

SPIRITUAL  
**DISCIPLINES**  
THE PATH TO TRANSFORMATION

# SPIRITUAL DISCIPLINES

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## Examples

### **Deuteronomy 29:38-39**

Now this is what you shall offer on the altar: two lambs of the first year, day by day continually. One lamb you shall offer in the morning, and the other lamb you shall offer at twilight.

### **Psalms 141:1-2**

Lord, I cry out to You; make haste to me! Give ear to my voice when I cry out to You. Let my prayer be set before You as incense, the lifting up of my hands as the evening sacrifice.

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## Examples

### **Deuteronomy 17:18-19**

Also it shall be, when he sits on the throne of his kingdom, that he shall write for himself a copy of this law in a book, from the one before the priests, the Levites. And it shall be with him, and he shall read it all the days of his life, that he may learn to fear the Lord his God and be careful to observe all the words of this law and these statutes

### **1 Timothy 4:7-16**

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# Examples

**Note The Emphasis On....**

Prayer

Self-Examination

Study & Meditation

Sacrificial Living

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## Purpose

### Deuteronomy 28

- ★ *It's not about seeking the blessings, but our God who gives the blessings!*

### Proverbs 8:17

I love those who love me, and those who seek me diligently will find me.

# The Role Of Customs & Traditions

## Luke 4:16

So He came to Nazareth, where He had been brought up. And as His custom was, He went into the synagogue on the Sabbath day, and stood up to read.

## Luke 2:22-27

## Acts 20:7

Now on the first day of the week, when the disciples came together to break bread...

# The Role Of Customs & Traditions

## Romans 10:1

Brethren, my heart's desire and prayer to God for Israel is that they may be saved.

## Acts 17:1-2

Now when they had passed through Amphipolis and Apollonia, they came to Thessalonica, where there was a synagogue of the Jews. Then Paul, as his custom was, went in to them, and for three Sabbaths reasoned with them from the Scriptures

# The Role Of Customs & Traditions

## Daniel 6:10

Now when Daniel knew that the writing was signed, he went home. And in his upper room, with his windows open toward Jerusalem, he knelt down on his knees three times that day, and prayed and gave thanks before his God, as was his custom since early days.



## **Realistic Expectations**

**You Won't Always Feel Like Practicing It**

**You Won't Always Feel Like It Was Life Changing**

**You Won't Always Feel At Peace Or Comforted**

**You Won't Always See Immediate Results**

### **Hebrews 12:11**

Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it.

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**Are You Disciplined?**