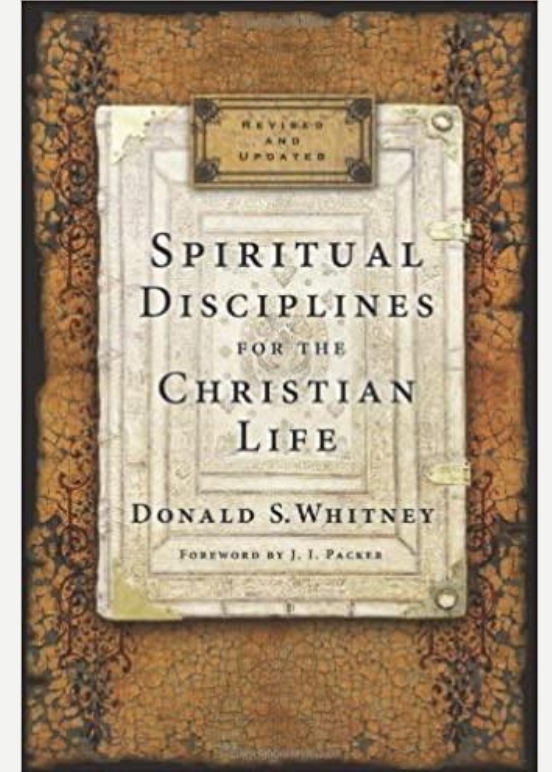


# **Spiritual Disciplines for the Christian Life**

**Week Two: Chapter 2-3 “Bible Intake”**



## **Review:**

**Theme verse:** 1 Timothy 4:7

*“Have nothing to do with irreverent, silly myths. Rather train yourself for godliness;”*

**Theme of the book:** Discipline or training for Purpose of Godliness

# **Review:**

## **Potential dangers of a list of disciplines:**

1. The disciplines become a checklist of our maturity or gauge of our spiritual health
2. The disciplines become the goal rather than tools to reach the goal
3. The disciplines can end up being done for the wrong reasons

# Review:

**Justification: Our position before God because of Christ**

**Col. 2:13-14:**

*“And you, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses, by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross.”*

## **Sanctification:** The progressive process of becoming like Christ

“With respect to justification, Christ has secured forensic righteousness *for* the believer; in sanctification, the Spirit progressively works practical righteousness *in* the believer.” – Biblical Doctrine

“Though the penalty of sin is paid for and the power of sin is broken, the presence of sin still remains in the believer’s flesh and therefore must continually be put to death.”

## **Sanctification:** The progressive process of becoming like Christ

**Romans 12:1-2:** *“I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind...”*

**Ephesians 4:17:** *“Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do...”*

**Ephesians 4:22-24:** *“... put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.”*

**1 Peter 1:14-16:** *“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, ‘You shall be holy, for I am holy.’”*

**1 Thessalonians 4:3:** *“For this is the will of God, your sanctification...”*

# **Sanctification:** The progressive process of becoming like Christ

While our justification is solely the work of Christ with nothing we can add to the equation to *earn or keep our salvation*, our sanctification is the result of the work of the Spirit in us using our labors to bring forth growth and fruit which *reflects our salvation*.

## **1. We pursue sanctification out of love**

**John 14:15:** *“If you love me, you will keep my commandments.”*

## **2. We pursue sanctification because it pleases the Lord**

**Colossians 1:9-10:** *“And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the knowledge of God.”*

# Sanctification: The progressive process of becoming like Christ

## 3. We pursue sanctification because it is what we were made for

**Romans 8:29:** *“For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers.”*

**Ephesians 2:10:** *“For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.”*

## 4. We pursue sanctification because it proclaims God’s plan of redemption to the world

**1 Peter 2:9:** *“But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.”*



# Sanctification: The progressive process of becoming like Christ

## 5. The pursuit of sanctification is not a burden

**1 John 5:3:** *“For this is the love of God, that we keep his commandments. And his commandments are not burdensome.”*

**2 Corinthians 3:18:** *And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.*

## Bible Intake

*“No spiritual discipline is more important than the intake of God’s Word. Nothing can substitute for it. There simply is no healthy Christian life apart from a diet of the milk and meat of scripture.” – Whitney*

*“...what can be better for informing the understanding than the Word of God? Would you know God? Would you know yourself? Then search this Book. Would you know time, and how to spend it? Would you know eternity, and how to be prepared for it? Then, search ye this Book. Would you know the evil of sin, and how to be delivered from it? Would you know the plan of salvation, and how you can have a share in it? This is the Book which will instruct you in all these matters. There is nothing which a man needs to know for the affairs of his soul, between here and heaven, of which this Book will not tell him.” – Charles Spurgeon*

*“If you wish to know God, you must know his Word. If you wish to perceive his power, you must see how he works by his Word. If you wish to know his purpose before it comes to pass, you can only discover it by his Word.” – Charles Spurgeon*

*[I] “began to look into the Bible with new eyes, and read as I never did before... and indeed, I was then never out of the Bible, either by reading or meditation, still crying out to God, that I might know the truth, and way to Heaven and Glory.” – John Bunyan*

## Bible Intake

**John 17:17:** *“Sanctify them in the truth; your word is truth.”*

**Hebrews 4:12:** *“For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.”*

**1 Thessalonians 2:13:** *“And we also thank God constantly for this, that when you received the word of God, which you heard from us, you accepted it not as the word of men but as what it really is, the word of God, which is at work in you believers.”*

**2 Timothy 3:16-17:** *“All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.”*

**Colossians 3:16:** *“Let the Word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.”*

# Bible Intake

**1. Hearing the Word**

**2. Reading the Word**

**3. Studying the Word**

**4. Memorizing the Word**

**5. Meditating on the Word**

*“[meditation] is a holy exercise of the mind whereby we bring the truths of God to remembrance, and do seriously ponder upon them and apply them to ourselves.” – Thomas Watson*

*“Meditation is the soul’s retiring of itself so that, by a serious and solemn thinking upon God, the heart may be raised up to heavenly affections.” – Thomas Watson*

**6. Applying the Word**

# **Bible Intake**

**We spend time in the Word of God to:**

- 1. Know God and learn about Him**
- 2. Guard against sin**
- 3. Find comfort in sorrow**
- 4. For guidance and wisdom in life**