

The Disciplines

“Superficiality is the curse of our age. The doctrine of instant satisfaction is a primary spiritual problem. The desperate need today is not for a greater number of intelligent people, or gifted people, but for deep people.” Richard Foster

1) Intro

A. Means of grace

“We must remember that the path does not produce the change; it only places us where the change can occur.” Richard Foster

B. Positioning yourself before God – “Showing Up”

“If we keep putting our cold, hard heart before the fiery furnace of God’s love, we’ll be changed.” Mike Bickle
“The only failure in prayer is not showing up.” Thomas Keating

C. Sowing to the Spirit

“Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. And let us not grow weary of doing good, for in due season we will reap, if we do not give up.” (Gal 6:7-9)

D. Training tools

“Train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” (1 Tim 4:7-8)

E. Guarding and stoking the fire within

“My heart grew hot within me, and as I meditated, the fire burned.” (Ps 39:3)

“Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?” (Luke 24:32)

F. Cultivating the heart

“Keep your heart with all vigilance, for from it flow the springs of life.” (Prov 4:23)

2) Love and War

- A. Yielding to the higher hunger that is
- B. Fighting for the higher hunger that isn’t

3) Dangerous Disciplines

- A. Religious pride
- B. Self-righteousness
- C. Hopelessness

“All difficulties in prayer can be traced to one cause: praying as if God were absent.” Teresa of Avila

4) Examples and Practical Helps

- A. Solitude (Luke 5:16, Matt 6:5-6)
- B. Silence (Ps 46:10, Ecc 5:1-3, Ps 4:4, Hab 2:20)
- C. Prayer (Col 4:2, Rom 12:12, 1 Pet 4:7, 1 Thess 5:17)
- D. Fasting (Matt 6:16-17, 1 Cor 9:24-27)
- E. Worship and praise in word or song (Ps 51:15, 1 Pet 2:9, Ps 47:6-7, Eph 5:19)
- F. Meditation (Ps 1:2, 48:9, 77:12, 119)
- G. Study (Ezra 7:10, Prov 2:1-6)
- H. Simplicity, Submission, Service, Confession, Guidance, Celebration, Giving etc.

5) Failure To Plan Is Planning To Fail