

## Topic 21: Spiritual Disciplines *Being Shaped*

### INTRODUCTION TO THE SPIRITUAL DISCIPLINES

*The fear of the Lord is the beginning of knowledge,  
but fools despise wisdom and discipline  
Proverbs 1:7*



**Fools are characterized by a lack of discipline and little wit; they ruin their lives and others as well. Those who wish to improve themselves must learn to accept correction and learn from it. The disciple is to apply his heart to discipline and listen carefully to knowledge.**

The effective Christian worker must have the power of the Holy Spirit (Acts 1:8). But that power must be expressed in a loving spirit, or it may do damage and often the deciding factor between success and failure is a matter of **SELF-DISCIPLINE**.

**The ultimate goal of every believer is to become like Jesus (I John 3:2).**

### **THE QUESTION IS HOW DOES ALL OF THIS TAKE PLACE?**

Some have stated in their own excitable reasoning that the anointing makes the difference. Does the anointing really make the difference? How can you tell when you are anointed? Who can tell who is anointed? What about godliness? What is required to become godly? Prayerfully in this short presentation we will be able to answer some of these questions.

There also have been strong references to the fact that believers need freedom to exercise their spiritual gifts and that all of the gifts are operative today. Yet in their massive fellowships and mega concepts their habits and lifestyles remain the same. Many believers have only changed their worship locations and some of their overt activities, but inwardly they remain UNCHANGED.

We teach that real change takes place from the inside out. If you recall the dialogue between the woman at the well and Jesus in the gospel of John chapter 4, verses 20-24 the woman begins to speak about the location of worship. Jesus points out that the place is insignificant. What God desires are true worshipers. And they that worship Him must worship Him in spirit and in truth.

Accepting discipline is important to personal development. One must acquire understanding, especially about oneself, to grow spiritually, intellectually, and emotionally.

In order to have a right relationship with God we must discipline our lives.

# WHAT ARE SPIRITUAL DISCIPLINES

*For God did not give us a spirit of timidity,  
But a spirit of power, of love and of self-discipline. II Timothy 1:7*

A good working definition is found in Donald S. Whitney's book entitled "Spiritual Disciplines for the Christian Life. He states that *"spiritual disciplines are the God given means we are to use in the spirit filled pursuit of godliness."*

Notice that they are God given and it is a spirit filled effort. He lists three primary catalysts that God uses for changing us or confirming us to Christlikeness, out of the three only one is under our control. The three are *people, circumstances, and the spiritual disciplines*. However, we do control what we practice and how often we practice, as well as, when we practice the spiritual disciplines. Disciples must have intense devotion and firm self-discipline.

Spiritual disciplines put us in the very presence of God. God never expects us to read his mind. He will always tell us what He wants us to know and what He wants us to do. We can't pick up or put down God whenever we get ready. God must always be with us and in us.

The presence of God is an experience that is both powerful and life changing. God doesn't need human efforts. God is always ready to operate; it's for us to use what he has given to us.

The Spiritual Disciplines are means He has given to us for the purpose of producing godliness (I Timothy 4:7).

## Looking at the You and me of the matter

1. Do you want to be like Jesus? Why or why not

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So often believers and non-believers are disappointed and discouraged because of something that is unlike God that they see in our leadership and in one another. Many Pastors and church leaders have set poor examples.

The Apostle Paul summed up our three-directional duties of Christian life in three words: self-controlled, upright, and godly.

Paul says in Titus 2:5, that a believer is to be self-controlled (discreet) and pure, to be busy at home, to be kind, ... "so that no one will malign the word of God." In verse 8, he wrote, "so that those who oppose you may be ashamed because they have nothing bad to say about us." Paul concluded with, "so that in every way they will make the teaching about God our Savior attractive" (verse 10).

Therefore, as believers, we should seek to be exemplary in every aspect of our lives, doing our best for the sake of Christ and His gospel. Our work, our play, our shopping should all be done with a view that not only will unbelievers have nothing bad to say, but on the contrary, they will be attracted to the gospel that they see at work in our lives.

The disciplines help to mold us into this example.

So, here we go.

## Disciple # 1 - Worship

2. What words, images, etc. come to mind when you think of the word "worship"?

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### Worship Defined and Described

Read these verses, one from the Old Testament, and one from the New Testament:

- "Come, let us worship and bow down, let us kneel before the lord our Maker." (Psalm 95:6, nasb)
- "But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. God is spirit, and those who worship him must worship in spirit and truth." (John 4:23-24, esv)

The Hebrew word translated *worship* in Psalm 95:6 is *shachah*. It means literally "to bow down." The idea is bending low or prostrating oneself as a way of giving honor or paying homage or expressing devotion.

The Greek word translated worship in John 4 is *proskyne*. It also conveys this same idea of bowing with respect and devotion (see Matthew 2:11, 4:9, and 28:9).

What about our English word "worship"? It is derived from the Old English term "worthship" – literally, having worth or value.

**Worship:** *to assign worth and value to someone (something), and then – out of respect, gratitude, affection, devotion, or fear – bowing one's life before that someone (or something)*

3. Why do you think God commands us to worship him?

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God does command worship, however, because it is:

- Fitting
- Fulfilling

Worship of God is fitting.

As the perfect and majestic one, God deserves worship. He is worthy of all praise. To fail to worship the one who is worthy of infinite praise is an infinite shame! God saying, “Worship me” isn’t vain; it’s right. It’s common sense.

Worship of God is fulfilling.

The other reason God commands us to worship him is for our benefit. When we praise God, we find satisfaction and joy.

## Checking out the text further

WORSHIP GOD ALONE

“Bring all who claim me as their God, for I have made them for my glory. It was I who created them.” (Isaiah 43:7, nlt)

“For in him all things were created.” (Colossians 1:16)

4. According to these text, why did God create us?

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The Old Testament Book of Psalms was the “hymn book” for the Jewish people, including Jesus. They speak to every situation and emotion of life. They show that God is worthy of our worship – our attention, allegiance, affection, and adoration – no matter what we’re facing.

When you read the psalms, you’ll notice they include loud, expressive worship and quiet introspective meditation. Whether songs of protest or praise, an individual reeling in terror or a nation rejoicing in triumph, in the psalms we see God’s people:

Bowing down before God (Psalm 95:6)  
Seeking his face (Psalm 105:3–4)  
Waiting for the Lord (Psalm 33:20–21)  
Dwelling in his house (Psalm 27:4)

Singing to him (Psalm 104:33)  
Shouting to him (Psalm 47:1)  
Lifting hands (Psalm 134:2)

5. What does it mean to live for the glory of God?

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HOW DO WE ENGAGE IN THIS PRACTICE OF WORSHIP?

In the same way we have different personalities and relational styles, different strengths and interests, so we have different ways of worshiping or connecting with God.