

THE LIFE YOU'VE ALWAYS WANTED – 1

- God wants us to engage him, holistically. Specifically with our _____, our _____ and our _____.

Discipline – doing what we don't necessarily want to do now so we can experience what we want most later. – John Ortberg

- When we say no in spiritual discipline we are saying _____

Spiritual Maturity – living as Jesus would in our place: to think what He would think, to feel what He would feel, to do what He would do. – John Ortberg

Head. Heart. Hands.

1 Timothy 4:6 If you put these things before the brothers, you will be a good servant of Christ Jesus, being trained in the words of the faith and of the good doctrine that you have followed.

Good servant.

1 Timothy 4:12 Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity.

Good doctrine.

1 Timothy 4:6 being trained in the words of the faith and of the good doctrine that you have followed.

One ditch: Hyper-mysticism

Other ditch: Hyper-legalism

1 Timothy 4:7 Have nothing to do with irreverent, silly myths. Rather train yourself for godliness;

Train yourselves.

- Shortcut spirituality is _____ spiritual offerings without being _____ for more spiritual engagement.

Training – arranging your life around certain practices that will enable you to do what you cannot do now by willpower alone. – John Ortberg

1 Timothy 4:8 for while bodily training is of some value, for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

PURSuing SPIRITUAL DISCIPLINES

Pursuing spiritual disciplines must be _____.

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Pursuing spiritual discipline must be _____.

1 Corinthians 9:24-27 Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it.²⁵ Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.²⁶ So I do not run aimlessly; I do not box as one beating the air. ²⁷ But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

1 Timothy 4:10 For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.

- You have 3 enemies that want to keep you from this: Your _____ the _____ and the _____.

THREE QUESTIONS:

Where am I _____ time?

What's _____ (thinking, feeling or doing)?

Who's _____ me grow?