

Review Colossians 3:1-2.

### Spiritual Disciplines:

“The spiritual disciplines are those practices found in Scripture that promote spiritual growth among believers in the gospel of Jesus Christ. They are habits of devotion, habits of experiential Christianity that have been practiced by God’s people since biblical times.”

Don Whitney



Spiritual Disciplines are actions modeled in the Bible in which believers engage both p\_\_\_\_\_ and c\_\_\_\_\_ to promote godliness.

**1 Timothy 4:7** Have nothing to do with irreverent, silly myths. Rather train yourself for godliness.

For our purposes, we will only deal with six. The first four have to do with God’s Word:



**Reading**

**Studying**

**Meditating on**

**Memorizing**

If a disciple-maker is not g\_\_\_\_\_ into the W\_\_\_\_\_ and g\_\_\_\_\_ the W\_\_\_\_\_ into him/her, there can be little growth.

Talk with your group about the differences in the four disciplines dealing with God’s Word. Take notes.

Which are you already practicing?

Which might you find difficult?

What can you do to begin practicing these four disciplines?

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## What Are Spiritual Disciplines?

## Prayer

We could divide prayer up into several unique disciplines as well:

Thanksgiving

Adoration

Confession

Supplication

Petition

Talk with your group about the differences between these types of prayer.

**Bible reading, study, and memorization** is God speaking to us;



**prayer** is one of our major responses to Him.

## Fasting

The purpose of spiritual fasting is to abstain from food for a period with the purpose of  
c\_\_\_\_\_ on prayer and Bible study, h\_\_\_\_\_ from God.



Read Matthew 5:6 and Matthew 6:33.

Read 2 Peter 1:3-15 and make observations in this box.

The word translated “things” in verse 3 is the same Greek word translated “q\_\_\_\_\_” in verses 8, 9, 10, and 12. So what can we deduce from this passage?

God has g\_\_\_\_\_ us what we need to grow, but we must a\_\_\_\_\_ what he has given us and work at it using spiritual disciplines.

What appears to be at least one of the responsibilities of a disciple-maker according to verse 12?

Disciple-makers are to r\_\_\_\_\_ disciples to continue developing the q\_\_\_\_\_ that pertain to life and godliness.

Memorize 2 Peter 1:3 this week.