

# Spiritual Disciplines - Session 1

## Our Commission

*“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit”*

*Matthew 28:19*

- Disciples = “disciplined ones”
- What does today’s version of a disciple look like?

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## Christianity DID NOT invent discipleship!

### Jewish View of Discipleship

*“A disciple is not above his teacher, but everyone who is perfectly trained will be like his teacher.”*

*Luke 6:40*

Bet Sefer (ages 5-12) read & write - Torah  
Bet Midrash (13-15) for gifted students  
Bet Talmid (15 on) chosen by a Rabbi

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## The Boys of Galilee

*“Jesus answered them, ‘Did I not choose you, the Twelve?’”*

*John 6:70*

*“I am not referring to all of you; I know those I have chosen.”*

*John 13:18*

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## Who Chose Who?

*“No longer do I call you servants, for a servant does not know what his master is doing; but I have called you friends, for all things that I heard from My Father I have made known to you.*

*You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that whatever you ask the Father in MY name He may give you. These things I command you, that you love one another.”*

*John 15:15-17*

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**Shema**

*sh'ma Yisrael*

*Adonai Elohaynu Adonai Echad*

*V-ahavta et Adonai Elohecha*

*b-chol l'vavcha*

*u-v-chol naf'sh'cha*

*u-v-chol m'odecha*

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**Shema = Hear**

A disciple must listen and observe his rabbi.

How do we hear God today? God does speak in a variety of ways but predominately he speaks to us through the sacred Scriptures - The Word of God.

DISCIPLES must carve out time to be workman when it comes to God's WORD!

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**2 Timothy 2:15**

*"Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth."*

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**Israel**

- Prince
- One who wrestles with God
- Christian I believe the true disciple of Jesus wears both of these hats
- Walking with a limp - working out your salvation

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## Spiritual Disciplines - Session 2

### Rabbi Akeba

- *“If you speak to the heart the head will come. If you speak to the head the heart may never arrive!”*
- Most of Christianity speak to people’s heads I would like to speak to the heart because if your heart is captured then your head will follow!

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- Who are we?
- How does God look at us today?

*“Listen to me, you who pursue righteousness and who seek the LORD: Look to the rock from which you were cut and to the quarry from which you were hewn;”*

*Isaiah 51*

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### **Prayer - Is the most intimate form of communication between man and his maker**

- The greatest reward is not the receiving of gifts but a deeper experience with the giver. One may be driven to prayer because of need, but one remains in prayer because of God Himself.
- Prayer requires the capacity to be in AWE and to feel thankful. The immodest and arrogant personalities of our day make the above an impossibility.

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### Shma

- We begin with an exhortation to HEAR!
- Communication is ALL about LISTENING
  - It seems that God elevates “hearing” above all the senses.
- For the devil it is visual but for God ... faith comes by hearing ... and we KNOW that without faith we cannot please God!
- True intimacy is less visual and more verbal.

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### The Need for Awe

*“The fear of the LORD is the beginning of wisdom,  
And the knowledge of the Holy One is understanding”*

*Proverbs 9:10*

We hold Him in AWE for who HE is,  
not for what He does!

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### Who is God ... to you?

- What title or attribute of God do you hold dear to your heart?

*“May He grant you according to your heart’s desire,  
And fulfill all your purpose. We will rejoice in your salvation,  
And in the name of our God we will set up your banners!  
May the LORD fulfill all your petitions.”*

*Psalms 20:4-5*

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### Who is GOD

- As seen in Creation

*“The heavens declare the glory of God; And the firmament shows His handiwork.”*

*Psalm 19*

*“Oh, worship the LORD in the beauty of holiness! Tremble before Him, all the earth.”*

*Psalms 96:98*

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### Do YOU see GOD when you look at these things?

Planets - Mountains - Flowers - Animals  
Fish - Colors - Sunset - Water

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### Fear Equals AWE

*“The fear of the LORD is the beginning of wisdom, And the knowledge of the Holy One is understanding. For by me your days will be multiplied, And years of life will be added to you.”*

*Proverbs 9:10*

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*“Only fear the LORD and serve Him in truth with all your heart; for consider what great things He has done for you.”*

*I Samuel 12:24*

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### Selah

- When was the last time God took your breath away?

Let us pause to “Adore Him”

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### Meditate

- Be still - do not be afraid of the silence

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**Prayer is.....**

- Listening as well as speaking, receiving as well as asking; and its deepest mood is friendship held in reverence.

- Listening takes time
- Everyone needs a place they can go to listen

Where's Yours?

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*“Now when it was day, He departed and went into a deserted place. And the crowd sought Him and came to Him and tried to keep Him from leaving them”*

Luke 4:42

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**Psalm 46**

*“God is our refuge and strength, an ever present help in trouble. Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.*

*The LORD Almighty is with us; the God of Jacob is our fortress.*

*He makes wars cease to the ends of the earth; he breaks the bow and shatters the spear, he burns the shields with fire.*

*‘Be still, and know that I am God; I will be exalted among the nations; I will be exalted in the earth.’*

*The LORD Almighty is with us; the God of Jacob is our fortress.”*

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*“The name of the Lord is a strong tower; the righteous run to it and are safe.”*

Proverbs 18:10

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### Help Others

- Intercession

*“Therefore I exhort first of all that supplication, prayers, intercessions and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence. For this is good and acceptable in the sight of our Savior”*

*/ Timothy 2*

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### One Another's

#### Love

- Be devoted
- Live in harmony
- Accept
- Instruct / teach / admonish
- Agree
- Serve
- Patient / bearing
- Forgive
- Submit
- Encourage / Build up

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### Be Specific

- Genuine love sees faces, not a mass. The good Shepherd calls His sheep by NAME. Intercession is more than specific - it is pondered. It requires us to bear on our heart the burden of those for whom we pray.
- Ask the Lord what to pray for those He puts on your heart.

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### Examples

- Monday - Ministry and Missionaries
- Tuesday - Friends and Family
- Wednesday - Work
- Thursday - The Sick
- Friday - Israel
- Saturday - Our Country
- Sunday - Church and Pastor(s)

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**Self - Finally!**

**Personal Petitions**

- We should not fear to lift our earthly needs before Eternal Eyes, for we are held in Eternal Love.
- He wants to give you good gifts and the desires of your heart.
- Make sure your petitions are properly motivated and that they will glorify the Lord.

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**Does Jesus Answer Every Prayer?**

- Ask in FAITH without doubting and in accordance to HIS will.
- It is the Lord's pleasure to answer prayer.
- It glorifies Him to fulfill your request, but He wants you to do your part; to ask, to petition and to be specific in prayer.

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*“Come to Me all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me for I am gentle and lowly in heart and you will find rest for your souls. For My yoke is easy and My burden is light.”*

*Matthew 11*

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**Reflect on these questions**

- In which areas in my life am I weary and needing rest? How might God be inviting me to rest in these areas?
- What is it that is hurting you? Are you willing to express your grief to God and ask Him to comfort you?
- What are you grateful for these days? Take a moment to remember to say, “Thank You!”







### Jesus and the Tanauch

- Matthew 4:4                    Deut. 8:3
- Matthew 4:6                    Psalms 91:11,12
- Matthew 4:7                    Deut. 6:16
  - Matthew 4:10                Deut. 6:13
- Jesus attributes the Torah to Moses, the book of Daniel to Daniel as well as Isaiah to Isaiah

### Making Deposits

*“These things have I spoken unto you, being yet present with you. But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.”*

*John 14:25,26*

*“Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come. He shall glorify me: for he shall receive of mine, and shall shew it unto you. All things that the Father hath are mine: therefore said I, that he shall take of mine, and shall shew it unto you.”*

*John 16:13-15*

### Dunamis

*“For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.”*

*Hebrews 4:12*

*“For as the rain cometh down, and the snow from heaven, and returneth not thither, but watereth the earth, and maketh it bring forth and bud, that it may give seed to the sower, and bread to the eater:*

*So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.”*

*Isaiah 55:10-11*



### The Value of God's Word

- Rabbi and his students
- Dollop of honey

*7 The law of the LORD is perfect, converting the soul: the testimony of the LORD is sure, making wise the simple.*

*8 The statutes of the LORD are right, rejoicing the heart: the commandment of the LORD is pure, enlightening the eyes.*

*9 The fear of the LORD is clean, enduring for ever: the judgments of the LORD are true and righteous altogether.*

*10 More to be desired are they than gold, yea, than much fine gold: sweeter also than honey and the honeycomb.*

*11 Moreover by them is thy servant warned: and in keeping of them there is great reward.*

*Psalms 19:7-11*

*6 This Ezra went up from Babylon; and he was a ready scribe in the law of Moses, which the LORD God of Israel had given: and the king granted him all his request, according to the hand of the LORD his God upon him.*

*7 And there went up some of the children of Israel, and of the priests, and the Levites, and the singers, and the porters, and the Nethinims, unto Jerusalem, in the seventh year of Artaxerxes the king.*

*8 And he came to Jerusalem in the fifth month, which was in the seventh year of the king.*

*9 For upon the first day of the first month began he to go up from Babylon, and on the first day of the fifth month came he to Jerusalem, according to the good hand of his God upon him.*

*10 For Ezra had prepared his heart to seek the law of the LORD, and to do it, and to teach in Israel statutes and judgments.*

*Ezra 7:6-10*







### **Making the Decision to Start**

- Conviction of the Holy Spirit
- Prayer and personal Bible study
- Open discussion with your spouse
- Open discussion with your pastor
- Prayer for core group participation

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### **Choosing a Format**

- Acts 2:42 - Meal, praise, study, prayer, fellowship
- Rotate houses or one house?
- What curriculum?
- Timeframe - ongoing or limited time?
- Which night?
- Children welcome or baby-sitters?

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### **Developing a Core Group**

- Provides continuity and backup
- Shares the burden
- Three couples, if mixed group
- Commitment: Pledged to attend every meeting unless out of town or sick
- Set commitment time period
- Pray for members assist those in need

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### **Inviting People to Come**

- Make personal and direct appeals
- Invite people more than one time
- Pray that the Lord will send who He will

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### **Leading**

- Seek and maintain balance
- Encourage discussion, transparency
- Stress and maintain confidentiality
- Stay flexible for surprises

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*“Every word of God is pure: he is a shield unto them that put their trust in him. **“Add thou not unto his words, lest he reprove thee, and thou be found a liar.***

*Proverbs 30:5,6*

*“The words of the LORD are pure words: as silver tried in a furnace of earth, **purified seven times.**”*

*Psalms 12:6*

*“But continue thou in the things which thou hast learned and hast been assured of, knowing of whom thou hast learned them; **And that from a child thou hast known the holy scriptures,** which are able to make thee wise unto salvation through faith which is in Christ Jesus.*

*All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, throughly furnished unto all good works.”*

*2 Timothy 3:14-17*

#### Holy Scriptures:

- *hieros hee-er-os'*: sacred -- holy.
- *gramma gram'-mah*: a writing, i.e. a letter, note, epistle, book, etc.; plural learning -- bill, learning, letter, scripture, writing, written.

#### All Scripture:

- *pas pas*: apparently a primary word; all, any, every, the whole
- *graphie graf-ay'*: a document, i.e. holy Writ (or its contents or a statement in it) -- scripture.

#### **God - Breathed**

*“The grass withereth, the flower fadeth: but the word of our God shall stand for ever.”*

*Isaiah 40:8*

#### **How Pure is it Today?**

When tempted Jesus stated, *“It is written, Man shall not live by bread alone, but **by every word that proceedeth out of the mouth of God.**”*

*Matthew 4:4*











### What is an Expert?

“For forty-five years continuously, I have devoted myself to one great study of the Old Testament, in all of its languages, in all of its archaeology in all of its translations. The critics of the Bible who go to in order to find fault claim themselves as all knowledge, all virtue, all love of the truth.....

...I can affirm that there is not a page of the Old Testament concerning which you need have any doubt.....

Think what this means....

Dr. Robert Dick Wilson,  
Princeton Seminary

*“And to the angel of the church in Philadelphia write; These things saith he that is holy, he that is true, he that hath the key of David, he that openeth, and no man shutteth; and shutteth, and no man openeth;*

*I know thy works: behold, I have set before thee an open door, and no man can shut it: for thou hast a little strength, and **hast kept my word**, and hast not denied my name.*

*Behold, I will make them of the synagogue of Satan, which say they are Jews, and are not, but do lie; behold, I will make them to come and worship before thy feet, and to know that I have loved thee.*

*Because thou hast kept the word of my patience, I also will keep thee from the hour of temptation, which shall come upon all the world, to try them that dwell upon the earth.*

*Behold, I come quickly: hold that fast which thou hast, that no man take thy crown.*

*Revelation 3:7-11*

*“He that hath an ear, let him hear what the Spirit saith unto the churches.” Revelation 3:13*