



## Paradigm Discipleship Lesson

*The purpose of this resource is to provide some guidance for you as you encourage your disciple to develop a strong devotional relationship with God.*

*We encourage you to do your own study, using this resource as a guide, to develop a learning experience for you and your disciple that will help you both move deeper in your understanding and experience of interacting with a God who desires a deep, intimate relationship with you.*

### **Spiritual Disciplines**

**GOAL:** To know what Spiritual Disciplines are, why we do them, and how to practice them. *The Spiritual Disciplines have been given to the Church so that we may know Christ and enjoy Christ more. Spiritual disciplines, or these spiritual habits, are a worshipful means to knowing and enjoying Christ, not being a “good christian”. We do these practical practices not to earn God’s love, but be with him, experience him, and grow in Christlikeness.*

Examples of Spiritual Disciplines found in Scripture (Not Exhaustive):

- Prayer
- Reading Scripture
- Evangelism
- Gathering with the Church
- Memorizing Scripture
- Sabbath Rest
- Silence and Solitude
- Songs of Worship

### **DIAGNOSTIC QUESTIONS:**

- What practices do you do now?
- Which ones are hard for you? Why?
- What are the hurdles that keep you from them?
- Are there any that you want to put into practice?

**STUDY QUESTION:** Why do we need spiritual discipline?

### **READ John 17:1-3**

- What is eternal life? - More than just having our sins forgiven but being with God
- What do you think it means to “know the only true God”?
- What is necessary to get to know God?

**STUDY QUESTION:** Describe a time when you disciplined yourself for the sake of an end goal. How did the end goal affect the attitude with which you disciplined/trained yourself?

- Examples: Training for a marathon, studying for a test, learning to play an instrument

### **READ 1 Timothy 4:7-8**

- What does it mean to train for godliness?
- What does it mean to be spiritually disciplined?
  - ANSWER: Being faithful to use the tools God has given you to know Him more.

**STUDY QUESTION:** What would you say are some key differences between being disciplined and being legalistic?

- Difference is found in the attitude and motives of the heart.
- Legalism - human effort to attain righteousness or earn God's favor.

### **READ 1 Corinthians 9:24-27**

- What is Paul's end goal? What seems to be his attitude toward discipline?
- What should our goal of discipline be?

### **FINAL QUESTIONS:**

1. If you were to stop doing these, would the way God sees you change? No! If you know and believe the Gospel, it is impossible to be legalistic because the essence of the gospel is that it is impossible for us to attain righteousness on our own.
2. If you were to start doing these things, how could your relationship with God change?
3. The core of the spiritual disciplines are **Scripture, Prayer, and Fellowship**. Which one would you like to start this week? Which one would you like to learn more about?

**SUMMARY:** The Spiritual Disciplines are those practices, habits, and rhythms we see modeled in Scripture and throughout church history. Church traditions and styles vary from culture to culture, but the spiritual practices that build up the Christian are always the same.

**Homework:** Write out who you want to be five years from now. Specifically some things you want to do spiritually to help you grow in your relationship with God starting today. What are some practical things you can do today to discipline yourself physically/mentally?

### **Resources:**

- Spiritual Disciplines for the Christian Life by Donald Whitney (Book)
- Habits of Grace by David Mathis (Book)
- The Forgotten Disciplines - The GenSend Podcast