

Adult Discipleship

Spiritual Disciplines

Week 1: Gospel-Centered Disciplines

Historical Figure Spotlight:

Jim Elliott – “I see tonight that in spiritual work, if nowhere else, the character of the worker decides the quality of the work.”

Robert Murray M’Cheyne – Bible Reading plan still used today

David Brainard – From John Piper’s article “His Suffering Sparked a Movement”

“Why did John Wesley say, ‘Let every preacher read carefully over the *Life of David Brainerd*’?
Why did William Carey regard Jonathan Edwards’s *Life of David Brainerd* as precious and holy?
Why did Henry Martyn (missionary to India and Persia) write, as a student in Cambridge in 1802, ‘I long to be like him!’”

Spiritual Disciplines Introduction:

Definition: “_____ found in _____ that promote spiritual growth among _____ in the gospel of Jesus Christ.” (Whitney, 4)

Characteristic: “Spiritual Disciplines are a _____, *not* _____.” (Whitney, 9)

Important: Salvation is not dependent on our diligence in the disciplines.

Scope of the Study: Personal, Family/Small Group, Church Community

I. _____ Teaching about Spiritual Disciplines

A. The _____ Disciplines: _____

1. 1 Timothy 4:7-10
2. 1 Peter 1:15-16

B. The _____ to Action: _____

1. Philippians 2:12-13
2. Romans 8:1-8
3. Galatians 5:16-18

4. Colossians 3:2, 5, 12

C. The _____ of Discipline: _____

1. 1 Corinthians 15:10, 58

2. Colossians 1:29

3. 2 Peter 1:10

II. The Gospel _____ for _____ in Grace

A. Of _____ Importance

1. 1 Corinthians 15:1-9

2. Philippians 1:3-7

B. The Manner for Christian _____

1. Ephesians 4:1

2. Romans 12:1-2

3. Titus 2:11-14

4. 2 Peter 1:3-11

III. Godly _____ in Scripture

Gospel-Centered Resources

Henry Scougal: *The Life of God in the Soul of Man*

Donald S. Whitney: *Spiritual Disciplines for the Christian Life*

David Mathis: *Habits of Grace*

Jerry Bridges: *The Pursuit of Holiness*

Kevin DeYoung: *The Hole in Our Holiness*

Francis A. Schaeffer: *True Spirituality*

J.C. Ryle: *Holiness*

P. Adam McClendon: *Paul's Spirituality in Galatians*

J.I. Packer: *A Quest for Godliness*

Joel R. Beeke: *Puritan Reformed Spirituality*

Next Week: The Primacy of Scripture for Spiritual Growth