

# A MAN AND HIS FAITH



## SESSION 6: SPIRITUAL DISCIPLINES

### INTRODUCTION

#### ROMANS 12:1-2

*And so, dear brothers and sisters, I plead with you to give your bodies to God because of all He has done for you. Let them be a living and holy sacrifice—the kind He will find acceptable. This is truly the way to worship Him. Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

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### DEFINITION

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## **1. 1 TIMOTHY 4:7-10**

*Do not waste time arguing over godless ideas and old wives' tales. Instead, train yourself to be godly. "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." This is a trustworthy saying, and everyone should accept it. This is why we work hard and continue to struggle, for our hope is in the living God, who is the Savior of all people and particularly of all believers.*

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## **2. GALATIANS 6:7-10**

*Don't be misled—you cannot mock the justice of God. You will always harvest what you plant. Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit. So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith.*

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## FINAL THOUGHTS

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## DISCUSSION QUESTIONS

Of these three options, which do you view as the primary goal of your spiritual life?

- Transformation/lifechange.
- “Getting to heaven and avoiding hell.”
- The way to have a great life!

Which of the 3 catalysts that God uses to change us are you experiencing right now? How is it changing you? Are you working with him or against him in what he is doing in you?

SD’s are not meritorious but we always try to earn grace/favor with God. What are you doing to try to earn God’s favor?

How does the truth that “grace is free but not cheap” change your outlook on following Jesus?

Do you find yourself “training” or “trying” more? Describe.

Which disciplines in the list have you participated in regularly? Which disciplines have you rarely practiced? If we decide which disciplines to practice based on our sins of omission and commission, which ones on the list do you think you need to practice?