

Spiritual Disciplines Part II

What are Spiritual Disciplines?

Fasting is a spiritual disciplines

Spiritual disciplines are practices or behaviors that promote spiritual growth.

Richard Foster Quote: Things we must train ourselves to do frequently and regularly to grow in our discipleship.

- Spiritual growth means that we not just change what we know, but we change who we are. The goal is to become more like Christ
- Growth often requires uncomfortable change. This is a process. There are levels to growth. Quote: “ We find comfort among those who agree with us- growth among those who don’t
 - Matthew 4:19
 - 2 Corinthians 3:18
 - Reflecting God’s Glory is spiritual growth
 - Glory- Doxa- Doxology- True nature or true attribute of a thing
 - Doxa is the manifestation of God’s character
 - Glory is God putting himself (nature, Character) on display
 - Psalm 19:1
 - Declare means to show forth. Show forth means to display.
- We know what God’s glory is by knowing God. And we Know God by spending time in His presence.
- One of the ways we display God’s glory is through love.
 - John 13:35
 - Agape Love is the deepest expression of God’s character
- Understanding this will help us grow to the next level as we utilize spiritual disciplines. It will take two things to grow to the next level. Before we study the disciplines, there are two things you need to know.
 - **Self-Awareness- Know where you are spiritually**
 - **Intentionality**
 - Growing Old is automatic. Growing Up (Maturity, Next Level) is intentional.

Where are you spiritually (Self Awareness)?

1. **Babyhood Stage**
 - a. 1 Peter 2:2
2. **Childhood Stage**
 - a. Ephesians 4:14
3. **Adulthood Stage**
 - a. Hebrews 5:12-14

It is not based on how long you have been saved or how much Bible knowledge you have. The Bible knowledge is not indicative of maturity.

Characteristics of the Babyhood Stage

- ✓ Babes are High Maintenance
- ✓ Babes are Bossy
- ✓ Babes have Poor Judgement
- ✓ Babes are Messy

Characteristics of the Childhood Stage

- ✓ Children Love to Talk and will Tell All
- ✓ Children Love to Play
- ✓ Children are easily influenced

Characteristics of the Adulthood Stage

- ✓ Committed to Learning and Growing in God
- ✓ Committed to Intimacy with God (Spending Time with God)
- ✓ Committed to studying God's Word
- ✓ Committed to God's Love
 - Pursuing the well-being of another person