



...discipline yourself for the purpose of godliness...
1 Timothy 4:7

Damascus Road Church

Gospel Class 7

Spiritual Disciplines

What are the spiritual disciplines intended for?

Most people want a shortcut in life. We would likely all love to be a skilled musician without needing to practice, widely knowledgeable without needing to read, and like Jesus without needing to cultivate any discipline. This desire for an easy way to maturity has the tendency to cause some people to treat the spiritual disciplines in two ways:

- *legalism* that will enable them to earn God's love through their self-righteousness, or
- an instantaneous *process of holiness* when they just do some Christian things for a short while.

The **spiritual disciplines are simply the habitual life of good works that flow out of a redeemed person** who continues maturing in their love for Jesus Christ (Ephesians 2:8-10). The disciplines are motivated solely by a love for God and our neighbor (Matthew 22:36-37). The practice of the spiritual disciplines should therefore shape in us humility as we are comparing ourselves to Jesus, and not to each other in relation to the quality of our Christian life because spiritual disciplines simply mean following the habits of Jesus (Matthew 4:19; 1 Peter 1:21; 1 John 2:6; 1 Corinthians 11:1).

The Bible is clear that God puts His life in us by grace and that we are then privileged to work out the sanctification (*progressive work of God and man that makes us more and more free from sin and more like Christ in our actual lives*) aspect of our salvation in relationship with Him, by His grace and for His glory, through such things as the practice of the spiritual disciplines (Philippians 2:12-13) so that we might become more holy (2 Corinthians 7:1; Hebrews 12:14; 1 John 3:3).

Lastly, since Christians have an enemy called the devil, they will need to wage war against Him using the spiritual disciplines as their weapons. Examples include Jesus fasting to strengthen Himself to resist temptation (Matthew 4:1-11) and Paul's exhortation that such things as Scripture study and prayer can defeat the enemy (Ephesians 6:10-20).

Is my body spiritual?

Sadly, many Christians have not understood that their body is vital to their worship of God and seem to believe that if they can act more like angels (no food, drink, sex, pleasure, etc.) that they would be more holy. But, the Scriptures are clear that God made our bodies and declared them to be good (Genesis 1:31) and that the Lord Jesus also came in a literal human body (John 1:14). Therefore, even though you may sin in your body, your body is not sinful but instead belongs to the Lord (1 Corinthians 3:16, 6:19). **What you do in your body (including eating, drinking, working, etc.) is either an act of worship that glorifies God, or an act of sin that dishonors Him** (1 Corinthians 10:31).

As Paul says in Romans 12:1, "*Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship.*" It is clear from the Scriptures that one day we shall get our bodies back from the grave and live in a glorified and perfected body for all eternity as we dwell with the Lord in His Kingdom (1 Corinthians 15:20-58). Therefore, taste, touch, smell, sight, and hearing can all be means by which we worship God and grow in holiness as we taste a good meal, feel the embrace of a friend, smell the bloom of spring, see the beauty of creation, and hear the reading of His word for His glory and our joy.

Is pleasure sinful?

Pleasure was created by God and comes from Him (Psalm 16:11). Therefore, **to enjoy life and its pleasures is not a sin but instead a proper use of the creation** and body that God has provided for us to live in. However, if someone falls into a love of pleasure, also known as addiction, they have abused the goodness of God and His gifts of pleasure (Proverbs 21:17; 2 Timothy 3:4). Examples would include the Bible's command to eat, drink, and work well unto the Lord while enjoying your spouse (Ecclesiastes 9:7-10) and rebukes for drunkenness and gluttony (Proverbs 223:20-21), laziness (Proverbs 6:9-10), and adultery (Proverbs 2:16-18).

The Bible does not say that food, drink, sex, or work are sinful in and of themselves. In addition, neither are the pleasures derived from such activities sinful because even God does things solely for His pleasure (Ephesians 1:5, 1:9). Therefore, simply because someone denies themselves pleasure does not necessarily mean that they are mature and disciplined but it **depends upon the motive for their abstention** from certain things and their desire to use their body in a way that is biblically consistent with holiness and worship of God.

Doesn't discipline lead to bondage?

There is a common misconception that being disciplined is bad and that being free is good. In the Bible freedom is an important goal for God's people (Isaiah 61:1; Luke 4:18; Galatians 5:1). But, this freedom only comes as a result of someone living in a way that is biblically disciplined (Psalm 119:45; James 1:25, 2:12) and living in the Lord (2 Corinthians 3:17). Those who are undisciplined and use their freedom to sin become enslaved to their sins and subsequently lose their freedom to walk in holiness and peace with the Lord (Galatians 5:13; 1 Peter 2:16; 2 Peter 2:19).

Therefore, freedom does not mean that we are free to be separated from God and the life that He desires for us. Rather, freedom means that because of God's grace and a disciplined life of holy habits, **a person is freed from their bondage to sin and death and now free to live the quality of life that God intends for His children.** In this way, the spiritual disciplines lead to greater freedom just as a musician who practices their instrument until they have gained great mastery of it are more free to compose and play jazz than the person who felt "free" to never practice and is enslaved to playing a few chords poorly.

Should a Christian practice all the spiritual disciplines?

To mature and experience greater holiness, a Christian should practice all of the disciplines rather than specializing in those things that come most natural to them (i.e. some people love to fellowship and hate to read, while others love to read and hate to fellowship). The spiritual disciplines are streams by which God brings wisdom and holiness into His people and it is vital that each stream be flowing freely and continually. It deserves mentioning, however, that life is filled with seasons and specific times within those seasons where it may be vital for us to pay special attention to particular disciplines (Ecclesiastes 3:1-8).

What are the differences between the disciplines?

Some of the spiritual disciplines are more active in nature and compel a Christian toward doing. These include such things as serving, evangelizing, working, speaking etc. Other spiritual disciplines are more contemplative in nature and compel a Christian toward being and knowing. These include such things as prayer, study, silence, solitude, and Sabbath. **The disciplines are intended to create for us a life of healthy tension to keep us balanced and maturing in all areas.**

What are some of the more active spiritual disciplines?

Fellowship – is the living of life with Christian brothers and sisters as the church.

1. **Demonstrated in the life of Jesus** – Jesus spent most of His time in community with His disciples and frequently had dinner in the homes of people He was befriending. Jesus seemed to have particularly close fellowship with John the youngest disciple (John 13:23), and the sisters Mary and Martha, and their brother Lazarus whom He loved very much (John 11:5).
2. **Spoken of in Scripture** -
 - Mark 12:33 *“To love him with all your heart, with all your understanding and with all your strength, and to love your neighbor as yourself is more important than all burnt offerings and sacrifices.”*
 - John 13:34-35 *“A new command I give you: Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one another.”*
 - Acts 2:42 *They devoted themselves to the apostles’ teaching and to the fellowship, to the breaking of bread and to prayer.*
 - John 1:7 *But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.*
 - Hebrews 10:25 *Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.*

Speaking – is the communicating of truth in love that benefits those who listen

1. **Demonstrated in the life of Jesus** – repeatedly throughout the gospel of John Jesus is called the very Word of God (it was through Jesus God the Father was most clearly speaking to the world). Jesus repeatedly declares that He is telling the truth as He spends a great deal of time speaking to crowds small and large.
2. **Spoken of in Scripture** -
 - Proverbs 16:13 *Kings take pleasure in honest lips; they value a man who speaks the truth.*
 - Proverbs 20:15 *Gold there is, and rubies in abundance, but lips that speak knowledge are a rare jewel.*
 - Luke 6:45 *The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks.*
 - Ephesians 4:15 *Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ.*
 - Ephesians 4:25 *Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.*
 - Ephesians 4:29 *Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*

Service – is the innumerable ways that we can do kind things for others to show love

1. **Demonstrated in the life of Jesus** – Jesus entire ministry is often defined simply as humble service (Matthew 20:20-28; Philippians 2:5-11) that extended from the washing of His disciples feet to dying on a cross to forgive sins.
2. **Spoken of in Scripture** -
 - Matthew 20:26-28 *“Not so with you. Instead, whoever wants to become great among you must be your servant, and whoever wants to be first must be your slave-- just as the*

Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."

- Galatians 5:13 *You, my brothers, were called to be free. But do not use your freedom to indulge the sinful nature; rather, serve one another in love.*
- Ephesians 6:7-8 *Serve wholeheartedly, as if you were serving the Lord, not men, because you know that the Lord will reward everyone for whatever good he does, whether he is slave or free.*
- Philippians 2:5-7 *Your attitude should be the same as that of Christ Jesus: Who, being in very nature God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant, being made in human likeness.*

Work – is the vocation that God has called is to in service to Him

1. **Demonstrated in the life of Jesus** – Jesus claimed to be about His Father's work (John 4:34, 5:17, 5:36) that included exhausting preaching, teaching, feeding, healing, traveling by foot, etc. Prior to His formal public ministry, Jesus spent 90% of His life as a common carpenter.
2. **Spoken of in Scripture** –
 - Genesis 2:15 *The Lord God took the man and put him in the Garden of Eden to work...*
 - Exodus 31:15 *For six days, work is to be done, but the seventh day is a Sabbath of rest, holy to the Lord ...*
 - Ecclesiastes 3:22 *So I saw that there is nothing better for a man than to enjoy his work...*
 - Colossians 3:23-24 *Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.*
 - 1 Thessalonians 4:11 *Make it your ambition to lead a quiet life, to mind your own business and to work with your hands, just as we told you...*
 - 1 Corinthians 15:10 *But by the grace of God I am what I am, and his grace to me was not without effect. No, I worked harder than all of them--yet not I, but the grace of God that was with me.*

Lovemaking – is a oneness enjoyed by married couples

1. **Spoken of in Scripture** -
 - Genesis 2:25 *The man and his wife were both naked, and they felt no shame.*
 - Proverbs 5:18-19 *May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer- may her breasts satisfy you always, may you ever be captivated by her love.*
 - 1 Corinthians 7:3-5 *The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. The wife's body does not belong to her alone but also to her husband. In the same way, the husband's body does not belong to him alone but also to his wife. Do not deprive each other except by mutual consent...*
 - Hebrews 13:4 *Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.*

Worship – is responding to God in a way that brings Him praise, honor, and glory

1. **Demonstrated in the life of Jesus** – Jesus entire life, death, burial and resurrection was one unbroken act of worship because He responded to each of the Father's promptings and commands perfectly without ever sinning.
2. **Spoken of in Scripture** –
 - Psalm 150:6 *Let everything that has breath praise the Lord . Praise the Lord .*

- Matthew 4:10 Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'"
- Matthew 21:14-16 The blind and the lame came to him at the temple, and he healed them. But when the chief priests and the teachers of the law saw the wonderful things he did and the children shouting in the temple area, "Hosanna to the Son of David," they were indignant. "Do you hear what these children are saying?" they asked him. "Yes," replied Jesus, "have you never read, 'From the lips of children and infants you have ordained praise'?"
- John 4:23-24 Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in spirit and in truth."
- Romans 12:1 Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship.
- Ephesians 5:19 Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord,

Evangelism – is the giving of the good news of Jesus to lost people

1. **Demonstrated in the life of Jesus** – Jesus came to preach the gospel (good news) and seek and save those who were lost.
2. **Spoken of in Scripture** –
 - Proverbs 11:30 *The fruit of the righteous is a tree of life, and he who wins souls is wise.*
 - Daniel 12:3 *Those who are wise will shine like the brightness of the heavens, and those who lead many to righteousness, like the stars for ever and ever.*
 - Matthew 4:19 "Come, follow me," Jesus said, "and I will make you fishers of men."
 - Matthew 28:18-19 *Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."*
 - 1 Corinthians 9:19 *Though I am free and belong to no man, I make myself a slave to everyone, to win as many as possible.*

Activism – is the opposition to systems of injustice

1. **Demonstrated in the life of Jesus** – Jesus came to destroy Satan and the world. He also came against the corrupt religion of His day by speaking against them and turning over the tables of corrupt businessmen in the temple.
2. **Spoken of in Scripture** -
 - Psalm 7:6 *Arise, O Lord, in your anger; rise up against the rage of my enemies.*
 - Psalm 68:5-6 *A father to the fatherless, a defender of widows, is God in his holy dwelling. God sets the lonely in families, he leads forth the prisoners with singing; but the rebellious live in a sun-scorched land.*
 - Psalm 140:12 *I know that the Lord secures justice for the poor and upholds the cause of the needy.*
 - Proverbs 3:27 *Do not withhold good from those who deserve it, when it is in your power to act.*
 - Proverbs 24:11-12 *Rescue those being led away to death; hold back those staggering toward slaughter. If you say, "But we knew nothing about this," does not he who weighs the heart perceive it? Does not he who guards your life know it? Will he not repay each person according to what he has done?*

Feasting – is the celebration of God with good company, good food, and good drink

1. **Demonstrated in the life of Jesus** – Being a good Jew, Jesus would have undoubtedly participated in the various annual Jewish feasts and was accused by some of eating, drinking, and fraternizing far too much (Luke 7:34).
2. **Spoken of in Scripture** –
 - Proverbs 9:1-5 *Wisdom has built her house; she has hewn out its seven pillars. She has prepared her meat and mixed her wine; she has also set her table. She has sent out her maids, and she calls from the highest point of the city. "Let all who are simple come in here!" she says to those who lack judgment. "Come, eat my food and drink the wine I have mixed.*
 - Ecclesiastes 10:19 *A feast is made for laughter, and wine makes life merry...*
 - Isaiah 25:6-9 *On this mountain the Lord Almighty will prepare a feast of rich food for all peoples, a banquet of aged wine- the best of meats and the finest of wines. On this mountain he will destroy the shroud that enfolds all peoples, the sheet that covers all nations; he will swallow up death forever. The Sovereign Lord will wipe away the tears from all faces; he will remove the disgrace of his people from all the earth. The Lord has spoken. In that day they will say, "Surely this is our God; we trusted in him, and he saved us. This is the Lord, we trusted in him; let us rejoice and be glad in his salvation."*
 - Romans 12:13 *...practice hospitality...*
 - Revelation 19:9 *Then the angel said to me, "Write: 'Blessed are those who are invited to the wedding supper of the Lamb!' " And he added, "These are the true words of God."*

What are some of the more contemplative spiritual disciplines?

Fasting – is the abstaining from something for the purpose of growing in discipline

1. **Demonstrated in the life of Jesus** – Jesus frequently fasted from food throughout the course of His ministry (Matthew 4:1-11) and expected that His disciples would also fast (Matthew 6:16-17).
2. **Spoken of in Scripture** –
 - Nehemiah 9:1 *On the twenty-fourth day of the same month, the Israelites gathered together, fasting and wearing sackcloth and having dust on their heads.*
 - Esther 4:16 *"Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish."*
 - Isaiah 58:6-7 *"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter- when you see the naked, to clothe him, and not to turn away from your own flesh and blood?"*
 - Matthew 4:1-2 *Then Jesus was led by the Spirit into the desert to be tempted by the devil. After fasting forty days and forty nights, he was hungry.*
 - Matthew 6:16 *When you fast...*
 - Acts 13:2 *While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them."*
 - Acts 14:23 *Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust.*

Silence & Solitude – is the fasting from fellowship and life's noise for a prescribed time

1. **Demonstrated in the life of Jesus** – Jesus often withdrew to quiet places to rest, pray, hear from the Father, and prepare for upcoming ministry seasons.

2. Spoken of in Scripture -

- 1 Kings 19:11-13 The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, "What are you doing here, Elijah?"
- Habakkuk 2:20 *But the Lord is in his holy temple; let all the earth be silent before him.*"
- Zephaniah 1:7 *Be silent before the Sovereign Lord ...*
- Matthew 14:23 *After he had dismissed them, he went up on a mountainside by himself to pray. When evening came, he was there alone...*
- Mark 6:31-33 *Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."*
- Luke 4:42 *At daybreak Jesus went out to a solitary place. The people were looking for him and when they came to where he was, they tried to keep him from leaving them.*
- Luke 5:16 *But Jesus often withdrew to lonely places and prayed.*

Chastity – is the fasting from lovemaking for the purpose of holiness

1. **Demonstrated in the life of Jesus** – Because Jesus was never married, He refrained from an inappropriate relationship with any woman, though he had many women whom He loved like sisters.

2. Spoken of in Scripture -

- 1 Corinthians 6:13 *...The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.*
- 1 Corinthians 6:18 *Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body.*
- 1 Corinthians 7:3-5 *The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. The wife's body does not belong to her alone but also to her husband. In the same way, the husband's body does not belong to him alone but also to his wife. Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.*
- 1 Corinthians 10:8 *We should not commit sexual immorality...*
- Ephesians 5:3 *But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people.*
- 1 Thessalonians 4:3 *It is God's will that you should be sanctified: that you should avoid sexual immorality...*
- Jude 1:7 *In a similar way, Sodom and Gomorrah and the surrounding towns gave themselves up to sexual immorality and perversion. They serve as an example of those who suffer the punishment of eternal fire.*

Prayer – is the reverent speaking to God about the joys, toils, and concerns of life: either silently or verbally

1. **Demonstrated in the life of Jesus** – Jesus often spent much time in prayer.

2. Spoken of in Scripture -

- Psalm 65:2 *O you who hear prayer, to you all men will come.*
- Luke 5:16 *But Jesus often withdrew to lonely places and prayed.*
- Colossians 4:2 *Devote yourselves to prayer, being watchful and thankful.*

- 1 Thessalonians 5:17 ...pray continually...
- Hebrews 4:16 *Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*

Sabbath – is the weekly resting from one’s work to enjoy the fruit of labor and the Lord

1. **Demonstrated in the life of Jesus** – Being a good Jew, Jesus would have kept the Sabbath day holy to rest from and enjoy His work—as He did on the seventh day of creation.
2. **Spoken of in Scripture** -
 - Exodus 20:8 *"Remember the Sabbath day by keeping it holy.*
 - Leviticus 23:3 *" 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 .*
 - Deuteronomy 5:12 *"Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you.*
 - Matthew 12:8 *"For the Son of Man is Lord of the Sabbath."*
 - Matthew 11:28-29 *"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.*
 - Mark 2:27 *Then he said to them, "The Sabbath was made for man, not man for the Sabbath.*
 - Hebrews 4:9 *There remains, then, a Sabbath rest for the people of God...*

Study & Learning – is the careful examination of and by Scripture

1. **Demonstrated in the life of Jesus** – Jesus was fully man (though He remained fully God) and therefore had to study the Scriptures to learn them like any other young man (Luke 2:52).
2. **Spoken of in Scripture** -
 - Proverbs 10:14 *Wise men store up knowledge, but the mouth of a fool invites ruin.*
 - Proverbs 23:12 *Apply your heart to instruction and your ears to words of knowledge.*
 - Mark 12:29-30 *"The most important one," answered Jesus, "is this: 'Hear, O Israel, the Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.'*
 - 2 Timothy 2:15 *Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth.*

Meditation - is the thoughtful contemplation of God and His Word

1. **Demonstrated in the life of Jesus** – As a young boy, Jesus sat with the religious teachers who were amazed at the insights He had into Scripture that obviously came from His thoughtful pondering of God’s Word (Luke 2:41-52). We also see that Jesus had committed large portions of Scripture to memory as He was able to quote Scripture freely throughout His ministry.
2. **Spoken of in Scripture** -
 - Joshua 1:8 *Do not let this Book of the Law depart from your mouth; 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.*
 - Psalm 1:1-4 *Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the Lord , and on his law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.*

- Psalm 77:11-12 *I will remember the deeds of the Lord; yes, I will remember your miracles of long ago. I will meditate on all your works and consider all your mighty deeds.*
- Luke 2:19 *But Mary treasured up all these things and pondered them in her heart.*

Journaling – is the recording of one’s life and journey with God for posterity

1. **Demonstrated in the life of Jesus** – Jesus only recorded writing was an unknown statement in the sand. But, Jesus has preserved a copy of His life and ministry through the pen of His servants who wrote the Scriptures about Him.
2. **Spoken of in Scripture** – Many books of the Bible could in fact be described as largely inspired journals of the lives of God’s servants. Among this could be counted such books as Jonah, Ecclesiastes, Song of Songs, Esther, Job, Ruth, I John etc.
 - Deuteronomy 6:4-7 *Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.*
 - I John 1:1-3 *That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked at and our hands have touched this we proclaim concerning the Word of life. The life appeared; we have seen it and testify to it, and we proclaim to you the eternal life, which was with the Father and has appeared to us. We proclaim to you what we have seen and heard, so that you also may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ.*
 - Revelation 1:19 *"Write, therefore, what you have seen, what is now and what will take place later.*

For Further Reading

Spiritual Disciplines for the Christian Life by Donald Whitney

Celebration of Discipline by Richard Foster

Sacred Pathways by Gary Thomas

The Imitation of Christ by Thomas á Kempis

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