

Growing in Godliness: Spiritual Disciplines

1 Timothy 4:7, "Discipline yourself for the purpose of godliness"

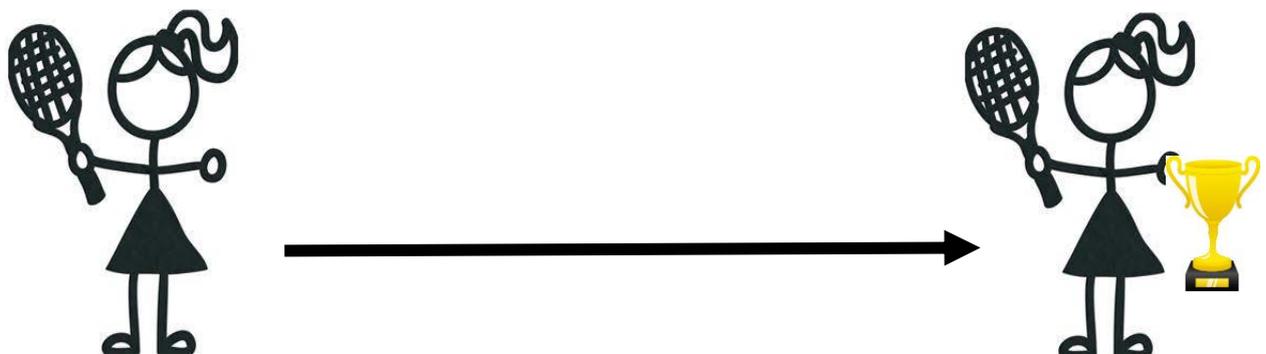
Lesson 1: Discipline for Godliness

The necessity of Discipline

1. Discipline is essential for achievement

George Washington, *"Discipline is the soul of an army. It makes small numbers formidable; procures success to the weak, and esteem to all."*

2. Discipline requires direction



3. Discipline without direction is not lasting

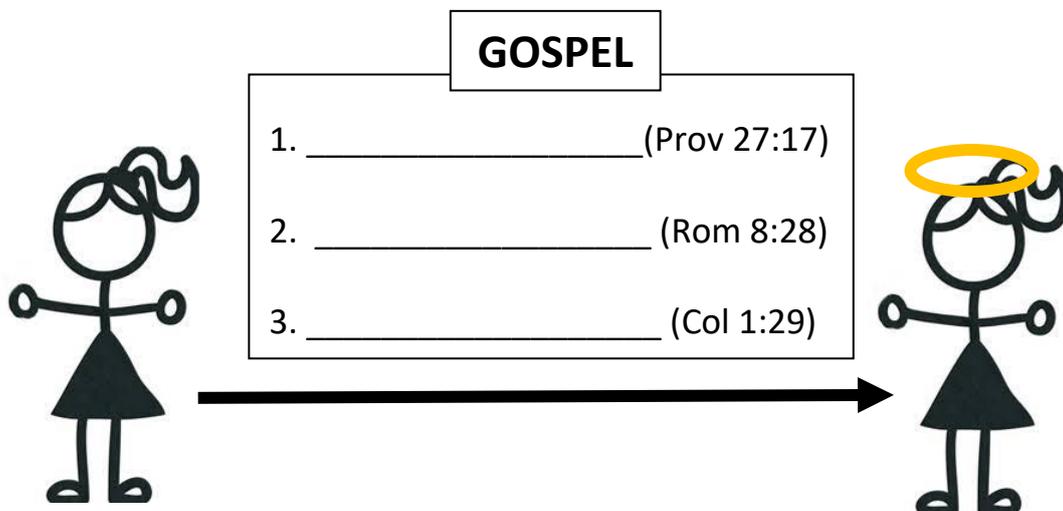
(1) Know what you will become

Rom 8:29, “For those whom he foreknew he also predestined to be conformed to the image of his Son.”

Eph 5:25-27, “Husbands, love your wives, as Christ loved the church and gave himself up for her, ²⁶ that he might sanctify her, having cleansed her by the washing of water with the word, ²⁷ so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish.”

(2) Know how change occurs

2 Cor 3:18, “And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.”



Heb 2:11, “For he who sanctifies and those who are sanctified all have one source.”

(3) Train for what you will become

A. Christians are called to have godliness as their goal

***Titus 1:1**, “Paul, a servant of God and an apostle of Jesus Christ, for the sake of the faith of God’s elect and their knowledge of the truth, which accords with godliness.”*

B. Christians are called to strive for holiness

***Heb 12:14**, “Strive for peace with everyone, and for the holiness without which no one will see the Lord.”*

C. Christians are called to discipline themselves for godliness

***1 Timothy 4:7-8**, “Have nothing to do with irreverent, silly myths. Rather **train yourself for godliness**; ⁸for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.”*

What are the Spiritual Disciplines? (*Don Whitney*)

1. Personal and interpersonal spiritual disciplines
2. Activities and not attitudes
3. Practices modelled in the Bible
4. Those disciplines found in Scripture are sufficient for godliness
5. The Spiritual Disciplines derive from the gospel and are not divorced from it
6. The Spiritual Disciplines are means and not ends

Schedule

- Lesson 1: Discipline for Godliness
- Lesson 2: The discipline of Bible Intake (Part 1)
- Lesson 3: The discipline of Bible Intake (Part 2) Practical
- Lesson 4: The discipline of Family Worship
- Lesson 5: The discipline of Prayer
- Lesson 6: The discipline of Fellowship
- Lesson 7: The discipline of Confession
- Lesson 8: The discipline of Stewardship