



Session 1, Part 2: God Is Everything to Us

D. Spiritual Disciplines: The Way to Spiritual Strength While Growing to Maturity

“The reason why many are still troubled, still seeking, still making little forward progress is because they haven’t yet come to the end of themselves. We’re still trying to give orders, and interfering with God’s work within us.”

A.W. Tozer

1. Investing time in God’s Word

Growing in knowledge of the Word of God is essential to the ability to obey His ways, to grow in wisdom, and discern truth.

2 Timothy 2:15—“Be diligent to present yourself approved to God as a workman who does not need to be ashamed, accurately handling the word of truth.”

Matthew 4:4—“But Jesus told him, ‘No! The Scriptures say, ‘People do not live by bread alone, but by every word that comes from the mouth of God.’”

2. Living by the Spirit of God is the only way to make us able to live a truly Christian life.

John 20:21-22—“So Jesus said to them again, ‘Peace be with you; as the Father has sent Me, I also send you.’ And when He had said this, He breathed on them and said to them, ‘Receive the Holy Spirit.’”

John 14:26—“But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you.”

Romans 8:26—“And the Holy Spirit helps us in our weakness. For example, we don’t know what God wants us to pray for. But the Holy Spirit prays for us with groaning that cannot be expressed in words.”

3. Believing Prayer

Colossians 4:2—“Devote yourselves to prayer with an alert mind and a thankful heart.”

Philippians 4: 6-7—“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

4. Obedience is the way we show our honor to God

John 14:23—“Jesus replied, ‘All who love me will do what I say. My Father will love them, and we will come and make our home with each of them.’”

2 Corinthians 10:5—“We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ...”

E. Community and Fellowship Provide us with Affirmation, Affection, Stability, and Belonging

Ecclesiastes 4:9-10—“Two are better than one because they have a good return for their labor. For if either of them falls, the one will lift up his companion. But woe to the one who falls when there is not another to lift him up...”

Hebrews 3:13—“But encourage one another daily, as long as it is called ‘Today,’ so that none of you may be hardened by sin’s deceitfulness.”