

SPIRITUAL DISCIPLINES

YABS MAY 2025

“In pointing out these things to the brothers and sisters, you will be a good servant of Christ Jesus, constantly nourished on the words of the faith and of the good doctrine which you have been following. But stay away from worthless stories that are typical of old women. Rather, **discipline yourself for the purpose of godliness**; for bodily training is just slightly beneficial, but godliness is beneficial for all things, since it holds promise for the present life and also for the life to come. It is a trustworthy statement deserving full acceptance. For it is for this we labor and strive, because we have set our hope on the living God, who is the Savior of all mankind, especially of believers.”
- 1 Timothy 4:6-10 (NASB)

GROWING IN CHRISTLIKENESS

“Discipline yourself for the purpose of godliness” (v. 7b). Holiness doesn’t just so happen to fall upon us one day. We must make the intentional, daily decision of godliness. Rhythmically, routinely putting acts into practice requires the Holy Spirit working within our hearts. While it combines faith and works (see James 2:14-26), it is also important to remember that these disciplines do not save us or earn God’s favor. Salvation is by grace alone through faith in Christ alone. Rather, spiritual disciplines are a response to God’s grace – a means of growing in our love for Him and becoming more like Christ through the power of the Holy Spirit. Thus, it is only from this space where spiritual practices naturally flow into a discipline – a godly habit. Put another way, it is a call to quit dabbling on the surface and dive deeper. Thus, growing more in Christlikeness is fundamentally aided by and necessary for our training in the spiritual disciplines and habits.

ROOTED AND NOURISHED

There is another aspect of practicing the spiritual disciplines; it involves remaining rooted in Christ and depending on the grace of God to do so. We cannot underestimate the power of the Holy Spirit’s role in helping us to grow in our Christlikeness. First and foremost, start the journey of being trained in the disciplines by drawing near to the Lord. Remain in Him. Then nourish these roots with “the words of the faith and the good doctrine which you have been following” (v.6). Nourishment is tangibly displayed in practicing, training, and disciplining ourselves in the godly habits as outlined in the Bible.

HELPFUL RESOURCES

The information provided here only scratches the surface of what spiritual disciplines are all about! If you’re interested on exploring more of this topic, here are a more resources to help you get started:

1. [Spiritual Disciplines for the Christian Life](#) by Donald Whitney
2. [“What are Spiritual Disciplines? The Biblical Answer and Examples”](#) Just Disciple article by Dean.

7 KEY SPIRITUAL DISCIPLINES



01. Bible Reading

- Talking and communing with God. It also involves interceding for others.
- "Continue steadfastly in prayer, being watchful in it with thanksgiving." Colossians 4:2
- Try this: The ACTS Prayer Method. Adoration, Confession, Thanksgiving, and Supplication.

- Studying, learning, and applying the message and truths of the Bible into our lives.
- "Your word is a lamp to my feet and a light to my path." Psalm 119:105
- Try this: For a whole week straight, spend at least 10 minutes reading Scripture. If this feels a little unfamiliar to you, try using a guided devotional.



03. Meditation

- Limiting distractions and noise to achieve specific spiritual goals like Bible reading, prayer, and journaling.
- "But he would withdraw to desolate places and pray." Luke 5:16
- Try this: At the end of the day spend at least five minutes being alone with the Lord for a concentrated time of reflection.

02. Prayer

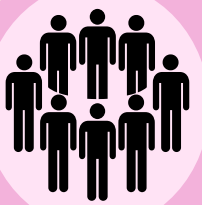


- Pondering God's Word and practicing deep reflection on His truths.
- "But his delight is in the law of the Lord, and on his law he meditates day and night." Psalm 1:2
- Try this: Choose a verse to reflect on throughout the day. Keep it with you on a post-it note or on your phone. Memorize it!

04. Silence and Solitude



- Sharing the common life in Christ alongside other believers. Or committing to life together as the people of God.
- "Bear one another's burdens, and so fulfill the law of Christ." Galatians 6:2
- Try this: Come to YABS every 1st and 3rd Thursday of the month! Join a small group and participate in BCC community events.



05. Community

- Selflessness, compassion, and stewardship of God's resources.
- "Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver." 2 Corin. 9:7
- Try this: Give your time or tithes this weekend to the church. Or volunteer and help those who are in need.

06. Generosity



- Proclaiming the good news of Jesus Christ and the message of salvation.
- "And he said to them, 'Go into all the world and proclaim the gospel to the whole creation.'" Mark 16:15
- Try this: Ask a coworker how their weekend was. Use that as an opportunity to share your weekend and going to church. Establish connection, then if possible, share why you go.



07. Evangelism