

Living the Agape Life



FIT FOR LIFE

***Spiritual Disciplines
for the
Committed Christian***

Agape Life

Bible Study Group
Brenham's First Baptist Church
Sundays at 10:15 am

Living the
***Agape
Life***

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Living the Agape Life

Fit for Life Spiritual Disciplines for the Committed Christian Part 3

- I. The Foundation – The Why
- II. The Goal – Sanctification
- III. The Trainer – Holy Spirit
- IV. The Process – Working in Tandem
- V. The Machines, Weights & Workouts



I. The Foundation

Train yourself for godliness.

1 Timothy 4:7b

**It's not an option. It is mandatory for all
who want to abide in Jesus and grow in
Christ's likeness.**

**It is accomplished through spiritual
disciplines.**



II. The Goal: Sanctification

“You shall be holy, for I [God] am holy.”

1 Peter 1:16

Spiritual disciplines are those practices found in Scripture that promote spiritual growth (sanctification) among believers in the gospel of Jesus Christ.



III. The Trainer: Holy Spirit

As Christians we can practice spiritual disciplines as an end to themselves (just as the Pharisees did) and give ourselves a nice pat on the back for having done so.

Only through the guidance of the Holy Spirit can spiritual disciplines lead to sanctification.

The Spirit will guide you into all truth.

John 16:13



IV. The Process: Working in Tandem

Therefore, my beloved, as you have always obeyed,
so now, not only as in my presence
but much more in my absence,
work out your own salvation
with fear and trembling,
for it is God who works in you,
both to will and to work for his good pleasure.

Philippians 2:12-13



V.

The Machines,
Weights, and
Workouts



Fit for Life – Spiritual Disciplines

V. The Machines, Weights, and Workouts

Bible Assimilation

Read, Listen, Study, Memorize, Meditate

Prayer

Personal Worship

Fasting

Silence and Solitude

Journaling

Commonplace Book

Redeeming the Time



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Bible Assimilation

Read, Listen, Study, Memorize, Meditate

READ

**Man shall not live by bread alone,
but by every word that comes
from the mouth of God.**

Matthew 4:4



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Read, Listen, Study, Memorize, Meditate

Audio Resources – Podcasts



One Place
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podcasts



Tony Evans
tonyevans.org



Sermon Audio
sermonaudio.com



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Audio Resources – Podcasts



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Audio Resources – Audio Bibles



YouVersion

**[bible.com/audio-bible-
app-versions](https://bible.com/audio-bible-app-versions)**



Audible

audible.com



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**YouVersion Reading from
Nehemiah 12
Psalm 126
and Ezra 3
New Living Translation**



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Read, Listen, Study, Memorize, Meditate

Audio Resources – Christian Radio



khcb.org

locally 105.7 FM, 91.9 FM



afr.net

American Family Radio
locally 88.3 FM, 89.9 FM



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Read, Listen, Study, Memorize, Meditate

Audio Resources

Preachers and Bible Teachers

Friends & Family



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STUDY

Continue in what you have learned and have firmly believed, knowing from whom you learned it and how from childhood you have been acquainted with the sacred writings,

which are able to make you wise for salvation through faith in Christ Jesus.

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.

2 Timothy 3:14-17



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Bible Assimilation

Read, Listen, Study, Memorize, Meditate

STUDY

**Study to show yourself approved unto God,
a workman that need not be ashamed,
rightly dividing the word of truth.**

2 Timothy 2:15



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Bible Assimilation

Read, Listen, Study, Memorize, Meditate

Print and Digital Resources

Study Bibles, Commentaries,
Bible Encyclopedias, Concordances



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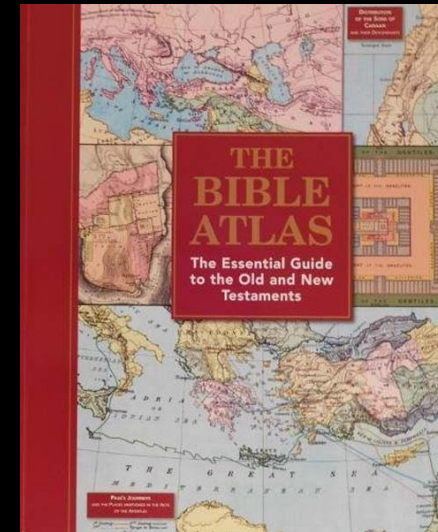
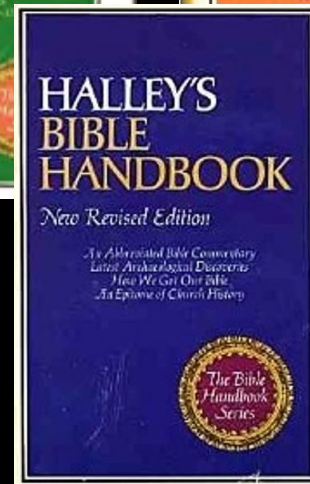
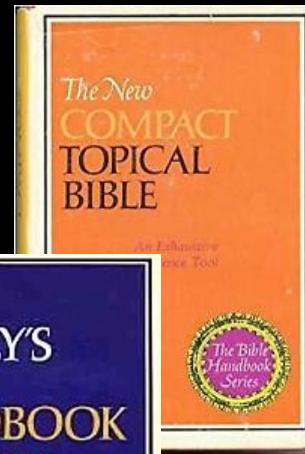
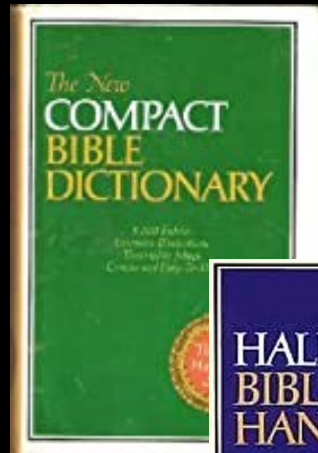
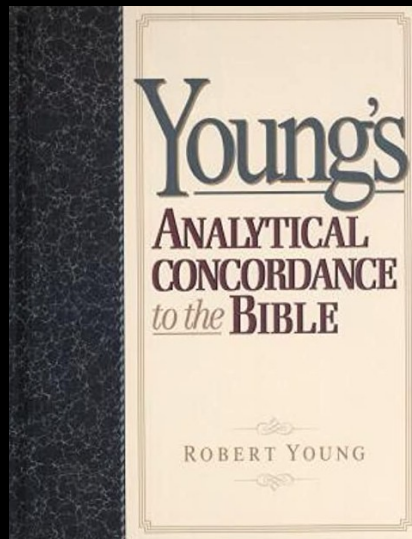
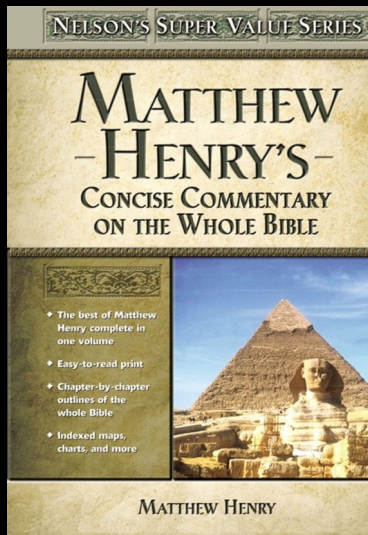
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Read, Listen, Study, Memorize, Meditate

Print and Digital Resources

Study Bibles, Commentaries, Bible Encyclopedias, Concordances



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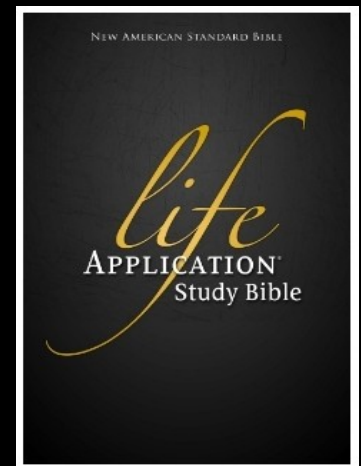
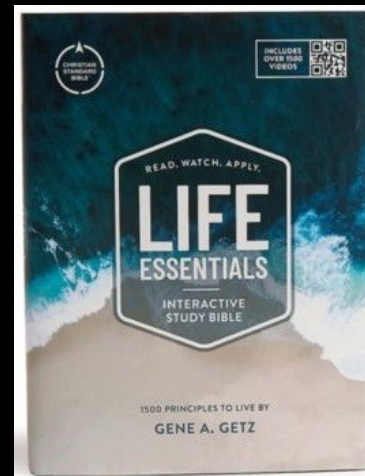
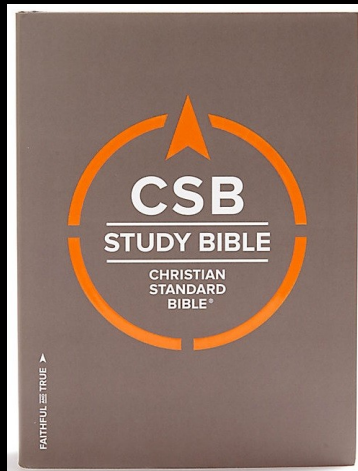
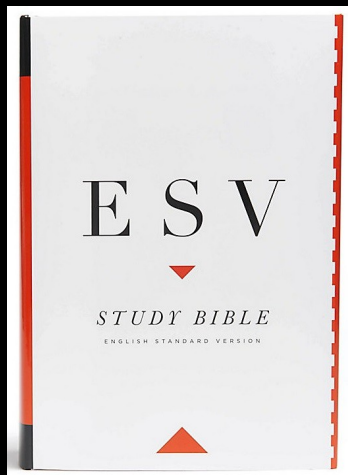
Bible Assimilation

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Print and Digital Resources

Study Bibles, Commentaries, Bible Encyclopedias, Concordances

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YouVersion
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Bible Hub
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Blue Letter Bible
blueletterbible.org



eSword
e-sword.net



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Read, Listen, Study, Memorize, Meditate

Bible Study Plan

Step 1 – What does the passage say?

S.T.O.P.

Step 2 – What does the passage mean?

Use reference materials, cross references, various versions.

Step 3 – How should I react to the passage?

Be transformed by the renewing of your mind.



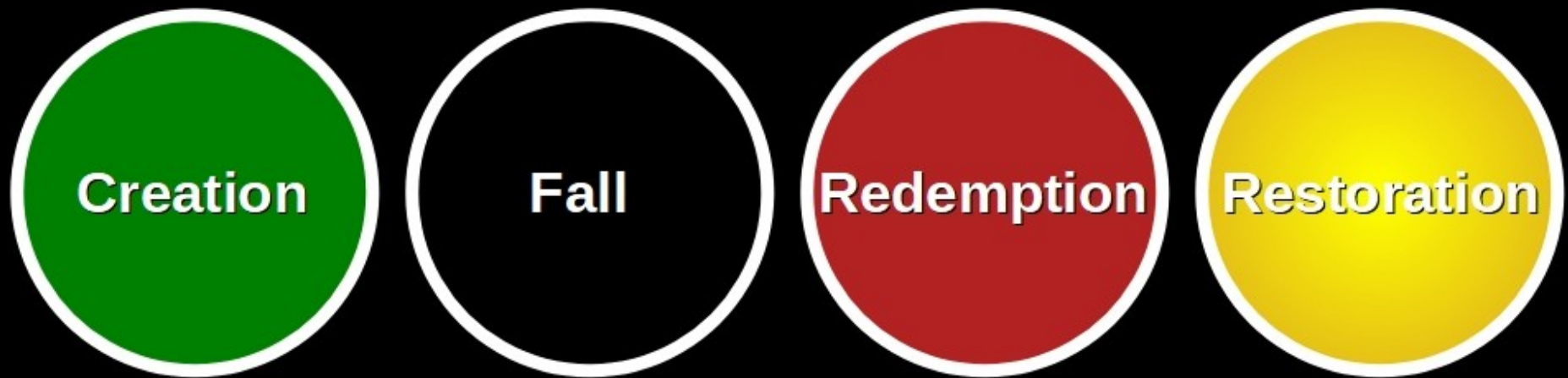
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Bible Assimilation

Read, Listen, Study, Memorize, Meditate

Metanarrative of Scripture



Jesus – The Meta-Protagonist



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Bible Assimilation

Read, Listen, Study, Memorize, Meditate

Print and Digital Resources

Study Bibles, Commentaries,
Bible Encyclopedia, Concordance

Other Resources

Church, Podcasts, Friends & Family,
Bible Study Groups



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Bible Assimilation

Read, Listen, Study, Memorize, Meditate

MEMORIZE

**I have stored up your word in my heart,
that I might not sin against you.**

Psalm 119:11



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Bible Assimilation

Read, Listen, Study, Memorize, Meditate

From the Navigators Topical Memory System

- Step 1: Choose an area of gospel truth you're motivated to understand more deeply and find a scripture within that theme.**
- Step 2: Dig into the context. Find the verse in your Bible and read the paragraph before and after it.**
- Step 3: Memorize in bite-sized pieces. Memorize the topic and reference first. Writing the verse out can be helpful.**
- Step 4: Review on your own and with friends.**



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Bible Assimilation

Read, Listen, Study, Memorize, Meditate

Living The New Life

Christ the Center	2 Corinthians 5:17	Galatians 2:20
Obedience to Christ	Romans 12:1	John 14:21
The Word	2 Timothy 3:16	Joshua 1:8
Prayer	John 15:7	Philippians 4:6-7
Fellowship	Matthew 18:20	Hebrews 10:24-25
Witnessing	Matthew 4:19	Romans 1:16

Proclaiming Christ

All Have Sinned	Romans 3:23	Isaiah 53:6
Sin's Penalty	Romans 6:23	Hebrews 9:27
Christ Paid the Penalty	Romans 5:8	1 Peter 3:18
Salvation is not by Works	Ephesians 2:8-9	Titus 3:5
Must Receive Christ	John 1:12	Revelation 3:20
Assurance of Salvation	1 John 5:13	John 5:24

Being Christ's Disciple

Put Christ First	Matthew 6:33	Luke 9:23
Separate From the World	1 John 2:15	Romans 12:2
Be Steadfast	1 Corinthians 15:58	Hebrews 12:3
Serve Others	Mark 10:45	2 Corinthians 4:5
Give Generously	Proverbs 3:9-10	2 Corinthians 9:6-7
Develop World Vision	Acts 1:8	Matthew 28:19-20

Growth In Christlikeness

Love	John 13:34-35	1 John 3:18
Humility	Philippians 2:3-4	1 Peter 5:5-6
Purity	Ephesians 5:3	1 Peter 2:11
Honesty	Leviticus 19:11	Acts 24:16
Faith	Hebrews 11:6	Romans 4:20-21
Good Works	Galatians 6:9-10	Matthew 5:16

Reliance On God's Resources

His Spirit	1 Corinthians 3:16	1 Corinthians 2:12
His Strength	Isaiah 41:10	Philippians 4:13
His Faithfulness	Lamentations 3:22-23	Numbers 23:19
His Peace	Isaiah 26:3	1 Peter 5:7
His Provision	Romans 8:32	Philippians 4:19
His Help in Temptation	Hebrews 2:18	Psalms 119:9-11



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Bible Assimilation

Read, Listen, Study, Memorize, Meditate

MEDITATE

Blessed is the man

**who walks not in the counsel of the wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;**

**But his delight is in the law of the LORD,
and on his law he meditates day and night.**

Psalm 1:1-2



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Read, Listen, Study, Memorize, Meditate

Meditation is pausing to think deeply about a particular passage of scripture, guided by the Holy Spirit, looking to God for understanding of the meaning and the application of the passage.



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Bible Assimilation

Read, Listen, Study, Memorize, Meditate

Lectio Divina (Divine Reading) was introduced in the sixth century by Saint Benedict. This form of meditation and prayer comprised several steps by which they focused on a particular text, thinking about it from various angles, pray with it, to draw out God's message from that passage.



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Bible Assimilation

Read, Listen, Study, Memorize, Meditate

Silence

Take time to be silent: prepare to communicate with God.

Read

Read a short passage of Scripture aloud several times slowly.

Meditate

Ponder each word and each phrase. Ask yourself and God questions about the passage.
Write down your questions, answers, and thoughts. Think about the ramifications.

Pray

Pray using the passage as an outline for your prayer.

Contemplate

Wait in stillness once more. Contemplate God's love and power as it is revealed here.

Live It Out

What precisely ought you to be believing, thinking, and doing.



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Bible Assimilation

Read, Listen, Study, Memorize, Meditate

Prayer

Personal Worship

Fasting

Silence and Solitude

Journaling

Commonplace Book

Redeeming the Time



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Prayer

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Philippians 4:6

**Pray in the Spirit at all times,
with every kind of prayer and petition.**

Ephesians 6:18



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Bible as Worship

Read, Listen, Study, Memorize, Meditate

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Personal Worship

**My mouth is filled with your praise,
and with your glory all the day.**

Psalm 71:8

**Through him then let us continually offer up a
sacrifice of praise to God, that is, the fruit of lips
that acknowledge his name.**

Hebrews 13:15



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Bible Reading

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Fasting

“Even now,” declares the LORD, “return to me with all your heart, with fasting and weeping and mourning.”

Joel 2:12

“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

Matthew 6:16-18



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Stille Assistenten

Read, Listen, Study, Memorize, Meditate

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Silence and Solitude

“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”

Psalm 46:10

**“But the LORD is in his holy temple;
let all the earth be silent before him.”**

Habakkuk 2:20

Jesus went up on the mountain by himself to pray. When evening came, he was there alone.

Matthew 14:23



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Bible Assimilation

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Journaling Commonplace Book

**Write therefore the things that you have seen,
those that are and those that are to take place after this.**

Revelation 1:19

**At the LORD's command,
Moses recorded the stages of their journey.**

Numbers 33:2



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~~Biblical Assimilation~~

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Redeeming the Time

**Pay careful attention, then, to how you walk,
not as unwise but as wise,
redeeming the time, because the days are evil.**

Ephesians 5:15-16

Walk in wisdom toward those outside, redeeming the time.

Colossians 4:5



Living the Agape Life

Next Week

Fit for Life

Spiritual Disciplines
for the
Committed Christian
Part 3

Living the Agape Life

The "I Am's" of Christ
Spiritual Disciplines
How Should We Pray?
From 30 to 2023 and Beyond
Spiritual Gifts

John 6-15
1 Corinthians 9
Matthew 6
Acts 2
1 Corinthians 12

Living the
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