

**“Help!”**  
**Spiritual disciplines for ordinary people**

Nehemiah 1:1-2:8  
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**How do we grow in the discipline of prayer?**

1. Embrace problems as opportunities to rely on God through prayer.  
Nehemiah 1:1-11
  
2. Set aside extended time with God in prayer.  
Nehemiah 1:4
  
3. Spontaneously pray to God throughout our days.  
Nehemiah 2:4

## **Spiritual disciplines for ordinary people**

1. Everyone needs to understand, spiritual disciplines are not a barometer of spirituality.
2. Everyone needs to understand, spiritual disciplines are not a way to earn favor with God.
3. Everyone needs to understand, spiritual disciplines do not replace the role of the Holy Spirit.
4. Everyone needs to understand, spiritual disciplines are necessary for spiritual growth and transformation.

### **Recommended resources on spiritual disciplines:**

1. *The Spirit of the Disciplines: Understanding How God Changes Lives*  
by Dallas Willard.
2. *The Life You've Always Wanted*  
by John Ortberg