

If you put these things before the brothers, you will be a good servant of Christ Jesus, being trained in the words of the faith and of the good doctrine that you have followed. Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; for 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. The saying is trustworthy and deserving of full acceptance. For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.
1 Timothy 4:6-10

DEFINITIONS OF SPIRITUAL DISCIPLINE

DISCIPLINE – DOING WHAT WE DON'T NECESSARILY WANT TO DO NOW SO THAT WE CAN EXPERIENCE WHAT WE MOST WANT LATER.

SPIRITUAL MATURITY – LIVING AS JESUS WOULD IN OUR PLACE: TO THINK WHAT HE WOULD THINK, TO FEEL WHAT HE WOULD FEEL, AND DO WHAT HE WOULD DO.
-JOHN ORTBERG

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1 Timothy 4:7

TRAINING – ARRANGING YOUR LIFE AROUND CERTAIN PRACTICES THAT WILL ENABLE YOU TO DO WHAT YOU CANNOT DO NOW BY WILLPOWER ALONE. -JOHN ORTBERG

for 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. 1 Timothy 4:8

PURSUING SPIRITUAL DISCIPLINES

1. PURSUING SPIRITUAL DISCIPLINE MUST BE COMMUNAL

If you put these things before the brothers 1 Timothy 4:6

2. PURSUING SPIRITUAL DISCIPLINE MUST BE INTENTIONAL

Every athlete exercises self-control in all things...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 1 Corinthians 9:24-27

3. PURSUING SPIRITUAL DISCIPLINE WILL BE PAINFUL

For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe. 1 Timothy 4:10

FINAL THOUGHTS

1. WHERE AM I WASTING TIME?
2. WHAT'S HARDER (THINKING, FEELING, DOING)?
3. WHO IS HELPING ME GROW?