

**Key Objective:**

Spiritual disciplines are a God ordained means to empower richness and freedom in your relationship with Christ.

**Bible Talk:**

1. Vision Fuels Discipline

If people can't see what God is doing, they stumble all over themselves; But when they attend to what he reveals, they are most blessed. - Proverbs 29:18 MSG

- Who do you want to be spiritually
- A picture of your preferred walk with God will bring discipline and boundaries into your life

2. Grace Empowered Habits

Exercise daily in God - no spiritual flabbiness, please! Workouts in the gymnasium are useful, but a disciplined life in God is far more so, making you fit both today and forever. - 1 Timothy 4:8 MSG

- A couple scheduling a date night is discipline but it empowers relationship and intimacy
- The Holy Spirit will empower us to live a godly life

**Three Practical Steps:**

1. Get a Clear Vision - Who do you want to become?

- Write down in two or three sentences what kind of person you would like to be in your spiritual life
- Find a quiet space and give yourself time to think

2. Choose two habits - Starting somewhere is important

- Here's a short list - Reading the Bible, Memorising Scripture, prayer, In community, journaling, silence, worship
- Then be consistent - This really is the secret

3. Stop Something

- Is there anything your currently doing that a hindrance to the life you want to have?
- Stopping somethings is just as important as starting things
- Highlight one thing that needs to be removed

