

The Jesus Way #8:
Train as Jesus Trained

Mark 1:35-38
April 23, 2006

Spiritual Practices of Jesus

1. Prayer

Prayer

"¹²It was at this time that He went off to the mountain to pray, and **He spent the whole night in prayer** to God. ¹³And when day came, He called His disciples to Him and chose twelve of them, whom He also named as apostles"
(Lk. 6:12-13)

Spiritual Practices of Jesus

1. Prayer
2. Silence and Solitude

Silence and Solitude

"¹Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. ²And after He had fasted forty days and forty nights, He then became hungry."
(Mat. 4:1-2)

Spiritual Practices of Jesus

1. Prayer
2. Silence and Solitude
3. Fasting
4. Study

Study

"⁴⁶Then, after three days they found Him in the temple, sitting in the midst of the teachers, both listening to them and asking them questions. ⁴⁷And all who heard Him were amazed at His understanding and His answers." (Lk. 2:46-47)

Study

"¹⁶And He came to Nazareth, where He had been brought up; and as was His custom, He entered the synagogue on the Sabbath, and stood up to read. ¹⁷And the book of the prophet Isaiah was handed to Him. **And He opened the book and found the place where it was written,** ¹⁸"The Spirit of the Lord is upon Me, Because He anointed Me to preach the gospel to the poor..." (Lk. 4:16-18)

Spiritual Practices of Jesus

1. Prayer
2. Silence and Solitude
3. Fasting
4. Study
5. Public Worship

Public Worship

"¹⁶And He came to Nazareth, where He had been brought up; and **as was His custom,** He entered the synagogue on the Sabbath, and stood up to read. ¹⁷And the book of the prophet Isaiah was handed to Him. And He opened the book and found the place where it was written, ¹⁸"The Spirit of the Lord is upon Me, Because He anointed Me to preach the gospel to the poor..." (Lk. 4:16-18)

Spiritual Practices of Jesus

1. Prayer
2. Silence and Solitude
3. Fasting
4. Study
5. Public Worship
6. Chastity
7. Service

Service

"For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many." (Mk 10:45)

Spiritual Practices of Jesus

1. Prayer
2. Silence and Solitude
3. Fasting
4. Study
5. Public Worship
6. Chastity
7. Service
8. Submission

Submission

"And He went a little beyond *them*, and fell on His face and prayed, saying, "My Father, if it is possible, let this cup pass from Me; yet not as I will, but as You will."" (Mat. 26:39)

Spiritual Practices of Jesus

1. Prayer
2. Silence and Solitude
3. Fasting
4. Study
5. Public Worship
6. Chastity
7. Service
8. Submission
9. Sacrifice

Discipline for Godliness

1. Discipline is necessary for spiritual growth

Discipline for Godliness

"⁷But have nothing to do with worldly fables fit only for old women. On the other hand, **discipline yourself for the purpose of godliness**; ⁸for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and *also* for the *life* to come." (1 Tim. 4:7-8)

Discipline for Godliness

1. Discipline is necessary for spiritual growth
2. Spiritual training requires the formation of habits

Formation of Spiritual Habits

"¹²For though by this time you ought to be teachers, you have need again for someone to teach you the elementary principles of the oracles of God, and you have come to need milk and not solid food. . . ¹⁴But solid food is for the mature, **who because of practice have their senses trained to discern good and evil.**" (Heb 5:12,14)

Discipline for Godliness

1. Discipline is necessary for spiritual growth
2. Spiritual training requires the formation of habits
3. How habits are formed

What are "Spiritual Disciplines"?

Abstinence

- Silence
- Solitude
- Fasting
- Secrecy
- Chastity
- Sacrifice
- Rest

Engagement

- Prayer
- Submission
- Worship
- Study
- Meditation
- Giving
- Service

How Training Changes You

- Training ≠ Trying
- The "VIM" model

V
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How Training Changes You

- Training ≠ Trying
- The "VIM" model

Vision
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M

How Training Changes You

- Training ≠ Trying
- The "VIM" model

Vision
Intention
M

How Training Changes You

- Training ≠ Trying
- The “VIM” model

Vision

Intention

Means

Becoming the right sort of person

“Spiritual formation for the Christian basically refers to the Spirit-driven process of forming the inner world of the human self in such a way that it becomes like the inner being of Christ himself.” (Dallas Willard, *Renovation*, p. 22)

Becoming the right sort of person

“When morphing happens, I don’t just **do** the things that Jesus would have done; I find myself **wanting** to do them. They appeal to me. They make sense. I don’t just go around trying to do right things; I **become** the right sort of person.” (John Ortberg, *The Life You’ve Always Wanted*)

Disciplines in Community

- A community that fosters spiritual disciplines
- A community that practices spiritual disciplines together

“Character is formed in community and it is tested in isolation.” [Bill Thrall]

For further Reading...

- *Discipline of Grace* by Jerry Bridges
- *The Renovation of the Heart* by Dallas Willard
- *The Life You’ve Always Wanted* by John Ortberg