



# DISCIPLINE.

We live in a day and age where everything is supposed to be easy. We think this way because a lot of things do come easily. Stores full of every food eliminate the need for hunting and gathering. Throw the clothes in a big machine instead of hanging them on a clothesline. Want to learn a new language? There's an app for that! We assume our faith will be the same way. I mean, Jesus is good and grace is abundant - shouldn't this whole "faith walk" thing be the easiest of all? But it isn't, does it? Even though God has lavished us with love, sometimes we simply don't want to read our Bibles. Sometimes we forget to pray. We don't want to put in the time and effort into memorizing Scripture. Sometimes parts of our faith walk are simply not easy. This doesn't mean you're a "bad Christian." It doesn't mean God doesn't love you or you're not getting into heaven. These things are called "disciplines" because they can be hard! But they ultimately bring spiritual growth and a closeness with our Father we can't get on our own. And that's real good.

# IN THE BIBLE.

**Romans 8:13-14.**

13 For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.

14 For those who are led by the Spirit of God are the children of God.

## **Hebrews 5:11-14.**

11 We have much to say about this, but it is hard to make it clear to you because you no longer try to understand. 12 In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! 13 Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. 14 But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.

## **QUESTIONS.**

- 1.) What are some spiritual disciplines? What is the "solid food" vs. "milk" that the author of Hebrews mentions?
- 2.) Do you want change in your life? How can spiritual disciplines affect your faith and life?
- 3.) What steps of discipline are you willing to take?

**Whenever you read the Bible, ask yourself these three questions:**

1. What does this tell you about God?
2. What does this tell you about yourself and the world?
3. How is this going to change who you are and how you live?