

Disciplining ourselves for the purpose of GODLINESS!

Selected Scripture.

**An introduction to a series on
Spiritual Disciplines**

Pastor Nick Lee / June 1, 2025

The Three Big Names of Spiritual Formation & Spiritual Disciplines in last 50 years.

(1978) Richard Foster
Celebration of Discipline

(1988) – Dallas Willard
Spirit of the Disciplines

(1991) – Donald Whitney
Spiritual Disciplines for the Christian Life

****Also have: Bridges, Hughes and Peterson.***

Richard Foster :

- (1) Inward: Meditation, Prayer, Fasting, Study.**
- (2) Outward: Simplicity, Solitude, Submission and Service.**
- (3) Corporate: Confession, Worship, Guidance, and Celebration.**

Dallas Willard:

- (1) Disciplines of Abstinence: Solitude, Silence, Fasting, Frugality, Chastity, Secrecy, and Sacrifice.**
- (2) Disciplines of Engagement: Study, Worship, Celebration, Service, Prayer, Fellowship, Confession and Submission.**

Donald Whitney:

- (1) Personal: Bible Intake (Hearing, Reading and Studying Scripture), Prayer, Worship, Evangelism, Serving, Stewardship, Fasting, Silence & Solitude, Journaling and Learning.**
- (2) Interpersonal or Relational: *Spiritual Disciplines within the Church.***
(Response to Consumerism of the church).

*****Process of reading this book as I work on some things for church membership.***

Spirituality is seldom considered in the context of the church body. But the personal spiritual disciplines are not intended to make us spiritually self-absorbed evangelical monks. The church is a community in which Christians are to live and experience much of their Christianity. Too many believers isolate themselves from life with the family of God, deceived by the notion that “me and Jesus” are all they need in order to be all that God wants them to become and to savor all He has for them. (pp.13-14)

-Donald Whitney ***Spiritual Disciplines within the Church.***

“We have a problem in the Evangelical circles today. We are not only saved by grace, we are paralyzed by it. ... And so the need as we approach the topic of spiritual formation, is to understand as well as we can what is our part and what is God’s part and take care of our part that God may be able to work with us in bringing us to be the kinds of people that we need to be and he wants us to be.”

Dallas Willard ***Spirit of the Disciplines***

**SCHEDULE – SERMON SERIES (5 Disciplines
and I have preached on Worship before).**

June 1- Spiritual Disciplines Intro. (Pastor Nick)

June 8- Church Retreat (Pastor Tim)

June 15- Prayer (Brother Byron)

June 22- Prayer (Brother Byron)

June 29- Scripture (Pastor Nick)

July 6- Scripture (Pastor Nick)

July 13- Tithing (Brother Byron)

July 20- Fasting (Pastor Nick)

July 27- Evangelism (Brother Byron)

(18) And Jesus came up and spoke to them, saying, “All authority has been given to Me in heaven and on earth. (19) Go, therefore and make disciples of all the nations (*Ethne*) baptizing them in the name of the Father and the Son and the Holy Spirit. (20) Teaching them to observe all that I have commanded you; and lo I am with you always, even to the end of the age.”

Matthew 28:18-20 (NASB 1995)

(16) All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; (17) so that the man of God may be adequate, equipped for every good work.

(1) I solemnly charge you in the presence of God and of Christ Jesus, who is to judge the living and the dead, and by His appearing and His kingdom, (2) preach the Word; be ready in season and out of season; reprove, rebuke, exhort, with great patience and instruction. (3) For the time will come when they will not endure sound doctrine, but wanting to have their ears tickled, they will accumulate for themselves teachers in accordance to their own desires (4) and will turn away their ears from the truth and turn aside to myths (5) But you be sober in all things, endure hardship, do the work of an evangelist, fulfill your ministry.

2 Timothy 3:16-17-2 Timothy 4:1-5 (NASB 1995)

1 Timothy 4:1-2: (1) But the Spirit explicitly says that in later times some will fall away from the faith, ... (2) by the hypocrisy of liars seared in their own conscious as with a branding iron, ... (6) In pointing out these things to the brethren you will be a good servant of Christ Jesus, constantly nourished on the words of the faith and of the sound doctrine which you have been following. (7) But have nothing to do with worldly fables fit only for old women. On the other hand, discipline yourself for the purpose of Godliness; (8) for bodily exercise is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come. (v.12) Let no one look down on your youthfulness (BE AN EXAMPLE)

-1 Tim. 4:1-2, 6-8, 12

(Paraphrased and partially quoted NASB 1995)

QUOTES FROM PURSUIT OF HOLINESS (Jerry Bridges)

“The Holy Spirit makes us aware of our lack of holiness to stimulate us to deeper yearning and striving for holiness. But Satan (“The Accuser”) will attempt to use the Holy Spirit’s work to discourage us.

“We become so accustomed to our sins we sometimes lapse into a state of peaceful coexistence with them, but God never ceases to hate them.”

Hebrews 12:14: Pursue peace with all people, and the holiness without which no one will see the Lord.



“Discipline without direction is drudgery.”

“Godliness is your purpose if you are indwelled by the Holy Spirit, for He makes godliness your purpose.

Godliness is the goal of the disciplines, and we remember that the Spiritual Disciplines become a delight instead of drudgery.”

Donald Whitney

Spiritual Disciplines for the Christian Life

ABOUT THE SPIRITUAL DISCIPLINES

Definition: Those practices found in Scripture that promote spiritual growth among believers in the gospel of Christ. They are habits of devotion and experiential Christianity that have been practiced by the people of God since biblical times.

Donald Whitney's definition.

“Disciplines are not the answer; they only lead us to the Answer. We must clearly understand this limitation of the Disciplines. ... A farmer is helpless to grow grain all he can do is provide the right conditions for the growing of grain. He cultivates the ground, he plants the seed, he waters the plants and then the natural forces of the earth take over. This is the way it is with the Spiritual Disciplines- they are a way of sowing to the Spirit.”

Richard Foster
Celebration of Discipline

ABOUT THE SPIRITUAL DISCIPLINES

-Activities not attitudes. (Although these activities ought to shape your attitude and develop your character).

Read, meditate, pray, fast, worship, serve, etc.

IE: Fasting (Discipline) results may be Joy.
(one of the fruits of the Spirit– Christlike quality).

“There are specific practices we are to do sometimes that cultivate generally being like Jesus all the time.”

-Donald Whitney

Catalysts God will use to conform us to Christlikeness:

(1) People: Pleasant or Difficult: Friends, enemies, spouses, kids, parents,

Proverbs 27:17- Iron sharpens iron.

1 Cor. 15:33- Bad company corrupts good morals.

(2) Circumstances: Pleasant or Difficult. Financial Pressures, Health, joys and disappointments.

(3) Spiritual Disciplines.

** (We actually have a degree of control over this one).

****God works from the inside-out.**

“The freedom of Godliness is the freedom to do what God calls us through Scripture to do and the freedom to express the character qualities of Christ through our own personality. This kind of freedom is the “reward” or result of the blessing of God upon our engagement in the Spiritual Disciplines.”

Donald Whitney
Spiritual Disciplines for the Christian Life