

# Spiritual Life Disciplines

If we are going to grow up into the fullness of character as a godly person in our marriages, families and/or communities, we must apply the spiritual life disciplines. Practice the presence of God by applying these disciplines. Memorize and read out loud:

## **SLOW DOWN**

Principle #1: Growth requires us to stop and evaluate, assess and examine our lives.

*Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Matthew 11:29*

*But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40:31*

What part of your life do you need to slow down?

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## **SURRENDER**

Principle #2: Growth requires us to identify and let go of destructive behaviors, emotions and thoughts.

*Then Jesus said to his disciples, 'Whoever wants to be my disciple must deny themselves and take up their cross and follow me.' Matthew 16:24*

*Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies. 1 Corinthians 6:19-20*

What unwanted thought, attitude or behavior do you want to surrender?

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## **SEEK**

Principle #3: Growth requires that we make our pursuit of God our first priority.

*If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land. 2 Chronicles 7:14*

*But seek first his kingdom and his righteousness, and all these things will be given to you as well. Matthew 6:33*

What part of your life is out of sync?

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**SIMPLIFY**

Principle #4: Growth requires that we make life less complicated and live within the healthy parameters of our lives.

*Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also. Matthew 6:19-21*

Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you." Hebrews 13:5  
How can you simplify your life?

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**SOFTEN**

Principle #5: Growth requires that we develop a more sensitive and empathetic response to people we love.

*Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Colossians 3:12-15*

*But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. James 3:17*

What relationship have you been disrespectful, insensitive and harsh in?

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**SERVE**

Principle #6: Growth requires that we intentionally share God's love with others whether we feel like it or not.

*You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. Matthew 5:14-16*

*You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." Gal. 5:13-14*

What new way can you find to serve?

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Which two disciplines do you want to focus on?

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