

The Spiritual Disciplines

(Wednesday, February 1)

The Spiritual Disciplines are the means or habits or disciplines that promote spiritual growth.

Paul in 1 Timothy 4:7 commanded his son in the ministry, “exercise or discipline yourself rather unto godliness.”

Paul uses an athletic word when he wrote “exercise.” This English word comes from the Greek word *gumnazo* from which we get “gymnasium” and “gymnastics.”

The Spiritual Disciplines are spiritual exercise. Practicing the Spiritual Disciplines is like going to the gym and working out.

1. There Are a Variety of Ways to Spiritually Work Out.

A. When you go to the gym there are different machines for different purposes.

B. There are also different Spiritual Disciplines we practice in order to grow strong spiritually.

1. Private Spiritual Disciplines: Private Bible reading, study, memory, and meditation.
2. Corporate Spiritual Disciplines: Public hearing of God’s Word preached.

C. Other Spiritual Disciplines: Prayer, worship, evangelism, serving, silence and solitude.

2. There Are Bad Habits That Must Be Given Up for Spiritual Workouts.

A. Giving up bad habits is necessary for physical workouts

The athletic word Paul uses from which we get our word gymnasium comes from *gymnos* which means naked. The athletics of the first century competed without any encumbrance.

B. Giving up bad habits is necessary for spiritual workouts (Hebrews in 12:1)

3. There Are Good Habits we Must Perfect in Spiritual Workouts.

A. There are Good Habits we must perfect in Physical Workouts (1 Corinthians 9:24-27)

B. There are Good Habits we must perfect in Spiritual Workouts.