

SPIRITUAL DISCIPLINES FOR THE CHRISTIAN LIFE

LESSON 5 SEPT. 18, 2022

THEME VERSE FOR OUR STUDY:

1 TIMOTHY 4:7 Discipline Yourself
for the Purpose of Godliness.

FIRST DISCIPLINE IS Bible Intake

5 SUBDISCIPLINES:

1. Hearing THE WORD
 2. Reading THE WORD
 3. Studying THE WORD
 4. Memorizing THE WORD
 5. Meditation ON THE WORD
- MEDITATION SHOULD LEAD TO Application.
 - PSALM 119:15 I WILL MEDITATE ON YOUR PRECEPTS AND FIX MY EYES ON YOUR WAYS.
 - OUR TIME IN THE WORD REQUIRES US TO GIVE IT A Response.

SECOND DISCIPLINE IS Prayer

WORDS OF JESUS:

- MATT. 6:5... "AND WHEN YOU PRAY..."
- MATT. 6:6... "BUT WHEN YOU PRAY..."
- MATT. 6:7... "AND WHEN YOU PRAY..."
- MATT. 6:9... "PRAY THEN LIKE THIS..."
- LUKE 11:9... "AND I TELL YOU, ASK...; SEEK...; KNOCK"
- LUKE 18:1 ... "AND HE TOLD THEM A PARABLE TO THE EFFECT THAT THEY OUGHT ALWAYS TO PRAY."

NEW TESTAMENT WORDS:

- COL. 4:2 CONTINUE STEADFASTLY IN PRAYER
- 1 THESS 5:17 PRAY WITHOUT CEASING
- THE ABOVE 2 VERSES ARE Commands IN SCRIPTURE
(royal invitations)

HEBREWS 4:16 LET US THEN WITH CONFIDENCE DRAW NEAR TO THE THRONE OF GRACE, THAT WE MAY RECEIVE MERCY AND FIND GRACE TO HELP IN TIME OF NEED.

PRAYER:

- IS A Privilege (THE RESULT OF A RELATIONSHIP)
- IS ESPECIALLY HELPFUL WHEN A trial COMES
- IS A gospel EXPECTATION
ROMANS 8:15 YOU HAVE RECEIVED THE SPIRIT OF ADOPTION AS SONS (AND DAUGHTERS), BY WHOM WE CRY, "ABBA! FATHER!"
GAL. 4:6 AND BECAUSE YOU ARE SONS (AND DAUGHTERS), GOD HAS SENT THE SPIRIT OF HIS SON INTO OUR HEARTS, CRYING, "ABBA! FATHER!"
- WAS MODELED BY Jesus
- LUKE 5:15 BUT HE (JESUS) WOULD WITHDRAW TO DESOLATE PLACES AND PRAY.

WHY DON'T WE PRAY?

- BECAUSE WE LACK discipline
- BECAUSE WE DON'T HAVE ANY confidence THAT OUR PRAYERS MAKE A DIFFERENCE
- WE DON'T SENSE THE nearness OF GOD IN OUR LIVES
- BECAUSE WE ARE Self sufficient *have a dim awareness of*
JOHN 15:5 APART FROM ME YOU CAN DO NOTHING.
- BECAUSE THEY HAVE NEVER learned TO PRAY *how great God is*

FACTS:

- WE LEARN TO PRAY BY praying
- THE Holy Spirit TEACHES PRAYING PEOPLE HOW TO PRAY BETTER
JOHN 16:13 WHEN THE SPIRIT OF TRUTH COMES, HE WILL GUIDE YOU INTO ALL TRUTH
- Meditation IS THE MISSING LINK BETWEEN BIBLE INTAKE AND PRAYER.

(Royal meditation)