



1 CORINTHIANS 9:24-27

Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

1 TIMOTHY 4:7-8 NIV

There is a _____ of _____ available to help us

_____ for spiritual growth

_____ vs. _____

Discipline: Any activity I can do by direct effort that will help me do what I cannot now do by direct effort.

Spiritual discipline: Any activity that can help me gain power to live life as Jesus taught and modeled it.

John Ortberg | The Life You've Always Wanted

Spiritual disciplines should be _____ as _____

rather than _____

A disciplined person: Someone who can do the right thing at the right time in the right way with the right spirit

There is not one _____ or _____ for

_____ spiritual growth

There is a time for everything, and a season for every activity under heaven.

ECCLESIASTES 3:1 NIV

_____ is still the _____ of growth,

and _____ is the _____

The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit.

JOHN 3:8 NIV

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➡ Most of our scripture is read from the New International Version (NIV), though other versions are also referenced.