

Celebration of Discipline: The Path to Spiritual Growth

Psalm 42:1-2, 7-8; Galatians 5:16-26; Matthew 6:1-16, 16-18

1. The classic Spiritual Disciplines of the Christian Faith

- The Inward Disciplines: Meditation, Prayer, Fasting, Study,
- The Outward Disciplines: Simplicity, Solitude, Submission, Service
- The Corporate Disciplines: Confession, Worship, Guidance, Celebration

2. When it comes to your spiritual life (your walk along the path of discipleship) ...

... would you rather be spiritually intelligent or spiritually deep?

... would you rather be spiritually gifted or spiritually deep?

- How has our culture answered this?
- According to the Bible what is God's desire?
- What is the primary requirement for experiencing depth with God?
- *"Superficiality is the curse of our age. The doctrine of instant satisfaction is a primary spiritual problem. The desperate need today is not for a great number of intelligent people, or gifted people, but for deep people."*
- Richard Foster, Celebration of Discipline
- How have Christ followers cultivated depth with God?

3. The benefits of regular practice of the Spiritual Disciplines

- We will know God more _____.
- We will experience _____ to live more obediently to God's values which is the way a Christ follower wants to live.
- We will experience authentic _____ that brings the deepest joy.

4. Are there things in your life you wish you could change so that you would be living more by the values of God? _____

- How have you tried to make these changes?

5. How will you make these changes? By sheer will power?

- What is the difference between easy changes and hard changes?

- How does Galatians 5 describe the battle?

- What are the two pits we often fall into when trying to make hard changes by sheer will power?

- What is the conclusion?

- Only, _____ working in us can change us.

6. How does the practice of the Spiritual Disciplines become the door through which God liberates us from ingrained habits that violate God's values? How does the parable of the seeds illustrate this?

7. Next steps. *Pick one to three*

- Come to worship each Wednesday.
- Buy and read Richard Foster's Celebration of Discipline.
- Attend *Making Ordinary Saints Gathering*, March 13-14.