

Spiritual Disciplines
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Spiritual
Disciplines



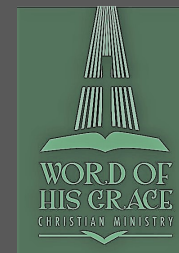
Word of His Grace
Christian Ministry

Sharing the gospel of Jesus Christ through the exposition of God's Holy Word, the Bible.

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”Because he hath inclined his ear unto me, therefore will I call upon him as long as I live”
(Psalm 116:2).



Can we know God? What spiritual disciplines help us draw closer to God? There are primary disciplines like studying the Scriptures, which is God’s revelation to man. Prayer, which is opening the heart in communication to God while waiting in His presence. Other disciplines aid in enriching our Christian experience with God; such as fellowship, fasting, witnessing, and others that will be highlighted here.

What reason did king David give for praying?

“I called upon the LORD in distress: the LORD *answered* me, and set me in a large place” (Psalm 118:5).

“Because he hath *inclined* his ear unto me, therefore will I call upon him as long as I live” (Psalm 116:2).

Does God want us to come to him and pray directly?

“Then shall ye call upon me, and ye shall go and *pray* unto me, and I will hearken unto you. And ye shall seek me, and find me, when ye shall search for me with all your *heart*” (Jeremiah 29:12-13).

“But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in *secret*; and thy Father which seeth in secret shall reward thee openly” (Matthew 6:6).

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HINDERED PRAYERS

1 Peter 3:7

Does God really hear me when I pray?

“The LORD is *nigh* unto them that are of a broken heart; and saveth such as be of a *contrite* spirit” (Psalm 34:18).

“And this is the confidence that we have in *him*, that, if we ask any thing according to his will, he *heareth* us” (1 John 5:14).

How should we come to God in prayer?

“LORD, thou hast heard the desire of the *humble*: thou wilt prepare their heart, thou wilt cause thine ear to *hear*” (Psalm 10:17).

“Be careful for nothing; but in every thing by prayer and supplication with *thanksgiving* let your requests be made known unto God” (Philippians 4:6).

Can anything hinder my prayers from being answered?

“But he giveth more grace. Wherefore he saith, God resisteth the *proud*, but giveth grace unto the humble” (James 4:6).

“Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your *lusts*” (James 4:3).

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How often should we pray?

“And he spake a parable unto them to this end, that men ought *always* to *pray*, and not to faint” (Luke 18:1).

NOTE: The thought is to always pray; to have an attitude that is willing to pray, becoming dependent upon God. For the importance of *private prayer*, See Mark 6:6, 46; Luke 6:12.

As we confess our sins directly to God, does he forgive?

“If we confess our sins, *he* is *faithful* and just to forgive us our sins, and to cleanse us from all unrighteousness” (1 John 1:9).

Why does Peter say we should pray?

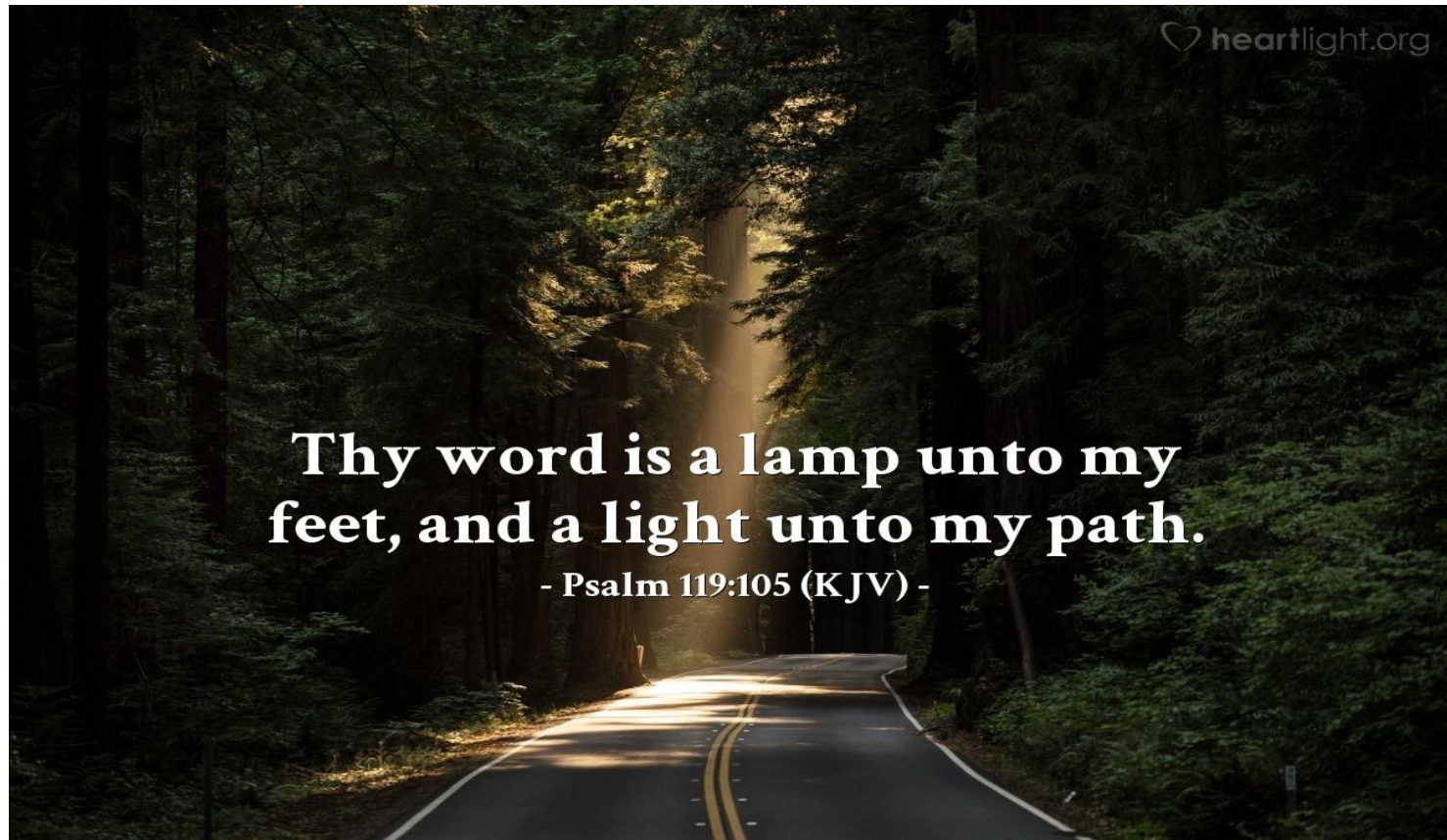
“Casting all your care upon him; for he *careth* for you” (1 Peter 5:7).

What did Jesus say regarding prayer?

“*Ask*, and it shall be given you; *seek*, and ye shall find; *knock*, and it shall be opened unto you” (Matthew 7:7).

“But when ye pray, use not vain *repetitions*, as the heathen do: for they think that they shall be heard for their *much* speaking” (Matthew 6:7).

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Thy word is a lamp unto my feet, and a light unto my path.

- Psalm 119:105 (KJV) -

Why did God command the children of Israel to meditate on his Word?

“Specially the day that thou stoodest before the LORD thy God in Horeb, when the LORD said unto me, Gather me the people together, and I will make them hear *my* words, that they may *learn* to fear me all the days that they shall live upon the earth, and that they may *teach* their children” (Deuteronomy 4:10).

How much value did the Old Testament authors place upon God’s Word?

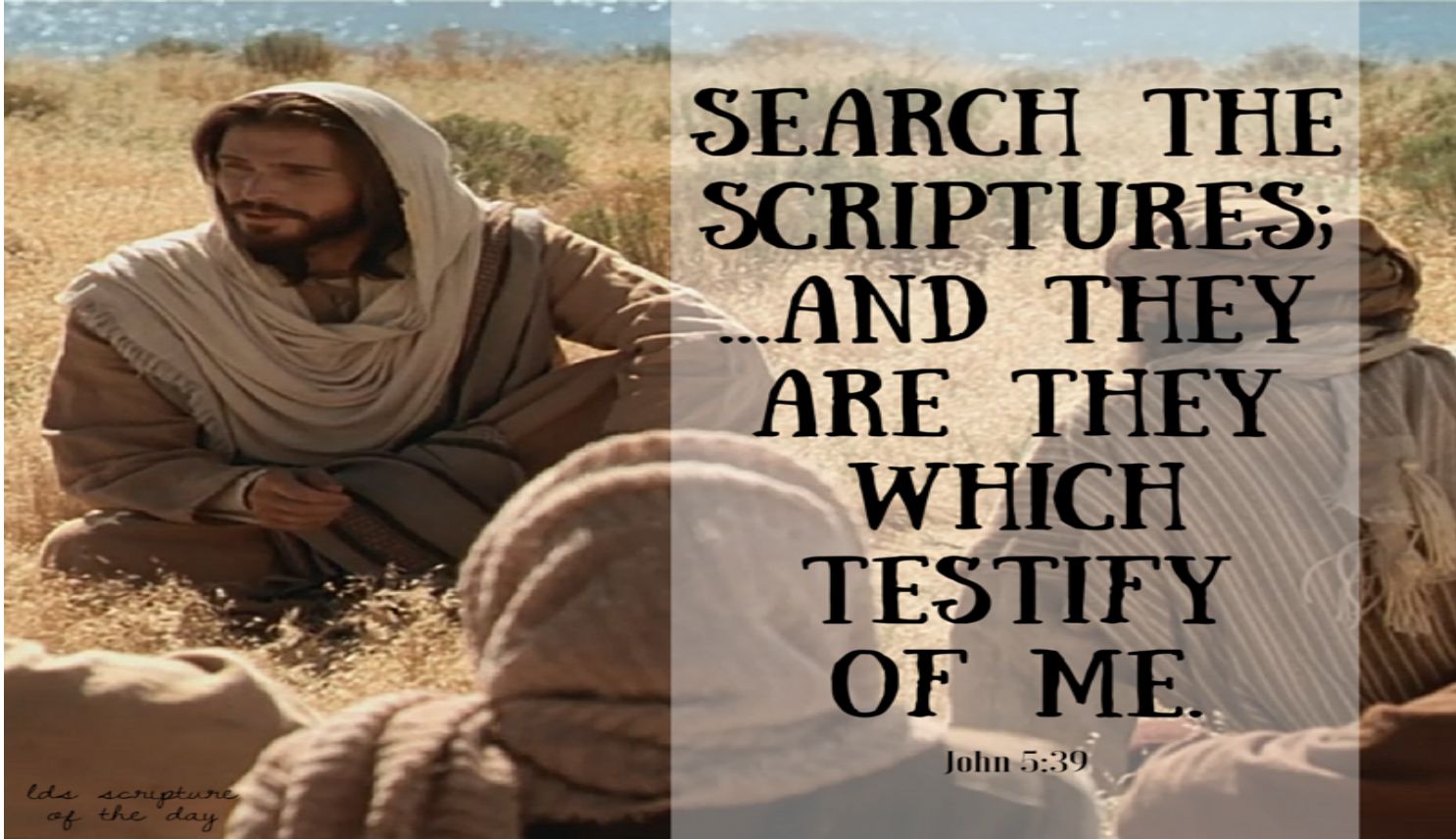
“Neither have I gone back from the commandment of his lips; I have esteemed the *words* of his mouth more than my necessary *food*” (Job 23:12).

“Thy word have I *hid* in mine *heart*, that I might not sin against thee” (Psalm 119:11).

In what manner did God choose to send forth his Word?

“Knowing this first, that no prophecy of the scripture is of any *private* interpretation. For the prophecy came not in old time by the *will* of man: but holy men of God spake as they were *moved* by the *Holy Ghost*” (2 Peter 1:20-21).

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SEARCH THE
SCRIPTURES;
...AND THEY
ARE THEY
WHICH
TESTIFY
OF ME.

John 5:39

lds scripture
of the day

Is God's Word still relevant for us today?

“All scripture is given by *inspiration* of God, and is profitable for doctrine, for reproof, for correction, for instruction in *righteousness*” (2 Timothy 3:16).

Does God expect us to study and meditate upon his Word?

“*Study* to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the *word of truth*” (2 Timothy 2:15).

What other benefits do we receive from reading the Bible?

“I have more understanding than all my teachers: for thy *testimonies* are my meditation. I understand more than the ancients, because I *keep* thy precepts” (Psalm 119:99-100).

What did Jesus say about the Scriptures?

“But he answered and said, It is written, Man shall not live by bread alone, but by every *word* that proceedeth out of the mouth of *God*” (Matthew 4:4).

“Search the scriptures; for in them ye think ye have eternal life: and they are they which *testify of me*” (John 5:39).

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DEEPER WITH THE
SPIRITUAL DISCIPLINES

“and the *scripture* cannot be *broken*” (John 10:35).

NOTE: The following scriptures warn about tampering with God’s Word and avoiding false teachers: Deuteronomy 12:32, 18:21-22; Proverbs 30:6; 2 Peter 2:1; 1 John 4:1; Revelation 22:18-19).

Why does God allow false teachers and prophets to continue?

“For there must be also heresies among you, that they which are *approved* may be made manifest among you” (1 Corinthians 11:19).

NOTE: God allows this so that those who truly belong to Him will be made known.

Are there any other spiritual disciplines that benefit Christians?

Fasting – Is abstaining from food for the purpose of gaining self-control, develop humility, gaining victory over sin, and drawing us closer to God. See 2 Samuel 1:11-12; Matthew 6:16-18; Acts 10:30.

NOTE: Fasting is encouraged gradually. Know your health and your limitations. Do not attempt fasting if you have underlying health issues.

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SPIRITUAL DISCERNMENT



Worship – Is reverent honor directed to God alone for His greatness, grace, love, and goodness. See [Exodus 20:1](#); [Matthew 4:10](#); [John 4:23-24](#); [Hebrews 10:25](#).

Service – Is the serving of others for their benefit. See [Matthew 5:44-48](#), [20:26-27](#); [James 2:18](#).

Evangelism – Is the act of sharing the good news of Jesus Christ with others. See [Matthew 28:19-20](#); [Ephesians 4:11-12](#); [1 Peter 3:15](#).

NOTE: Christians need *discernment* (the ability to distinguish between right and wrong; truth and error) when sharing the gospel with others. We need to ask God to help us have the right attitude and motive ([Philippians 1:15](#)), recognize our audience ([1 Corinthians 2:14](#)), know when to speak and when to remain silent ([Ecclesiastes 3:7](#)), test the spirits (*recognize motives*) ([1 John 4:1](#)), and, at times not share at all with those who are not sincerely interested ([Matthew 7:6](#)).