

FOLLOWERS PRACTICE SPIRITUAL DISCIPLINES

A **FAN** OR A **FOLLOWER**

PRECEPT

1 TIMOTHY 4:8

⁸ Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.

MATTHEW 6:9-15

⁹ "This, then, is how you should pray: "Our Father in heaven, hallowed be your name, ¹⁰ your kingdom come, your will be done, on earth as it is in heaven. ¹¹ Give us today our daily bread. ¹² And forgive us our debts, as we also have forgiven our debtors. ¹³ And lead us not into temptation, but deliver us from the evil one.' ¹⁴ For if you forgive other people when they sin against you, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive others their sins, your Father will not forgive your sins.

PROMISE

Followers of Jesus practice spiritual disciplines that draw us closer to Jesus. 1 Timothy 4:7 tells us to discipline ourselves for the purpose of godliness. The practice of spiritual disciplines includes prayer, devotion, and tithes and offering.

1. PRAYER

When the disciples asked Jesus on how to pray, He instructed them in Matthew 6:9-13. He gave us this model so that we can use it as a pattern when we come to Him in prayer. Often called the Lord's Prayer, it started by Jesus praising God then making His requests. Indeed, when we praise God first, it puts us in the right mindset to adore and thank Him first before asking for our needs. Instead of turning our prayer into a list of requests, it will become a meaningful conversation between a father and a child. This is a pattern we can duplicate as we pray to God; Praise the Lord, Repent from our sins, Ask the Lord, Yield to the will of God

2. DEVOTION

Devotion means love, loyalty, or enthusiasm for a person, activity or a cause. This is how we should read the Word of God. Joshua 1:8 tells us, "*Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.*" Reading the Bible is how we will know God and learn who He is. It contains His message about everything that give our lives meaning. It also contains accounts of God interacting with people, and shows how He cares for humanity, for us. Psalm 119:11 says, "*I have hidden your word in my heart that I might not sin against you.*" The way to overcome our temptations and fleshly desires is to be reminded of the Word of God. We must meditate on them and keep them in our hearts at all times.

3. TITHES & OFFERING

Giving is an act of love and worship. Jesus says in Matthew 6:21, "*For where your treasure is, there your heart will be also.*" Giving tithes and offerings puts our love for God before our worldly wealth and shows that our heart is always with Him. Malachi 3:8 says, "*Would anyone rob God? Yet you are robbing Me! But you say, 'How have we robbed You?' In tithes and offerings.*" This implies taking something which belongs to someone else, that is because God is the owner of everything in this world, even of our lives. In His generosity, He gave us all that we need and desire, even His only begotten Son, Jesus Christ. Let us give to God what is due to Him. Luke 6:38 tells us, "*Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.*"

PRACTICE

1. Christ-like Maturity. Do you agree that the only road to Christian maturity and godliness is through the practice of the spiritual disciplines? Why or why not?

2. Pursuing Christ. Which of the spiritual disciplines are you struggling to obey? What can you do today to be able to accomplish it?

PRAYER

I. Worship Services

- May God give us the grace to receive His Word, obey it, and rejoice in it.

II. Leaders

- Thank God for the gift of pastors and leaders. May the Lord guide them in faithfully shepherding the flock.

III. Faith

- May God deepen our faith and joy in the glories of His Gospel. May our faith in Christ never waver.

IV. Spiritual Gifts

- Pray that God may lead us in building others up with the gifts He has given us.

V. Protection

- Pray for protection against all powers and principalities seeking to sow division among His people.

VI. Gospel

- May God focus our hearts on the mission He has for us to share the Gospel and make disciples of Christ.

VII. Ministries

- Pray that our ministries will serve to bless and encourage our brethren and the outsiders.