

# Spiritual Discipline

**Matthew 5:6** – “Blessed [are] they which do hunger and thirst after righteousness: for they shall be filled.”

## Shocking Statistics:

\_\_\_% of women and \_\_\_% of men surveyed believed religion can answer today's problems

A typical church service has \_\_\_% females versus \_\_\_% males

Are women more spiritual by nature? If so, why? If not, why do we see these statistics?

## Examples of Discipline

Mike Singletary (watch a play 50-60 times), Ernest Hemingway (wrote 2 pages per day), Leonardo da Vinci (drew 1000 hands), Thomas Edison (1000 light bulb failures), Winston Churchill (practiced his speeches)

## Scriptural Discipline

*Talent or Discipline? When it comes to spirituality – Every Christian is on equal footing!*

**1 Timothy 4:7-9** – “But refuse profane and old wives' fables, and exercise thyself [rather] unto godliness. For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come. This [is] a faithful saying and worthy of all acceptance.”

Exercise –

What are we told to do and why?

**Hebrews 12:1-3** – “Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset [us], and let us run with patience the race that is set before us, Looking unto Jesus the author and finisher of [our] faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds.”

Based on this passage, what should characterize our race with God?

Does this passage indicate that spiritual discipline will be hard?

What blessings are promised to us for obedience?

**1 Corinthians 9:24-27** – “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. 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. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.” (NIV)

What additional wisdom does Paul give us about Spiritual Discipline?

## Love vs. Legalism – Our motivation for Discipline

One of the greatest dangers of discipline is that we work out of a legalism and become Pharisees rather than working out of love. Look back at Hebrews 12:1-3. What should be our motivation for running the race?