

Bible Study Series: I Found Strength

God deeply desires that we get stronger. When we get stronger and better spiritually everything gets stronger and better. Therefore, an investment in your spiritual development is the most important investment you will ever make.

This growth will occur through the **gift of Spiritual discipline.**

Spiritual Disciplines are spiritual exercises that produce spiritual growth.

There are 2 types of spiritual discipline

- **Discipline of Abstinence-** Things that you don't do to reach your goal
- **Discipline of Engagement-** Things that you do to reach your goal

Galatians 4:1

- Galatians 4 is teaching us that, "if you can't grow, you can't go to the next level."

The Bible gives us the way in which we must grow.

- Physical growth happens **Automatically.** Spiritual growth requires **Intentionally.**

The word the bible uses to describe Christians who have been saved a long time, but haven't grown is **carnal.**

- Romans 8:6-8

Life and peace only comes with spiritual maturity, and the way that we grow is through something called Spiritual formation

- 1 Timothy 4:7 (NKJV) But reject profane and old wives' fables, and **exercise yourself toward godliness.**
 - **Exercise- gymnasium** (Greek word gymnasium)

God is trying to do more than to grow me, He's trying to form you

- Isaiah 64:18; Jeremiah 18:1-9

The end game of spiritual growth is not knowledge, its godliness. **Godliness** is a lifestyle that consistently reflects the character of God.

Spiritual Disciplines

- Prayer
- Fasting
- Worship
- Solitude
- Study
- Service
- Soul Care