

The Purpose of Spiritual Disciplines

Rev. Dr. Cynthia L. Hale
The Gathering
Ray of Hope Christian Church
Tuesday, January 7, 2025

Romans 8:28-30

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. And those he predestined, he also called; those he called, he also justified; those he justified; he also glorified.

Hebrews 12:14

Make every effort to live in peace with everyone and to be holy, without holiness no one will see the Lord.

I Timothy 4:7 (NASB)

Discipline yourself for the purpose of
godliness!

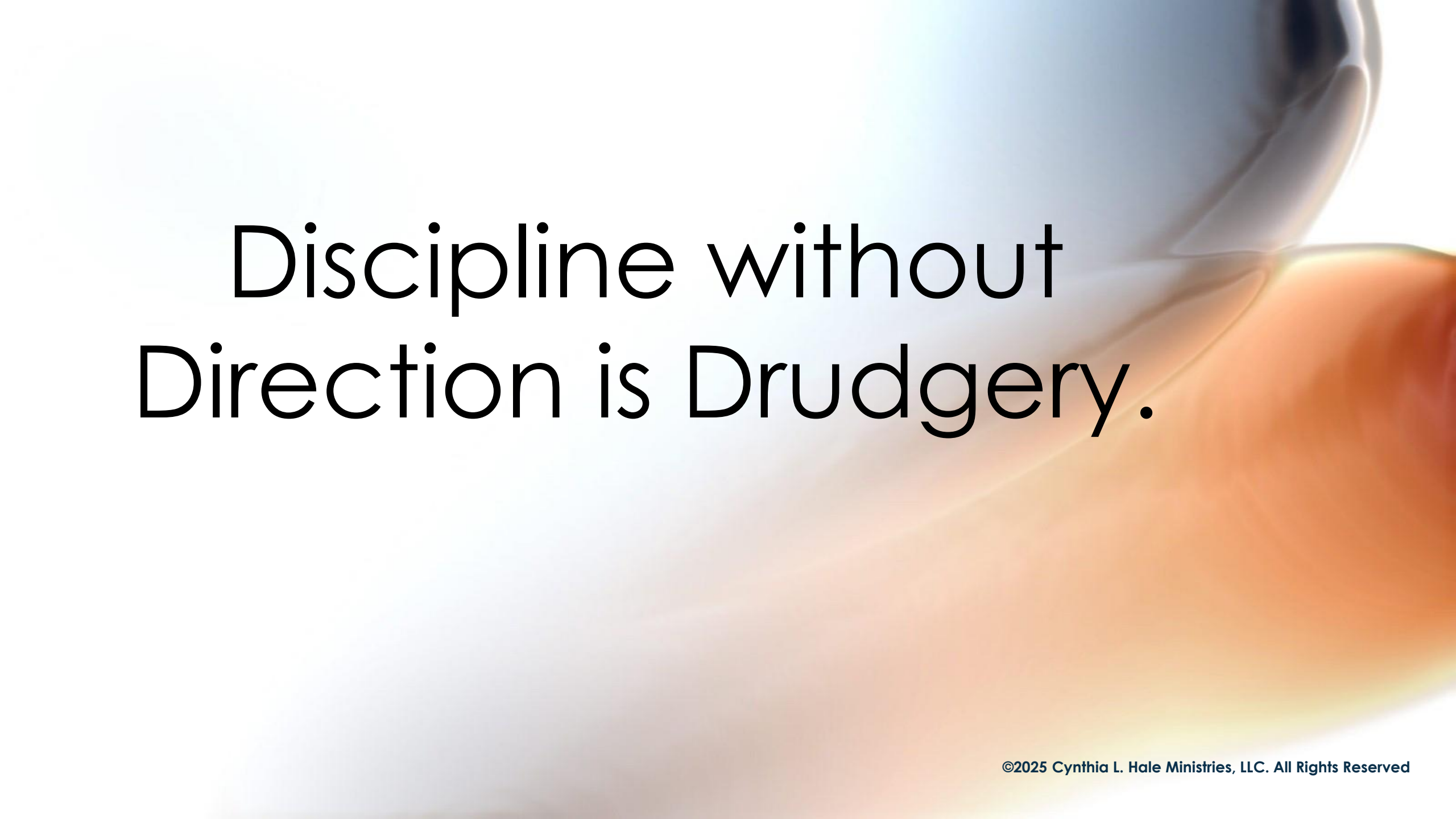
Matthew 6:33

But seek first his Kingdom and his righteousness, and all these things will be given to you as well.


Discussion or Reflection:

Why do we allow ourselves to get off track, to get distracted from what should be most important in our lives.

Why do we see prayer as a chore and reading the word as a bore, at times?



Discipline without
Direction is Drudgery.



God's ultimate plan for every believer, every one of us, is that we will be conformed to the image of his son Jesus Christ.

I John 3:1-3

II Corinthians 5:21

He became sin for us who knew no sin that we might be the righteousness of God in him.

Acts 10:38

God anointed with the Holy Spirit and power, and how he went around doing good and healing all those who were under the power of the devil, because God was with him.

Discussion or Reflection:

So, then how do we pursue holiness or Christlikeness?

I Timothy 4:7 (NASB)

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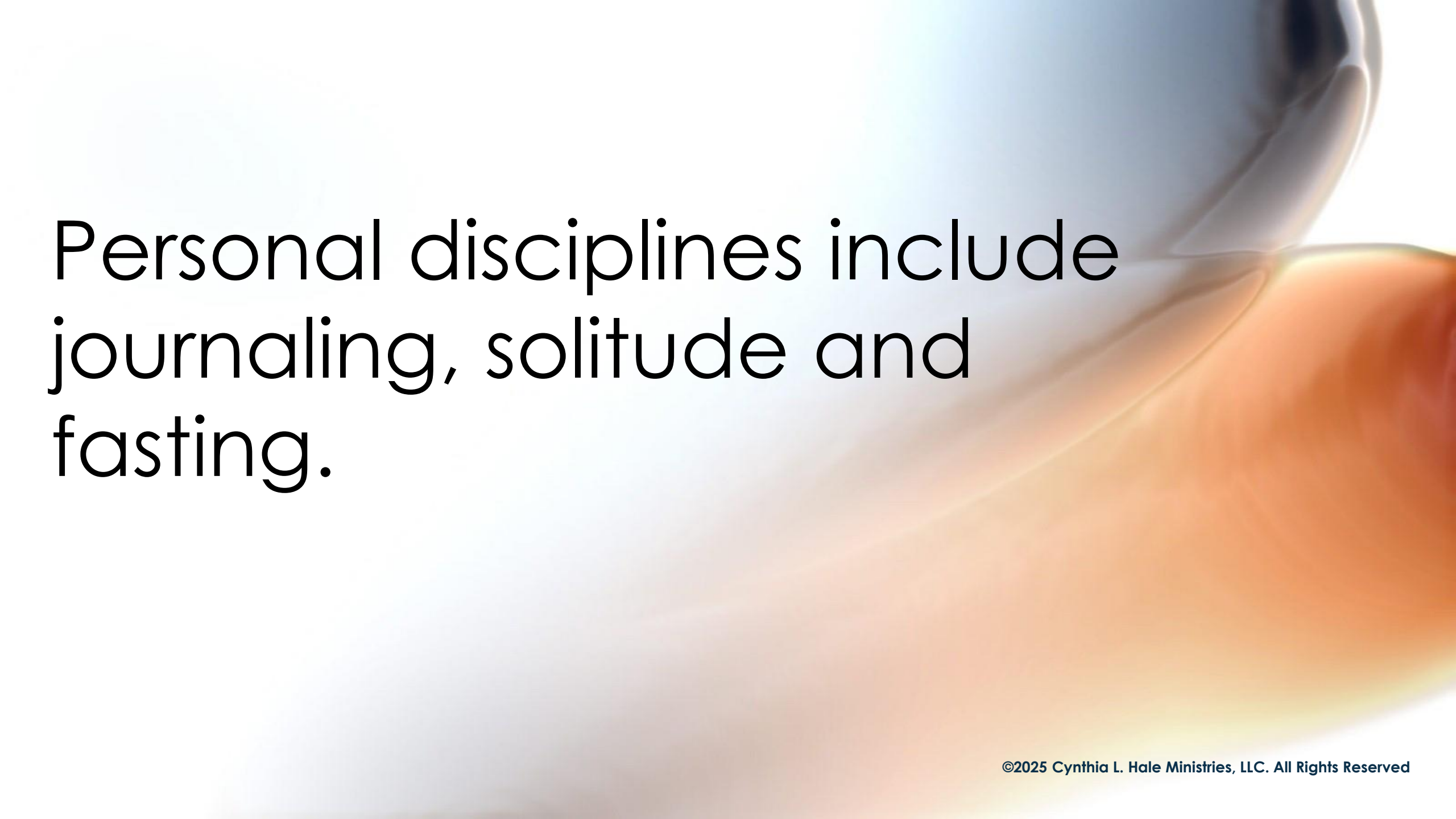
Discipline is defined as an activity, exercise or regimen that develops or improves a skill.

Donald S. Whitney

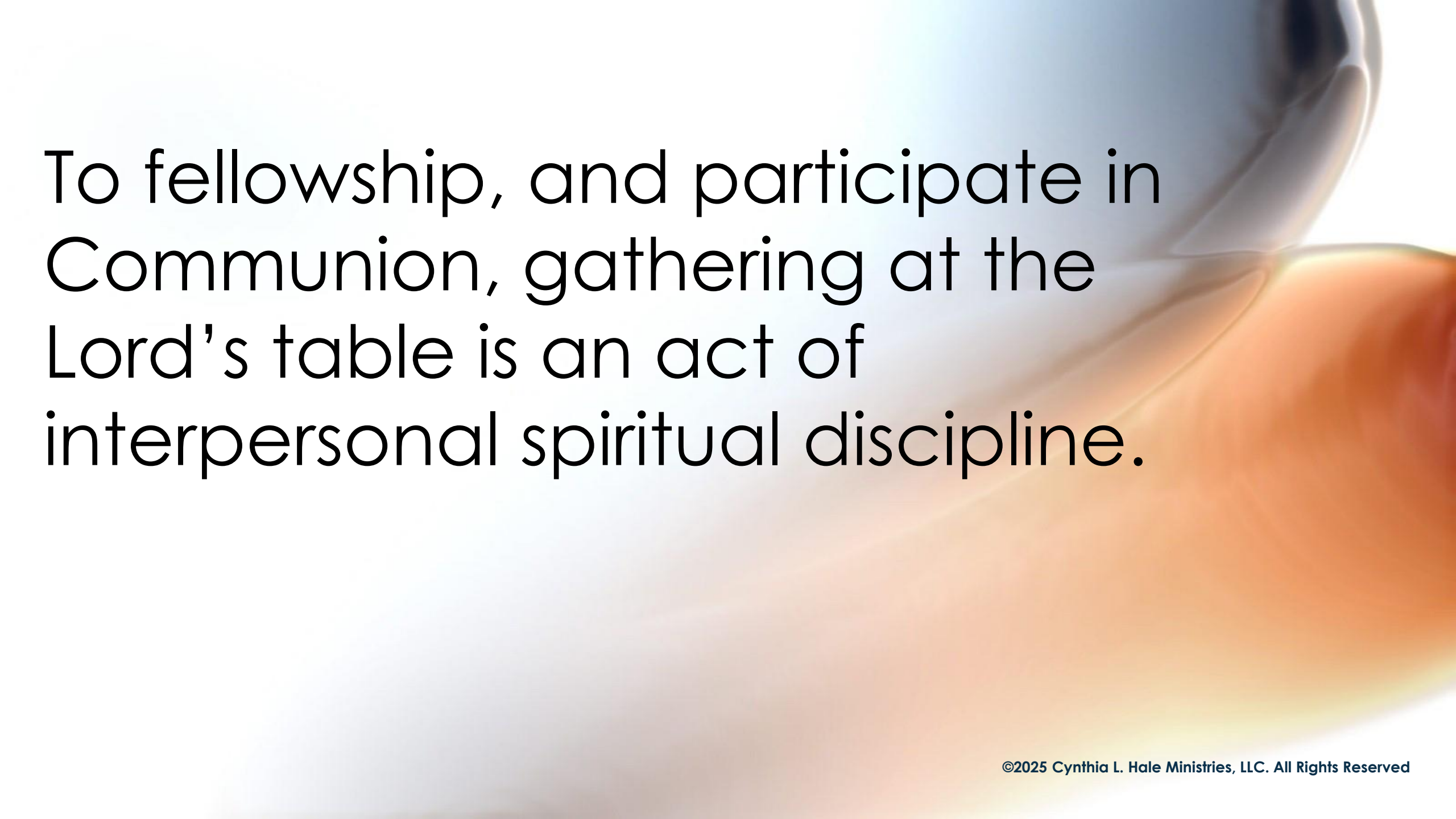
Spiritual Disciplines are those practices in scripture that promote spiritual growth in the followers of Jesus Christ.

7 things that are important to know about Spiritual Disciplines:

1. Spiritual Disciplines are both personal and interpersonal.



Personal disciplines include journaling, solitude and fasting.



To fellowship, and participate in
Communion, gathering at the
Lord's table is an act of
interpersonal spiritual discipline.

Hebrews 10:24

We must consider how we may spur one another on towards love and good deeds.



Jesus practiced both.

Mark 1:35

In the morning, a great while before day. Jesus got up and went to a solitary place where he prayed.

Luke 4:16

As was his custom, Jesus went into the synagogue on the Sabbath.

Discussion or Reflection:

1. What personal spiritual discipline has most blessed your life?
2. What interpersonal spiritual discipline has best contributed to your growth and development in Christ?

7 things that are important to know about Spiritual Disciplines:

2. Spiritual Disciplines are activities
not attitudes.

7 things that are important to know about Spiritual Disciplines:

3. Spiritual Disciplines are commended in the Scriptures.

7 things that are important to know about Spiritual Disciplines:

4. The Spiritual Disciplines are sufficient for knowing and experiencing God and growing in Christlikeness. II Timothy 3:16

These spiritual disciplines will:

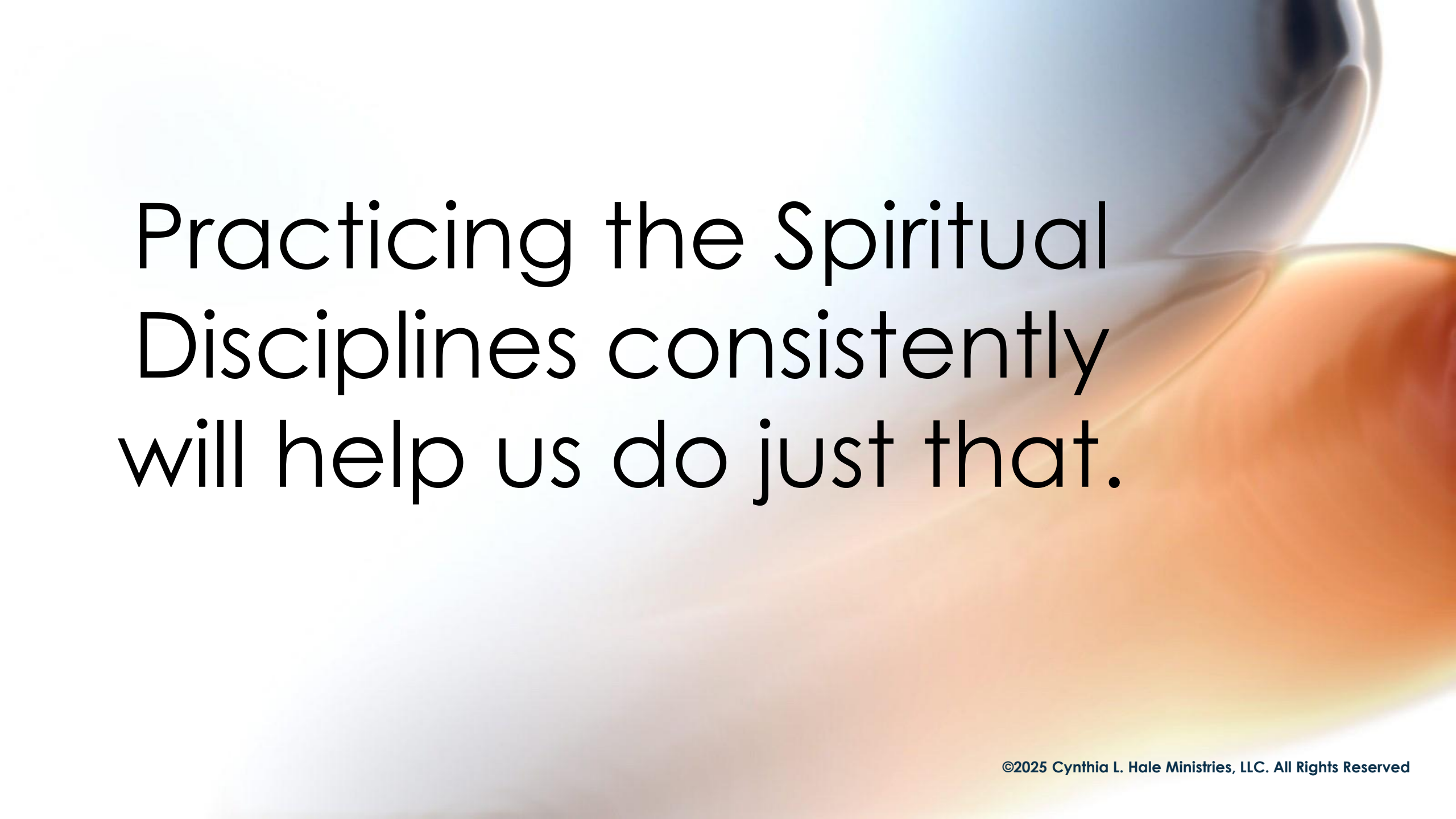
- teach you what is right,
- rebuke what is not right,
- correct and show you how to get right and
- train you in how to stay right or righteous.



Hebrews 5:12–14



It's time to grow up!



Practicing the Spiritual
Disciplines consistently
will help us do just that.

7 things that are important to know about Spiritual Disciplines:

5. Being saved is a three – part process:

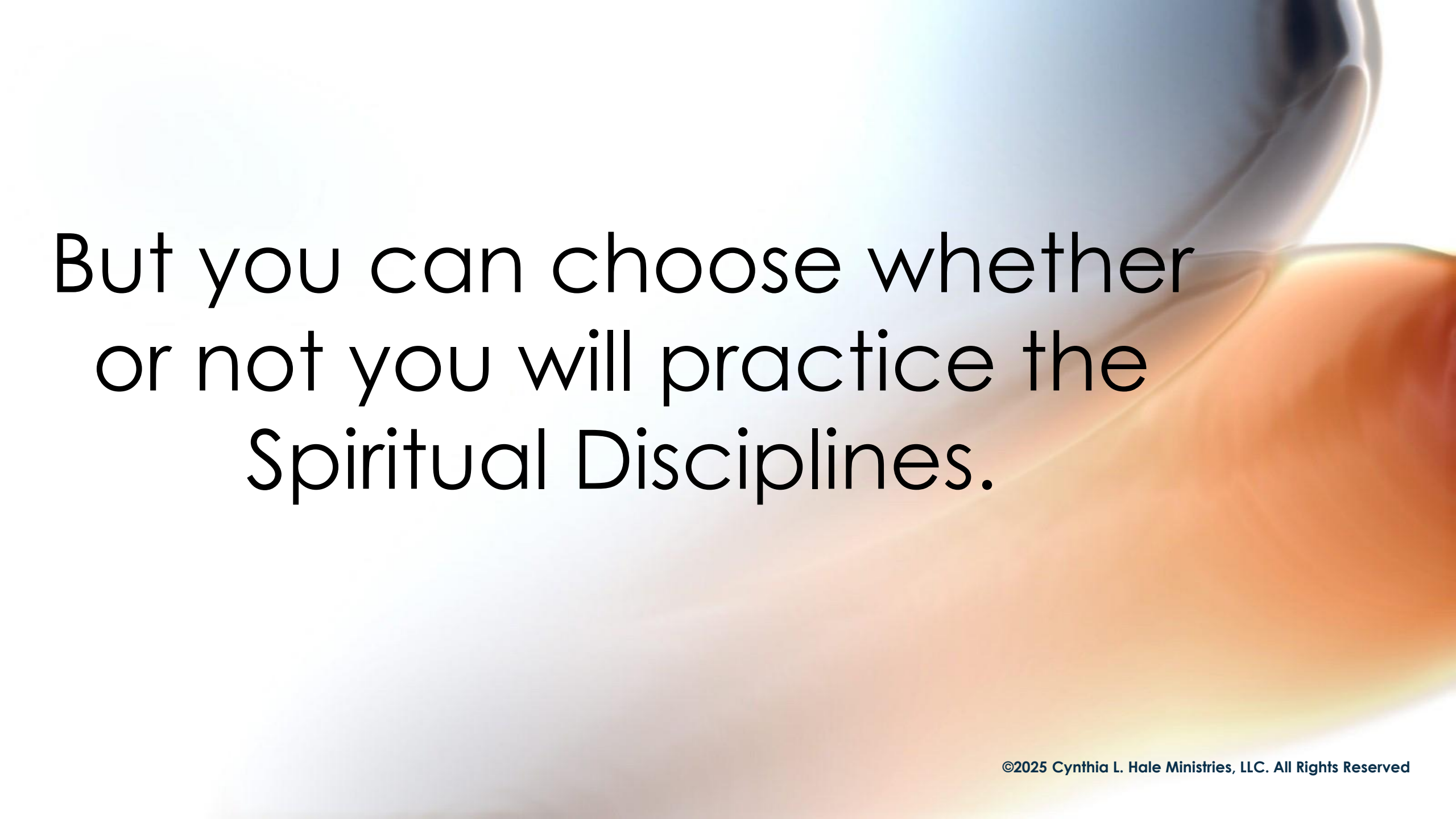
- a. We are saved – **Regeneration** – Past Tense, we are saved from the penalty of sin in our lives.
- b. We are being saved – **Sanctification** – Present Tense, which suggests on going action – We are being saved from the power of sin in our lives.
- c. We will be saved – **Glorification (Christlikeness)** – Future Tense - We will be saved from the presence of sin in the world and when Christ appears to take us home, we will be with him.

7 things that are important to know about Spiritual Disciplines:

6. The Spiritual Disciplines are a means not the end.

7 things that are important to know about Spiritual Disciplines:

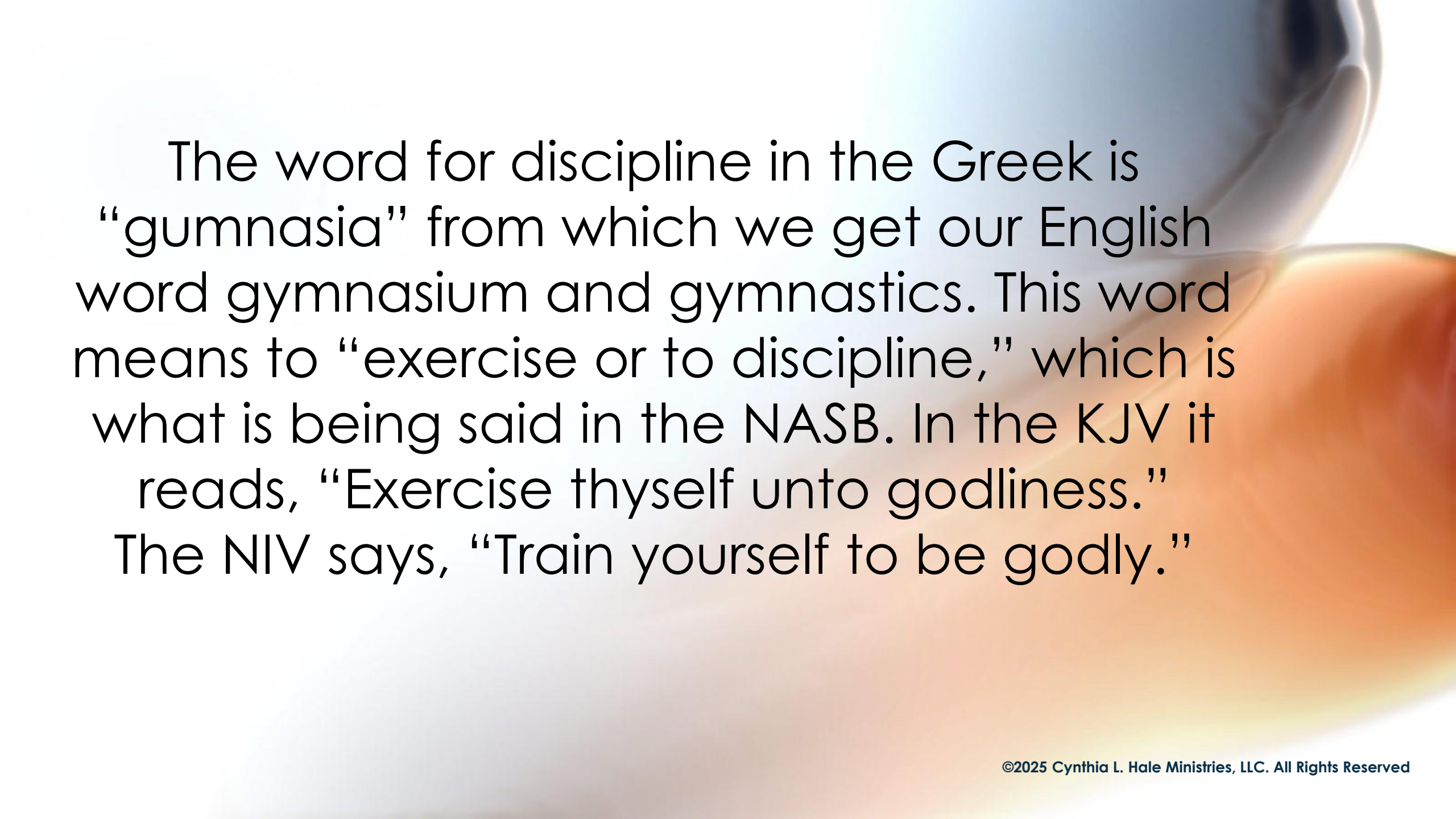
7. God uses three primary catalysts for transforming and conforming us into the image of Christ.
 - a. God uses people.
 - b. God uses circumstances.
 - c. God uses Spiritual Disciplines to mature us.



But you can choose whether
or not you will practice the
Spiritual Disciplines.

Philippians 2:13

Work out your salvation with fear and trembling for it is God who works in you both to will and to act according to his good pleasure.



The word for discipline in the Greek is “gumnasia” from which we get our English word gymnasium and gymnastics. This word means to “exercise or to discipline,” which is what is being said in the NASB. In the KJV it reads, “Exercise thyself unto godliness.” The NIV says, “Train yourself to be godly.”

I Peter 1:15-16

But just as he who called you is holy,
be holy in all you do, for it is written:
Be holy because I am holy.

Discussion or Reflection:

What is your greatest challenge to practicing the Spiritual Disciplines consistently?

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