

20/20: Discovering God's Vision for Grace – Spiritual Habits
SERMON NOTES 10/21/12

"The second half of a man's life is made up of the habits he acquired during the first half." (Dostoyevsky)

"Discipline without direction is drudgery." (Donald Whitney)

Discover the person God has created you to become.

*For those whom he foreknew he also predestined to be conformed to the image of his Son,
in order that he might be the firstborn among many brothers. Romans 8:29 (ESV)*

God uses three ways to change us.

1. People
2. Circumstances
3. Spiritual disciplines/habits

Paul realized 2 things:

1. We can't live Godly lives apart from God's power. (1 Timothy 3:16; 2 Peter 1:3-4)
2. Godliness is a process which also requires our part. (1 Timothy 4:7-8)

Spiritual habits are God's tools that we employ as we cooperate with Holy Spirit as He remakes us, changes us, conforms us to be like Jesus.

Spiritual disciplines include _____

God uses these and other habits to conform us to be like Jesus.

"...godliness is of value in every way, as it holds promise for the present life and also for the life to come." (1 Tim 4:8b, Matthew 11:29-30)

5 Values of Spiritual Habits

1. Spiritual habits are the pathway to a deeper relationship with Christ. (John 14:21)
2. Spiritual Habits are the pathway to abundant living (Matthew 11:29-30)
3. Spiritual Habits are the pathway to victorious living (Hebrews 12:1; 1 Timothy 4:7-8; Ephesians 6)
4. Spiritual Habits are the pathway to experiencing God's Grace when we need it (Hebrews 4:16).
5. Spiritual Habits are the pathway to freedom in Christ (Galatians 5:1)

The foundational spiritual habits are intake of God's Word and Prayer.

Have a plan. Commit time. Have the right motive – to pursue godliness.

The spiritual disciplines are the catalysts for God to work in our lives in any situation and give us freedom to live abundantly and display His glory regardless of our circumstances

“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.” (1 Timothy 4:7-8)

<u><i>Spirit of the Disciplines</i></u>	<u><i>Celebration of Discipline</i></u>	<u><i>Spiritual Disciplines for the Christian Life</i></u>
Dallas Willard	Richard Foster	Donald Whitney
Solitude	Solitude	Solitude
Silence	(incl in Solitude)	Silence
Fasting	Fasting	Fasting
Frugality	Simplicity	
Chastity		
Secrecy		
Sacrifice		
Study	Study	Bible Intake
Worship	Worship	Worship
Celebration	Celebration	
Service	Service	Serving
Prayer	Prayer	Prayer
Fellowship		
Confession	Confession	
Submission	Submission	
	Meditation	
	Guidance	
		Journaling
		Learning
		Evangelism
		Stewardship