



The Benefit of Spiritual Disciplines

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DO YOU HAVE AN UNUSUAL HABIT?

The
POINT ➤

Growth in Christ occurs when we
practice spiritual disciplines.

➤ 1 TIMOTHY 4:1-10

¹Now the Spirit explicitly says that in later times some will depart from the faith, paying attention to deceitful spirits and the teachings of demons, ²through the hypocrisy of liars whose consciences are seared. ³They forbid marriage and demand abstinence from foods that God created to be received with gratitude by those who believe and know the truth. ⁴For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving, ⁵since it is sanctified by the word of God and by prayer.

⁶If you point these things out to the brothers and sisters, you will be a good servant of Christ Jesus, nourished by the words of the faith and the good teaching that you have followed. ⁷But have nothing to do with

pointless and silly myths. Rather, train yourself in godliness. ⁸For the training of the body has limited benefit, but godliness is beneficial in every way, since it holds promise for the present life and also for the life to come. ⁹This saying is trustworthy and deserves full acceptance. ¹⁰For this reason we labor and strive, because we have put our hope in the living God, who is the Savior of all people, especially of those who believe.



THE BIBLE MEETS LIFE

FACT:

Approximately half the time we're awake is spent carrying out automatic behaviors or habits.¹ We'd better make sure we cultivate good habits!



LEVELS OF BIBLICAL LEARNING // GOD

God communicates to us through His Word and hears and answers when we pray, and our spiritual maturity depends on our practicing these spiritual disciplines.

We have good habits, maybe a few bad habits, and perhaps a couple of unusual habits. For example, some people:

- sleep with a stuffed animal, even as teens, because it helps with being afraid of the dark.
- eat their least favorite food on their plate first to save the best for last.

The writer Voltaire drank 40-50 cups of coffee—every day! That may sound like a bad habit, but Voltaire also lived to the age of 83. The artist Michelangelo slept in the same clothes for days on end and avoided baths. Again, this doesn't sound healthy, but Michelangelo lived to be 89, and he's regarded as one of the most versatile and influential artists in history.

We might debate whether certain habits are good or bad, but there are some things we can do that are definitely good for us. Anything we do that helps us grow in our walk with Christ is definitely good, and we would benefit from learning to do these regularly and faithfully.

1 TIMOTHY 4:1-3

1 What are some examples of good things that have been distorted by our culture?

2 What can you do to recognize false teaching?

1 TIMOTHY 4:4-7a

3 What worldly values should Christians avoid?

4 How can knowing Scripture help you stand up to false teaching?

5 What are some examples of the “good” gifts Paul mentioned in verse 4?



If we are to recognize truth from error, we must know what God has communicated in Scripture.
#BSFLSpiritualDisciplines

1 TIMOTHY 4:7b-10

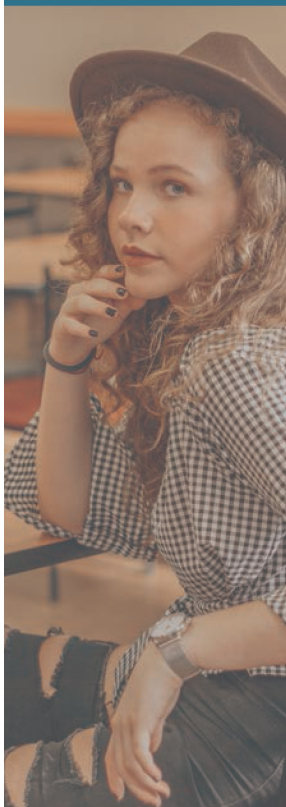
6 What are the challenges and benefits of training ourselves in godliness?

7 What strategies have helped you stay committed to spiritual disciplines?

8 What are some specific spiritual disciplines you will commit to?



LIVE IT OUT



GOD

JESUS

HOLY SPIRIT

BIBLE

SALVATION

CREATION

CHURCH

PEOPLE

FAMILY

COMMUNITY
& WORLD

LEVELS OF BIBLICAL LEARNING // GOD

God communicates to us through His Word and hears and answers when we pray, and our spiritual maturity depends on our practicing these spiritual disciplines.

We grow in Christlike maturity when we practice spiritual disciplines. It is true that only God causes us to grow; however, we put ourselves in the position that God would work in us when we carry out the things to which He's called us. Studying Scripture and spending time in prayer are absolutely essential to our relationship with God. It is just as important that we steward well the resources God has entrusted to us, spend time in community, serve the church, share the gospel, and live our lives as an expression of worship to God. We are called to grow in spiritual maturity, and our growing to be like Jesus depends on our living disciplined lives.

>CHRIST

9 Godliness refers to living like Jesus. What five words would you use to describe the ways Jesus lived?

10 Choose two of these ideas where you have room to grow. How will you commit to growing in these areas this week?



> COMMUNITY

We are called to devote ourselves to disciplines like studying Scripture, prayer, and stewardship. We are also called to disciplines that involve others, such as hospitality, serving others, and community.

11 On a scale from 1 to 10, how well are you doing with disciplines that involve others? Which one stands out as an area that needs improvement in your life?



12 How will you grow in practicing disciplines in order to bless others or to grow in your relationship with others?

> CULTURE

Most Christians are familiar with Jesus' call for us to share the gospel. However, far fewer understand that evangelism is a discipline we're called to regularly practice.

13 How often do you share the gospel with lost friends?

14 How many times per week do you think would be healthy for you? Commit to practicing evangelism in a disciplined way. If you need help knowing how to share the gospel, ask a leader or trusted friend.