

Spiritual Disciplines

I. Introduction.

A. After receiving Christ by grace through faith, and dedicating your life to completely follow God, what should your life of faith look like?

B. What are the top 7 things every Christian should regularly do?

C. How might you prioritize these acts of trusting and obeying below (1-7; 1=the highest priority discipline or most needed or frequent).

#	Spiritual Discipline (~frequency)	Rank
1	Attends Church (weekly)	
2	Prays to God (continuously)	
3	Shares the gospel (weekly)	
4	Gives ~10% to church (weekly)	
5	Studies the Bible (daily)	
6	Disciples/teaches others (weekly)	
7	Serves/uses gifts in ministry (weekly)	

D. Are each of these important for every believer?

E. Why do you think most believers do not do all of these consistently?

II. Scripture.

A. Studies the Bible.

1. **2Ti. 2:15**—"Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the Word of truth."
2. **2Ti. 3:15-17**—"15 And that from a child thou hast known the holy Scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus. 16 All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: 17 That the man of God may be perfect, thoroughly furnished unto all good works."

B. Prays to God.

1. **1Th. 5:17**—"Pray without ceasing."
2. **Eph. 6:18**—"Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints."

C. **Attends Church.**

1. **Heb. 10:25**—"Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching."
2. **Psa. 84:2-4**—"My soul longeth, yea, even fainteth for the courts of the LORD: my heart and my flesh crieth out for the living God. ³Yea, the sparrow hath found a house, and the swallow a nest for herself, where she may lay her young, even thine altars, O LORD of hosts, my King, and my God. ⁴Blessed are they that dwell in Thy house: they will be still praising Thee. Selah."

D. **Gives ~10% to your local church.**

1. **Mal. 3:8-10** —"⁸Will a man rob God? Yet ye have robbed Me. But ye say, 'Wherein have we robbed Thee?' In tithes and offerings. ⁹Ye are cursed with a curse: for ye have robbed Me, even this whole nation. ¹⁰Bring ye all the tithes into the storehouse, that there may be meat in Mine house, and prove Me now herewith, saith the LORD of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it."
2. **2Co. 9:6-8**—"But this I say, 'He which soweth sparingly shall reap also sparingly; and he which soweth bountifully shall reap also bountifully.' ⁷Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver. ⁸And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work."

E. **Serves or uses their gifts in ministry.**

1. **1Pe. 4:8-11**—"And above all things have fervent charity among yourselves: for charity shall cover the multitude of sins. ⁹Use hospitality one to another without grudging. ¹⁰As every man hath received the gift, even so minister the same one to another, as good stewards of the manifold grace of God. ¹¹If any man speak, let him speak as the oracles of God; if any man minister, let him do it as of the ability which God giveth: that God in all things may be glorified through Jesus Christ, to whom be praise and dominion for ever and ever. Amen."
2. **Eph. 6:6-8**—"Not with eyeservice, as men-pleasers; but as the servants of Christ, doing the will of God from the heart; ⁷With good will doing service, as to the Lord, and not

to men: ⁸Knowing that whatsoever good thing any man doeth, the same shall he receive of the Lord, whether he be bond or free."

F. **Shares the gospel.**

1. **Mat. 28:18-19**—"18 *And Jesus came and spake unto them, saying, 'All power is given unto me in heaven and in earth. 19 Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost.'*"
2. **Mark 16:15**—"And He said unto them, '*Go ye into all the world, and preach the gospel to every creature.*'"

G. **Disciples or teaches others.**

1. **Mat. 28:20**—"Teaching them to observe all things *whatsoever I have commanded you: and, lo, I am with you alway, even unto the end of the world.'* Amen."
2. **John 8:31**—"Then said Jesus to those Jews *which believed on Him, 'If ye continue in My Word, then are ye My disciples indeed.'*"

III. Application.

- A. What other spiritual discipline should we be doing regularly?
- B. Should we try to do at least these top 7 every day or as much as possible? Will you try to do all these?
- C. Will you try to do all these at least weekly?
- D. Turn to another and tell them which one you need the most prayer and accountability, and ask if they have any helpful ideas to do so.