

The Good Life

Part 2

If you put these things before the brothers, you will be a good servant of Christ Jesus, being trained in the words of the faith and of the good doctrine that you have followed. Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. The saying is trustworthy and deserving of full acceptance. For to this end, we toil and strive, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.

-1 Timothy 4:6-10

To move from a Me-Centered life to a God-Centered Life, we need to practice the Spiritual Disciplines.

Warnings:

1. The spiritual disciplines are a means to an end and not to be worshiped in and of themselves.
2. The second warning is that you shouldn't focus on what comes easy, neglecting the rest.

Spiritual Discipline: PRAYER

"Prayer catapults us onto the frontier of the spiritual life. Of all the Spiritual Disciplines prayer is the most central because it ushers us into perpetual communion with God the Father...it brings us into the deepest and highest work of the human spirit." -Richard Foster

Misconceptions:

1. The first misconception of prayer is that it mainly involves asking God for things.
2. Another misconception is the idea that we live in a closed universe and everything is fixed, so we don't need to pray.

Pray like this: "Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil." -Matthew 6:9-13

Spiritual Discipline: STUDY

DBS: Discover, Bible, Study Method

Where is Man in this passage?

Where is God in this passage?

What does God want me to know?

What does God want me to do?

The most important thing about Study is Do whatever He tells you.

