

SERMON NOTES: A LIFE LIVED WELL 3 - THE PURPOSE OF SPIRITUAL DISCIPLINES

(Sunday 10 May 2015)

SCRIPTURE

Colossians 3:1-10 (HCSB)

So if you have been raised with the Messiah, seek what is above, where the Messiah is, seated at the right hand of God. Set your minds on what is above, not on what is on the earth. For you have died, and your life is hidden with the Messiah in God. When the Messiah, who is your life, is revealed, then you also will be revealed with Him in glory. Therefore, put to death what belongs to your worldly nature: sexual immorality, impurity, lust, evil desire, and greed, which is idolatry. Because of these, God's wrath comes on the disobedient, and you once walked in these things when you were living in them. But now you must also put away all the following: anger, wrath, malice, slander, and filthy language from your mouth. Do not lie to one another, since you have put off the old self with its practices and have put on the new self. You are being renewed in knowledge according to the image of your Creator.

1 John 2:28-3:3 (HCSB)

So now, little children, remain in Him, so that when He appears we may have boldness and not be ashamed before Him at His coming. If you know that He is righteous, you know this as well: Everyone who does what is right has been born of Him. Look at how great a love the Father has given us that we should be called God's children. And we are! The reason the world does not know us is that it didn't know Him. Dear friends, we are God's children now, and what we will be has not yet been revealed. We know that when He appears, we will be like Him because we will see Him as He is. And everyone who has this hope in Him purifies himself just as He is pure.

QUOTES

"We can become like Christ by doing one thing - by following him in the overall style of life he chose for himself. If we have faith in Christ, we must believe that he knew how to live. We can, through faith and grace, become like Christ by practicing the types of activities he engaged in by arranging our whole lives around the activities he himself practiced in order to remain constantly in fellowship with his Father."

Dallas Willard

ADDITIONAL READING

The Celebration of Discipline: the Path to Spiritual Growth - Richard Foster

REFLECTION QUESTIONS

- + What kind of disciplines do you see exhibited in the life of Jesus?
- + In your own words and in response to God's word, note down why Spiritual Disciplines are important to you as you follow Christ.
- + Consider the lists of disciplines below. What might God be asking you to take on? How can you see these being incorporated into a rule of life?

Disciplines of Abstinence

- + **Solitude** Refraining from interacting with other people in order to be alone with God and be found by him
- + **Silence** Not speaking in a quiet place in order to quiet our minds and whole self and attend to God's presence. Also, not speaking so that we can listen to others and bless them

- + **Fasting** Going without for (or something else) for a period
- + **Sabbath** Doing no work to rest in God's person and provision; praying and playing with God and others
- + **Secrecy** Not making our good deeds or qualities known to let God or others receive attention and to find our sufficiency in God alone
- + **Submission** Not asserting ourselves in order to come under the authority, wisdom, and power of Jesus Christ as our Lord, King and Master

Disciplines of Engagement

- + **Bible Reading** Trusting the Holy Spirit-inspired words of Scripture as our guide, wisdom and strength for life
- + **Worship** Praising God's greatness, goodness and beauty in words, music, ritual or silence
- + **Prayer** Conversing with God about what we're experiencing and doing together
- + **Soul Friendship** Engaging fellow disciples of Jesus in prayerful conversation or other spiritual practices
- + **Personal Reflection** Paying attention to our inner self in order to grow in love for God, others and self
- + **Service** Humbly serving God by overflowing with his love and compassion to others, especially those in need