NOT to be governed by them
6. \_\_\_\_\_ – Matthew 6:1, 4
- Avoiding \_\_\_\_\_
  - Practice serving God without others knowing
7. \_\_\_\_\_ – Luke 21:2-4
- Giving of your resources beyond what seems \_\_\_\_\_
  - Reminds us of our dependence on God
  - It is total abandonment to God

*Those who deny themselves will be sure to find their strength increased, their affections raised, and their inward peace continually augmented.* – Bishop Wilson, quoted by W. R. Inge in *Goodness and Truth*