

SPIRITUAL DISCIPLINES

Grace Bible Church Sunday Night Seminary Class

Taught by Nathan Jones

May 24th | 6:00PM



REVIEW

Spiritual Disciplines

Function

Call to Growth

REVIEW

Call to Growth

Col. 2:6 – “...so walk in Him, rooted and build up in Him...”

Phil. 1:9 – “...that your love may abound more and more...”

Heb. 6:1 – “...let us go on to maturity...”

Heb. 5 – “...solid food is for the mature, who have their powers of discernment trained by constant practice...”

2 Pet. 3:18 – “...grow in the grace and knowledge of our Lord and Savior Jesus Christ.”

AGENDA FOR TONIGHT

Targeted Audience

Categories & Hierarchies

Spiritual Disciplines of Hearing God

New Habits

TARGET AUDIENCE

Believers

CATEGORIES & HIERARCHIES

Categories

Individual - Communal

Abstinence - Engagement

Abstinence

Silence & Solitude

Fasting

Simplicity

Sabbath

Generosity

Sacrifice

Individual

Communal

Secrecy

Prayer

Lord's Supper

Reading

Engagement

Hospitality

Worship

CATEGORIES & HIERARCHIES

Hierarchy

Scripturally Directed

Scripturally Precedent/Expectation

Scriptural Wisdom

Extra-Biblical

CATEGORIES & HIERARCHIES

Hierarchy

Scripturally Directed

Meditation (Joshua 1:8), prayer (1 Thes. 5:17),
study (2 Timothy 2:15), service (Gal. 5:13),
confession (James 5:16), and worship (Matt. 4:10)

CATEGORIES & HIERARCHIES

Hierarchy

Scripturally Precedent/Expectation

Fasting (Matt. 6:16), silence & solitude (Mark 1:35,
Matt. 6:6, Lam. 3:26)

CATEGORIES & HIERARCHIES

Hierarchy

Scriptural Wisdom

Simplicity, journaling, sabbath-rest

CATEGORIES & HIERARCHIES

Hierarchy

Extra-Biblical

Self-denial (celibacy or isolation),
extreme simplicity, self-degradation, creation care,
some contemplative prayer

CATEGORIES & HIERARCHIES

We shouldn't confuse what is
required of us with all that is good
for us

Obedience > Sacrifice

SPIRITUAL DISCIPLINES OF HEARING GOD

Reading - Studying - Meditating

God speaks

SPIRITUAL DISCIPLINES OF HEARING GOD

Reading

Obedience

It is most critical

SPIRITUAL DISCIPLINES OF HEARING GOD

Reading – why it's vital:

1. Humans forget

SPIRITUAL DISCIPLINES OF HEARING GOD

Reading – why it's vital:

- 1. Humans forget*
- 2. Humans grow*

SPIRITUAL DISCIPLINES OF HEARING GOD

Reading – why it's vital:

- 1. Humans forget*
- 2. Humans grow*
- 3. Knowing God*

SPIRITUAL DISCIPLINES OF HEARING GOD

Should our reading of God's Word
be a matter of spontaneity or
routine?

Which is a more authentic
expression of sincerity?

SPIRITUAL DISCIPLINES OF HEARING GOD

Studying & Learning

SPIRITUAL DISCIPLINES OF HEARING GOD

Studying & Learning – why it's vital:

1. Fortify your embrace of God's revelation

SPIRITUAL DISCIPLINES OF HEARING GOD

Studying & Learning – why it's vital:

- 1. Fortify your embrace of God's revelation*
- 2. God's Word is a deep well*

SPIRITUAL DISCIPLINES OF HEARING GOD

Studying & Learning – why it's vital:

- 1. Fortify your embrace of God's revelation*
- 2. God's Word is a deep well*
- 3. Man has good ideas*

SPIRITUAL DISCIPLINES OF HEARING GOD

Studying & Learning – why don't we

study?

laziness

insecurity

SPIRITUAL DISCIPLINES OF HEARING GOD

**Studying & Learning – where to
begin?**

Selection

SPIRITUAL DISCIPLINES OF HEARING GOD

**Studying & Learning – where to
begin?**

Selection

Method

SPIRITUAL DISCIPLINES OF HEARING GOD

Studying & Learning – where to
begin?

Selection

Method

Ebb & flow

SPIRITUAL DISCIPLINES OF HEARING GOD

Is it OK to have fun in studying
Scripture?

SPIRITUAL DISCIPLINES OF HEARING GOD

Meditation *[transitive]*

*“Deep thinking on truths and
spiritual realities revealed in
Scripture...”*
(DSW)

SPIRITUAL DISCIPLINES OF HEARING GOD

Meditation

Obedience (Psalm 1, Deuteronomy 6)

SPIRITUAL DISCIPLINES OF HEARING GOD

Meditation – why is it vital?

1. We meditate by design

SPIRITUAL DISCIPLINES OF HEARING GOD

Meditation – why is it vital?

- 1. We meditate by design*
- 2. It is the link between reading and
prayer*

SPIRITUAL DISCIPLINES OF HEARING GOD

Meditation

How to meditate:

Posture & Content

SPIRITUAL DISCIPLINES OF HEARING GOD

Meditation

How to meditate: Methods

- Apply it
- Personalize it
- Pray it
- Ruminant
- Curate illustration
- Emphasize particular words/phrases
- See Jesus in the text
- Sing it
- Tie it to experience

SPIRITUAL DISCIPLINES OF HEARING GOD

Meditation

How to meditate: Methods

Taking control of your thoughts – guiding your thinking

SPIRITUAL DISCIPLINES OF HEARING GOD

Meditation

What methods do you use to take your thoughts captive?

How can you testify to God's grace through meditating?

NEW HABITS

A Strategic Approach

1. Be honest about where you are

NEW HABITS

Practical Discipline

1. Be honest about where you are
- 2. Subtraction > Addition**

NEW HABITS

Practical Discipline

1. Be honest about where you are
2. Subtraction > Addition
- 3. Lean into temperament**

NEW HABITS

Practical Discipline

1. Be honest about where you are
2. Subtraction > Addition
3. Lean into temperament
4. **Consider seasons of life**

NEW HABITS

Practical Discipline

1. Be honest about where you are
2. Subtraction > Addition
3. Lean into temperament
4. Consider seasons of life
- 5. Balance efforts**

NEW HABITS

Practical Discipline

1. Be honest about where you are
2. Subtraction > Addition
3. Lean into temperament
4. Consider seasons of life
5. Balance efforts
- 6. Be patient**

NEW HABITS

Practical Discipline

1. Be honest about where you are
2. Subtraction > Addition
3. Lean into temperament
4. Consider seasons of life
5. Balance efforts
6. Be patient
- 7. Realize community**

NEW HABITS

Practical Discipline

1. Be honest about where you are

2. Subtraction > Addition

3. Lean into temperament

4. Consider seasons of life

5. Balance efforts

6. Be patient

7. Realize community

8. Repetition

QUESTIONS

Of reading, studying, meditating,
which comes most naturally?

What experience can you share in
these disciplines?

QUESTIONS

If we approach these directives or spiritual disciplines of our own effort, how is that not legalistic?

CLOSING

Our walk has a destination.