

Getting Into Shape—Part 5
9 Essential Spiritual Disciplines
1 Timothy 4:14-16

- I. **The Spiritual Discipline of Discernment:**
- II. **The Spiritual Discipline of Gratitude**
- III. **The Spiritual Discipline of Nourishment**
- IV. **The Spiritual Discipline of Godliness**
- V. **The Spiritual Discipline of Hope**
- VI. **The Spiritual Discipline of Discipleship**
- VII. **The Spiritual Discipline of Worship**

VIII. The Spiritual Discipline of G_____ (v. 14)

- a. The Holy Spirit empowers every true Believer with Spiritual Gifts (Rom. 12:6-12; cf. 1 Cor 12:4-12; 1 Peter 4:10-11)
 - i. When we allow the Holy Spirit to use our gifts, we glorify God and build up the body of Christ
- b. **¹⁴ Do not neglect the spiritual gift within you** = an imperative encouragement for Timothy to not buckle to pressure, but instead to exercise his spiritual gifts
 - i. Christianity & Church are not spectator sports; every Believer is a minister and has been gifted to fulfill their role in God's plan (cf. 1 Peter 4:10-11)
- c. ***which was bestowed on you through prophetic utterance with the laying on of hands by the presbytery*** = when Timothy joined Paul's missionary team and the Elders (presbytery) laid hands on him and prophetically proclaimed his spiritual gifting (cf. Acts 16:1-3; 1 Tim. 4:6, 11, 13, 16; 6:2; 2 Tim. 1:6; 2:24-25; 4:2, 5; Num. 27:18-23; Deut. 34:9; Acts 6:6; 8:18; 13:3; Heb. 6:2)
- d. Everyone at Grace is gifted by the Holy Spirit and only when we ALL exercise the Spiritual Discipline of our Gifts will we become the church that God desires us to be.

IX. The Spiritual Discipline of P_____ (vs. 15-16)

- a. Some people are very confused by this Doctrine

- b. The Doctrine of the Perseverance of the Saints:
 - i. It is actually the theological and biblical truth that, "Once Saved, Always Saved"
 - ii. We are told to "***work out your salvation with fear and trembling***" but we are also told that "***it is God who is at work in you, both to will and to work for His good pleasure***" (Phil. 2:12-13)
 - iii. Our Assurance is IN God's Power & Promises (cf. John 6:39; 10:27-28; Rom. 8:38-39; 1 Cor. 1:8-9; Eph. 1:13-14; Phil. 1:6; 1 Peter 1:3-5; 1 John 2:19)
- c. Paul answers the question "How can we experience that Blessed Assurance?"
 - i. **¹⁵ Take pains with these things; be absorbed in them** = focus on and commit to...***these things*** (Spiritual Truths & Disciplines)
 - ii. WHY? ***so that your progress will be evident to all*** = we Blessed to be a Blessing (God is not only working IN us...and FOR us...He also working THROUGH us!)
 - iii. **¹⁶ Pay close attention to yourself and to your teaching** = your conduct and your doctrine (cf. 2 Tim. 4:10a)
 - iv. WHY?
 - 1. ***for as you do this you will ensure salvation both for yourself*** = NOT make you saved, but assure you that you are saved
 - a. Salvation belongs to the Lord (cf. Eph. 2:8-9; Ps. 3:8; 62:1)
 - b. Perseverance testifies to your continued faithfulness (cf. Matt. 24:13; John 8:31; Acts 13:43; 14:22; Rom. 2:7; 2 Cor. 1:21; Gal. 6:9; Col. 1:23; Phil. 1:6; 2:12; 1 Tim. 4:1; Heb. 3:14; 10:36; James 1:12, 22-24; Rev. 2:7; 3:11)
 - 2. ***and for those who hear you*** = we are God's Plan "A" and everyone is discipling someone!