

Women of Excellence
Wednesday Night Bible Study
December 5, 2018
Practicing Basic Spiritual Disciplines, by Charles Stanley
REVIEW

SPIRITUAL DISCIPLINES

What is the purpose of learning about and practicing spiritual disciplines?

Discipline 1 Obedience to God's Commandments 1 Samuel 15:22

Stanley calls obedience to God's commandments the most important spiritual discipline.

What keeps us from obeying God's commandments?

Discipline 2 Conformity to Christ Romans 8:29, 2 Corinthians 3:18, Romans 12:2

What is necessary for us to be able to conform to the image of Christ?

Discipline 3 A Personal Study of Scriptures Ephesians 5:17, Psalm 119:11

Stanley says, "A person must know God's Word if he or she is to develop the mind of Christ, move into obedience to God's commandments, and become more conformed to Christ.

What are some of the benefits of studying the Bible?

Discipline 4 Effective Prayer 1 Thessalonians 5:16-18, Philippians 4:6, James 5:16,
1 Timothy 2:1-2

What has changed in your prayer life as a result of studying the discipline of prayer?

Discipline 5 Looking for Christ in All Things

If we expect the Lord to speak to us, we should keep our minds and hearts open to Him so He might speak by any means at any time.

Discipline 6 Faithful Giving 2 Corinthians 9:7, Galatians 6:9

The Lord wants me to give back to Him some of the blessings He has given me. Not just money.

Discipline 7 Involvement with Other Believers Hebrews 10:24-25. Colossians 3:15-17
1 Corinthians 12:25-27

How has being involved in a church benefited you in your spiritual growth?

Stanley's Ten Hallmarks of Spiritual Growth/Maturity

1. A Great Hunger for God
2. A Desire to Know God's Truth
3. No Tolerance for Evil
4. A Desire for God's Will to Be Done
5. A Growing Love for Others
6. Quickness to Forgive
7. Quickness to Obey
8. Great Faith
9. A Soft Heart
10. Deep Love for God

Rate yourself on a scale of 1 to 10 on each item. Are you above average in your spiritual growth?
1-----10

Group Activity

1. **Spend** a few minutes getting to know each other. Hopefully, you are in a group with people you don't know well.
2. **Share** (as much as you feel comfortable with.) some of the things that you feel you learned in the study. **How** have you grown spiritually during this time?
3. **What** have you learned about your level of spiritual maturity? **Are** you more or less spiritually than you thought?
4. **Read** Matthew 26:36-40 (Jesus' Great Commandment) and Galatians 5:22-23 (Fruit of the Spirit). **How** do these two scriptures compare with Stanley's Disciplines and Hallmark's of Spiritual Growth?