



SPIRITUAL DISCIPLINES

T H E C H U R C H O F E L E V E N 2 2

WHAT IS IT?

Spiritual disciplines are the practices found in Scripture that promote spiritual growth among believers. They are habits of devotion and habits of experiential Christianity that have been practiced by God's people since biblical times.

While these are activities, the goal of practicing is not about doing as much as it is about being: being with Jesus and being transformed to be more like Jesus. If the focus or motive is just about doing then the point of the discipline will be lost.



WHAT DOES THE BIBLE SAY ABOUT THIS TOPIC?

1 Timothy 4:7

Have nothing to do with irreverent, silly myths. Rather train yourself for godliness.

1 Corinthians 9:24-27

Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So, I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

John 15:5 (NIV)

I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

WHY, AS CHRISTIANS, DO WE CARE ABOUT THIS TOPIC?

Spiritual discipline is an intentional lifelong process of growing in relationship with Jesus. Proper spiritual discipline will prepare us to fight the good fight of faith and deepen our relationship with Christ. While spiritual discipline is important, one must always remember we can't will or force it by our own strength or understanding. Rather, we need to depend on the power and work of the Holy Spirit who's responsible for transforming us into the image of Christ.