



# 20 VISION 17

## SPIRITUAL DISCIPLINES.

What? The idea of spiritual discipline doesn't sound wildly fun to you?! Well, while, the word "discipline" may not get us super stoked, we're not talking laps around the gym here. We're talking connection with our good Father! It's not always easy though. We live in an age of instant results. Instant coffee; instant popcorn; instant streaming. If we have to spend a few seconds waiting for our iPhones to access the internet we grow impatient, unaware that such a thing would not have even been possible a few years ago. Honestly, what did people used to do in waiting rooms?!

In such a world, discipline is hard to think about. Go without? Work hard? Sacrifice? These aren't necessarily things we yearn for, but such ideas are the ideas of the Kingdom of Christ. (It's an upside-down Kingdom, really, where least are greatest and meek are blessed, etc.) Jesus lived by example during his life and, while he always answers with grace when we fail to live up to his perfect example, we still get opportunity after opportunity to follow suit for our own good and the good of the Kingdom.

## IN THE BIBLE.

### **1 Timothy 4:7**

Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly.

## **1 Cor. 9:24-27**

24 Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. 25 Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. 26 Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. 27 No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

# QUESTIONS.

- 1.) What are some examples of spiritual disciplines that Jesus showed us during his time on earth?
- 2.) Which ones come easier/harder to you?
- 3.) What are some benefits of practicing spiritual disciplines?
- 4.) What is a spiritual discipline you can specifically work on this week?

**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?