

# DTP – FIRST YEAR: GRACE BIBLE CHURCH

## THE SPIRITUAL LIFE

### SESSION SEVEN

#### SELF-DISCIPLINE

#### **Introductory comments and review:**

The goal of progressive sanctification: "Its goal is an obedience or conformity to Christ that arises out of an inner transformation accomplished through purposive interaction with the grace of God in Christ." *Renovation of the Heart*, by Dallas Willard (pg. 22).

#### **I. THE NECESSITY OF DISCIPLINE IN THE CHRISTIAN LIFE**

A. 1 Timothy 4:7

1. *gumnazo* – train in gymnastic discipline.
2. purpose – “godliness”

B. 1 Timothy 6:11-12

C. Prov. 2:3-5

D. Hebrews 5:14

#### **II. THE PITFALLS OF SPIRITUAL DISCIPLINE**

A. Reducing spiritual formation to mechanical disciplines:

1. Matt. 15:8
2. Isa. 29:13
3. Ps. 51:16-17

B. Abandoning all disciplines:

1. Heb. 5:13

2. 2 Pet. 1: 9

### III. KEY CONCEPTS IN SPIRITUAL DISCIPLINE

A. 2 Peter 1:3-11

1. The Basis of Christian Living: What God in Christ Has Done For Us (vv. 3-4)

a. He has granted us (perfect tense) everything pertaining to life and godliness.

1) through the knowledge of Christ!

b. He has granted us His precious and magnificent promises through which we:

1) become partakers of divine nature

2) escape the world's corruption

2. The Discipline of Christian Living: What We Do in Response (vv. 5-11)

a. The Basis: *for this very reason*

b. The Manner: *applying all diligence* (vs. 5)

1) Can you really say "I've tried everything?"

c. The Task: *supply*

1) equip yourselves with a series of great virtues.

2) "supply" – Lavishly pour out everything necessary. The word was derived from a noun which meant *the leader of a chorus*. Greek choir directors had to lavishly supply their great choirs with all that was necessary for their productions. Later this word was used to speak of supplying an army with all of the necessary provisions.

d. The Virtues:

- 1) Faith:
- 2) Moral excellence:
- 3) Knowledge:
- 4) Self-control:
- 5) Perseverance:
- 6) Godliness:
- 7) Brotherly Kindness:
- 8) Love:

e. The Purpose:

- 1) Positive: *for if these qualities are yours and are increasing they render you neither useless nor unfruitful in the true knowledge of our Lord Jesus Christ.*
- 2) Negative: *he who lacks these is:*
  - a) *blind*
  - b) *shortsighted*
  - c) *has forgotten his purification from his former sins*

f. The Benefit: *make certain about His calling and choosing you.*

#### **IV. THE SPHERE OF SPIRITUAL DISCIPLINE: *THE MEANS OF GRACE***

A. The Word

B. Prayer

C. Worship

D. Ordinances (Sacraments)

E. Fellowship