

Launch Team Meeting
02.16.2011
Spiritual Disciplines

I. Why are spiritual discipline so special?

- A. The disciplines allow us to _____.
1. Galatians 6:8 says, "Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life."
 2. The disciplines is one way we invest in (or sow to) our Spirit.
 - a) Just like a farmer creates the right conditions for grain to grow, the disciplines _____.
- B. Our community doesn't need more intelligent, talented, or gifted people, but _____ people.
1. You can't give away what you don't have.
 2. The disciplines help you to be a well for others to draw from.
- C. Discipline brings _____
1. This holds true for just about any discipline
 2. King David was a disciplined in his study of God's word and here's what he had to say about it, "I have rejoiced in your laws as much as in riches. I will study your commandments and reflect on your ways. I will delight in your decrees and not forget your word." (_____)

II. So, real quickly, what are some spiritual disciplines we should be practicing on a regular basis?

- A. Prayer
1. "Of all the spiritual disciplines prayer is the most central because it _____" ~Richard Foster
 2. Prayer is the central avenue God uses to transform us.
 3. Prayer helps us to desire the things God desires and _____.
 - a) Jesus prayed, "not my will, but yours be done" in Luke 22:42
 4. Prayer is where God meets us where we are and moves us into deeper things.
 5. Prayer changes things, assaults the devil, and makes a difference in our community.
 6. Just do it, even if it's only a few minutes a day. Keep a prayer journal.
- B. Fasting
1. Fasting helps us _____ (Luke 4:2)
 2. Fasting reveals the things that _____. (The ugly surfaces when we're hungry).
 3. It humbles us - "I humbled my soul with fasting" (Psalm 69:10)
 4. It takes our pursuit of God to the next level and He will reward us for it (Hebrews 11:6)
- C. Study
1. We come to scripture to _____, not to amass information.
 2. Study of scripture renews our mind (Romans 12:2)
 3. Knowledge of the truth _____.
 - a) God's word contains the freeing truth of who we truly are!
 4. In addition to studying the Bible, we can read other books written by those with more knowledge and experience.
 - a) I'll never be discipled one on one by AW Tozer or Oswald Chambers, but reading their books is a pretty close second.
 5. Apply what you learn!

D. Service

1. "Learn the lesson that, if you are to do the work of a prophet, what you will need is not a scepter but a _____." ~Bernard of Clairvaux
2. Jesus set the example by washing the disciples' feet and said, "now you do the same" in John 13
3. Jesus cared very little about _____. He just needed a clean towel.
4. "True service finds it almost impossible to distinguish the small from the large service." ~Richard Foster
5. True service springs to meet need, without waiting to feel like it (it's usually the other way around)
6. Service acknowledges others and _____. (This is one way we'll make an impact on our community)

E. Worship

1. Worship and service actually come from the same hebrew word (think about it)
2. God is looking for true worshippers (John 4:23)
3. Worship is our response to _____.
4. Worship requires us to offer God all of us (our thoughts, our focus, our emotions, our bodies)
5. Worship changes us. It's transformational.
6. The discipline of private worship makes our worship together _____!
 - a) "We realized that what happens when we are alone with the Lord determines how intimate and deep the worship will be when we come together." ~John Wimber