



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*