

**SHARPENING THE AXE**  
**Journeyman, January 22, 2014**  
**Session 1: "Spiritual Disciplines: The Path Toward Spiritual Growth "**

**Why a study on spiritual disciplines?**

1 Timothy 4:7-8

- Personally growing in godliness
- Leading & modeling godliness to others.

Spiritual Disciplines

Gumnazo = Discipline

**What are spiritual disciplines?**

**Intentionally directed actions that develop our understanding & expression of our relationship with God**

**Inward Discipline**

1/29 - Prayer

2/5 - Meditation

2/12 - Fasting

2/19 - Study

**Outward Discipline**

2/26 - Simplicity

3/5 - Solitude

3/19 - Submission

3/26 - Service

**Corporate Discipline**

4/2 - Confession

4/9 - Worship

4/16 - Guidance

4/23 - Celebration

## **Caution**

### Pitfalls

1. Turn disciplines into law
2. Fail to understand social implications
3. Views as virtuous in themselves
4. Center on team rather than Christ
5. Elevate one over the other
6. To view the 12 as an exhaustive list
7. Discuss the disciplines without experiencing the disciplines

## **SMALL GROUP DISCUSSION**

### **Connect**

1. Why are you embarking on this journey into the Disciplines of spiritual growth?
2. What are your hopes and anxieties as you work through this study in the weeks ahead?

### **Grow**

1. In what areas of your life are you seeking greater growth?
2. Which disciplines are you looking forward to studying and why?

### **Reach**

1. Who could you invite to be a part of this study?

2. How do you think the disciplines will effect the way we see other people?

**Daily Scripture Readings**

Longing for God – Psalm 42

Training for Godliness – 1 Timothy 4:7-16

The Victory of Spiritual Discipline – Ephesians 6:10-20

Discipline of Daniel – Daniel 1:3-21