

The Spiritual Disciplines

The disciplines of grace

“Speak to the Israelites and say to them: ‘If a man or woman wants to make a special vow, a vow of separation to the LORD as a Nazirite.’” Number 6:2

The outer disciplines

Bible Study

“He said of his father and mother, ‘I have no regard for them.’ He did not recognize his brothers or acknowledge his own children, but he watched over your word and guarded your covenant. He teaches your precepts to Jacob and your law to Israel. He offers incense before you and whole burnt offerings on your altar.” Deuteronomy 33:9-10

...a need to be nourished

...getting hungry for the Word

“And he said to me, ‘Son of man, eat what is before you, eat this scroll; then go and speak to the house of Israel.’ So I opened my mouth, and he gave me the scroll to eat. Then he said to me, ‘Son of man, eat this scroll I am giving you and fill your stomach with it.’ So I ate it, and it tasted as sweet as honey in my mouth.”

...the Word transforms lives

“My dear children, I write this to you so that you will not sin. But if anybody does sin, we have one who speaks to the Father in our defense—Jesus Christ, the Righteous One.”
1 John 2:1

Prayer

...taking with God

“When Moses finished speaking to them, he put a veil over his face. But whenever he entered the LORD's presence to speak with him, he removed the veil until he came out. And when he came out and told the Israelites what he had been commanded, they saw that his face was radiant. Then Moses would put the veil back over his face until he went in to speak with the LORD.” Exodus 34:33-35

...getting to know the One to whom we pray

“You are good, and what you do is good; teach me your decrees.” Psalm 119:68

...listen for God's voice

"Then the word of the LORD came to Samuel" 1 Samuel 15:10

...He is the voice of truth

Worship

...our heart's devotion

"But the LORD, who brought you up out of Egypt with mighty power and outstretched arm, is the one you must worship. To him you shall bow down and to him offer sacrifices." 2 Kings 17:36

...our destiny and fulfillment

"But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light." 1 Peter 2:9

Fasting

...on the fast track

"There, by the Ahava Canal, I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions. I was ashamed to ask the king for soldiers and horsemen to protect us from enemies on the road, because we had told the king, "The gracious hand of our God is on everyone who looks to him, but his great anger is against all who forsake him." So we fasted and petitioned our God about this, and he answered our prayer." Ezra 8:21-23

...for guidance

"You are a king, then!" said Pilate. Jesus answered, "You are right in saying I am a king. In fact, for this reason I was born, and for this I came into the world, to testify to the truth. Everyone on the side of truth listens to me." John 18:37

Fellowship

...who influences us?

"But Rehoboam rejected the advice the elders gave him and consulted the young men who had grown up with him and were serving him." 1 Kings 12:8

...accountability, who are we sharing with?

"When he is made aware of the sin he committed, he must bring as his offering a male goat without defect." Leviticus 4:23

Sabbath

...God gives us rest

"There are six days when you may work, but the seventh day is a Sabbath of rest, a day of sacred assembly. You are not to do any work; wherever you live, it is a Sabbath to the LORD." Leviticus 23:3

The Inner Attitude

Walking in the spirit

"They came as a group to oppose Moses and Aaron and said to them, "You have gone too far! The whole community is holy, every one of them, and the LORD is with them. Why then do you set yourselves above the LORD's assembly?" When Moses heard this, he fell facedown."

Forgiveness...the process

"They crossed at the ford to take the king's household over and to do whatever he wished. When Shimei son of Gera crossed the Jordan, he fell prostrate before the king and said to him, "May my lord not hold me guilty. Do not remember how your servant did wrong on the day my lord the king left Jerusalem. May the king put it out of his mind. For I your servant know that I have sinned, but today I have come here as the first of the whole house of Joseph to come down and meet my lord the king." Then Abishai son of Zeruiah said, "Shouldn't Shimei be put to death for this? He cursed the LORD's anointed." David replied, "What do you and I have in common, you sons of Zeruiah? This day you have become my adversaries! Should anyone be put to death in Israel today? Do I not know that today I am king over Israel?" So the king said to Shimei, "You shall not die." And the king promised him on oath." 2 Samuel 19:18-23

Forgiveness...the choice

"Now Joseph was the governor of the land, the one who sold grain to all its people. So when Joseph's brothers arrived, they bowed down to him with their faces to the ground. As soon as Joseph saw his brothers, he recognized them, but he pretended to be a stranger and spoke harshly to them. "Where do you come from?" he asked. "From the land of Canaan," they replied, "to buy food." Genesis 42:6-7