



Sunday September 20th Disciplines – introduction

Key scriptures

Deuteronomy 8:1-11 — *When you have eaten your fill, be sure to praise the Lord your God for the good land he has given you. But that is the time to be careful! Beware that in your plenty you do not forget the Lord your God and disobey his commands, regulations, and decrees that I am giving you today (vv10-11)*

1 Corinthians 9:24 — *Don't you realise that in a race everyone runs, but only one person gets the prize? So run to in!*

Key concepts:

- Disciplines – habits, practices – are important tools to help us live for Jesus.
 - ▶ We are going to consider: learning, worship, fasting, prayer and fellowship.
- Don't be a casual runner (i.e. Christian), or even an enthusiastic amateur: run to win!
- Disciplines are always to draw us closer to Jesus, they are never for their own sake.

For reflection or further study.

Likening the Christian life to that of an athlete, are you a casual runner, a keen amateur, or are you trying to run to win? Why do you think that? Ask God what He thinks!

Do any of the 5 disciplines we're going to look at provoke a negative reaction in you? If so, take some time in prayer to consider why? (This is not trying to change your mind, but to understand it!).

Are there any 'religious' disciplines you follow that have become means to an end – things you do because you do them, rather than to grow closer to Jesus? If so, pray about how to change this.