

# CHRISTIANITY 101 LESSON 12: SPIRITUAL DISCIPLINES

Here then is the real problem of our negligence. We fail in our duty to study God's Word not so much because it is difficult to understand, not so much because it is dull and boring, but because it is work. Our problem is not a lack of intelligence or a lack of passion. Our problem is that we are lazy - R.C. Sproul

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Spiritual disciplines are the diet and exercise of the faith journey. If we don't commit to them with regularity, we won't be healthy.

Lets start with Prayer:

Prayer is a deliberate conversation with God

Prayer as an acronym:

- PRAISE: When we begin with praise it reminds us of the relationship and helps center our heart - Phil 4:6-7
- REPENT: What is true repentance? - 1 John 1:9
- ASK: God is the giver of Good Gifts - James 4:2-3 & Luke 18:1-8
- YIELD: "Thy will be done" - Matt 26:36-36
  
- Short is okay
- Routine is helpful
- Respond to the Spirit's promptings in the moment

Bible Reading:

Two main types of Bible Reading, let's first look at Bible Study:

- Studying with a key topic, author, book, or idea in mind.
- Volume reading is required
- Goes beyond just the average study Bible notes
- Utilizes commentaries, lexicons, cross studies, and a lot of resources

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## Next is Devotional Reading

- Study centered around growing your Spirit, communion with the Lord, or thinking on one area and trying to apply it to your life
- Tends to be shorter, maybe a chapter or two, maybe just even a verse or two.
- Pre-written devotionals can be helpful, but make sure you learn to chew your own food...
- Try out Lectio Divina - Eat This Book
- Reading - Reflecting - Responding - Remaining

## Fasting:

### Two main types of Fasting: Typical and "Consecration"

- Refusing food to hunger after God - Matt 6:16-18
- Fasting in 2023, what can we learn?
- Consecration: setting yourself apart from something in order to devote more time to the Lord or to clear your mind.
- Social media, snacks, phone, games, shopping - whatever isn't outright sin, but can drag you down if you're not careful.
- Consecration can teach us a lot of different things, most importantly how we don't like to be told no.