

Beyond Belief: What the Spiritual Disciplines Are

Session 4B

© Dallas Willard Ministries

Spiritual disciplines come into place when we realize we _____ do what we're trying to do, and we want to take steps to be able to do that.

- We know we _____ do it on our own.
- God will _____ with us.
- We're trying to do the things that we need to do to enable us to do what we cannot do by direct effort.

What do you do when you want to turn the other cheek but you can't?

- Learn how to trust Him and _____ with Him and not just try to boil it down to a set of rules.

What do you do when you can't do what Jesus said?

- If at first you don't succeed, find out _____ you didn't succeed and *then* try again.
- In order to do this we need to be indirect
- These practices are known as _____ for the spiritual life.

INTRO TO DISCIPLINES:

A discipline is an activity that enables us to accomplish what we cannot do by _____.

- This is true of all disciplines.
- Most things worth doing cannot be achieved by direct effort. We have to train for them.
- It is a "means to grace." It doesn't set grace aside but recognizes you must _____ to receive grace.
- If a gift isn't received, it's not a gift, it's an imposition.

Disciplines are things one might do to put themselves in a position to do what they cannot do by direct effort. Two types of disciplines:

- ...of abstinence – "A proper abstinence actually breaks the hold of improper engagements so that the soul can be properly engaged in and by God." *Spirit of the Disciplines*
 - Solitude, silence, fasting, frugality, chastity, secrecy
- ...of engagement - Designed to immerse us ever more deeply in the Kingdom of God.
 - Study, worship, celebration, service, prayer, fellowship

➤ [Looking Like Jesus](#) (links to article on dwillard.org)

Beyond Belief: What the Spiritual Disciplines Are

Session 4B

© Dallas Willard Ministries

HURRY is a crushing _____ to the human soul.

- [How to Get the Urgent Off Your Back](#) (links to article on dwillard.org)
- If you're in a hurry you're going to find it very difficult to walk in the Kingdom with Christ.
- Hurry always comes out of a sense that we have more to do than we can get done.

Try to learn to live without hurry.

- You can act quickly and not be in a hurry.
- Hurry is an _____.
- Hurry is accusatory of God, essentially saying, "God is holding me responsible for more than I can do."
- The way to break the grip of hurry is to practice _____.
- Hurry is a _____.
- They that believe shall not make haste. – Isaiah 28:16 KJV

WHAT IS SOLITUDE?

Breaking the relationships that govern us and drive us and jerk us around and hold us to expectations and so on.

"Solitude frees us, actually...the normal course of day-to-day human interactions locks us into patterns of feeling, thought, and action that are geared to a world set against God. Nothing but solitude can allow the development of a freedom from the ingrained behaviors that hinder our integration into God's order." *The Spirit of the Disciplines*, p. 160

- Step out of those relationships and go to a place where you are alone. Leave work at home.
- You are making a deep choice about the _____ of your spiritual life.

Solitude is where we choose to step out of the entanglements of ordinary life and come to the place where we can be driven by what's between us and God and what is in our heart.

- Lay down all of the assignments.
- Go into solitude to do nothing.
 - Have times every week when you do nothing.
 - Not fifteen minutes. Try three hours.

TIME

- The deepest challenge to our _____ is in terms of our time.
- The deepest challenge to what we believe is important is in terms of our time.
- If you believe it's important for you to be able to calmly and strongly live in the Kingdom that Jesus has opened to you, then you'll believe that you'll have time to do what's necessary to enable you to do that.

This is why _____ is the fundamental discipline.

Beyond Belief: What the Spiritual Disciplines Are

Session 4B

© Dallas Willard Ministries

WHAT ARE DISCIPLINES?

Disciplines are _____. They're not laws. They're not righteousness.

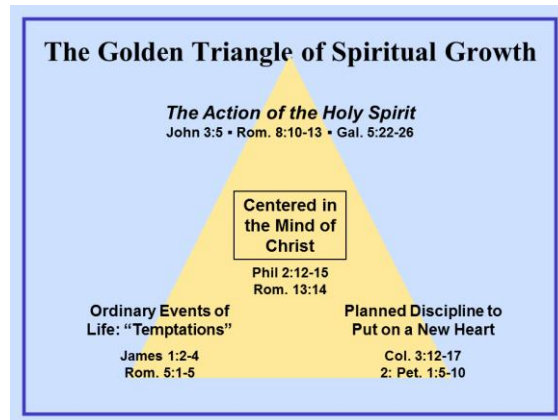
When you're ready to follow Christ in these things - you've signed up as his apprentice - then your next step is to do whatever is necessary to bring it to pass. Spiritual disciplines will do that.

- There's no formula, no mechanism, this is a _____ with the Lord.
- You don't want to ever start feeling righteous or unrighteous because you do or don't do them.
- Don't push yourself...back out and learn how to do them better.
- Never be a _____!
- What is in this for me? Learn to carry through with them in a way that is good for you.

Solitude and silence; fasting (confirms our utter dependence upon God by finding in him a source of sustenance beyond food), frugality (dispensing with things that are an indulgence to your senses and your ego), chastity, secrecy (how we do things before the Lord not before men.)

Golden Triangle of Spiritual Transformation

This brings together all the elements that give you a plan for spiritual formation and then you can do your part.



THIS WORKS!

"We *can* become like Christ in character and in power and thus realize our highest ideals of well-being and well-doing...widespread transformation of character through wisely disciplined discipleship to Christ can transform our world." *The Spirit of the Disciplines*, Preface

"I suddenly had the power to shed off specific sin patterns that had been defeating me for over 16 years. My new identity testifies that what you claim in the book is true."

Spiritual disciplines work. They've been proven for generation after generation. They will work for you. Begin to put them into practice and you will find their power. They are self-verifying. But without putting them into practice they mean nothing. The reason they work is Christ meets you in them.