

Spiritual Disciplines for Ordinary People

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March 3, 2013

“Exercise daily in God-no spiritual flabbiness please!
Work-outs in the gymnasium are useful, but a
disciplined Life in God is far more so, making you fit
both for today and forever”

1 Timothy 4:7b-8
The Message

Which spiritual disciplines did we look at during this sermon series?

January 27, 2013-	<u>Prayer</u>
February 3, 2013-	<u>Fasting</u>
February 10, 2013-	<u>Tithing</u>
February 17, 2013-	<u>Sabbath Rest</u>
February 24, 2013-	<u>Fellowship</u>

A. The goal is not to practice spiritual disciplines, the goal is to:

1. Love God
2. Love Others
3. Reach Out
Matthew 22:37-39; Acts 1:8

B. Spiritual disciplines must be practiced in the context of:

1. The Holy Spirit (Galatians 5:16, 25)
2. The Gospel (Galatians 1:6, 7)

Questions to Ponder:

1. How has God been at work in your life?
 - Has He worked in your life as a result of spending extended time with Him in February?
 - Has God used a message in this sermon series to speak to you?
 - Has God used circumstances, others, or a book to speak to you?

2. How have you seen the Spirit of God at work in your life or the lives of others?