

Spiritual disciplines are _____ intended to increase our knowledge of God and transform us into Christ likeness. Spiritual disciplines require _____. Spiritual disciplines can be both _____ and _____.

4 Spiritual Disciplines

✓ _____ **2 Timothy 3:16-17**

Practical Tips: Read _____; _____ Scripture.

✓ _____ **Colossians 4:2**

Practical Tips: Have a _____; pray _____; The _____ method; talk relationally to God _____.

✓ _____ **1 Corinthians 16:1-2**

Practical Tips: Have a giving _____; choose your _____; give _____; _____, if necessary.

✓ _____ **Matthew 6:16-18**

Practical Tips: _____ the fast, set a _____, _____ the activity, _____.

Jesus assumed _____ will utilize these disciplines, but he warned how disciplines can _____.

Spiritual disciplines are to help us live in God's blessing, not earn _____ or _____ approval.

The Benefit of Spiritual Disciplines

But have nothing to do with pointless and silly myths. Rather, train yourself in godliness. For the training of the body has limited benefit, but godliness is beneficial in every way, since it holds promise for the present life and also for the life to come.

1 Timothy 4:7-8

- ✓ They help you avoid _____.
- ✓ They make your _____ better.
- ✓ They keep you _____.

Today's Takeaways:

- ❶ God designed spiritual habits for the _____.
- ❷ Christians should _____ the disciplines.
- ❸ Discipline successes or setbacks do not affect our standing before God. _____.



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