



STANDALONE

Caleb McMains | 09.18.2022

BIG IDEA | To live *LIKE JESUS*, we must take on the *WAYS OF JESUS*.

John 10:10 (NLT)

¹⁰ The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.

1 Corinthians 9:24-27 (NLT)

²⁴ Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! ²⁵ All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. ²⁶ So I run with purpose in every step. I am not just shadowboxing. ²⁷ I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.

SPIRITUAL DISCIPLINE: a practice based on the lifestyle of Jesus that gives you access to the power of the Holy Spirit, and in doing so, be transformed from the inside out.

SPIRITUAL DISCIPLINES - WAYS OF JESUS

- Silence and solitude
- Prayer
- Simple and sacrificial living
- Study and meditation of God's Word

- Service to others
- Fasting
- Community
- Secrecy
- Celebration
- Confession
- Teaching
- Worship
- Gratitude
- Sabbath

“The minute you get away from fundamentals – whether its proper technique, work ethic, or mental preparation – the bottom can fall out of your game, your schoolwork, your job, whatever you’re doing.” - Michael Jordan

1 Timothy 4:7-8 (NLT)

⁷ Do not waste time arguing over godless ideas and old wives’ tales. Instead, train yourself to be godly. ⁸ “Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”

"Grace is not opposed to effort. It is opposed to earning." - Dallas Willard

A BALANCED APPROACH TO SPIRITUAL DISCIPLINE

- Account for personality
- Account for season of life
- Account for the biggest need
- Not be afraid of hard work
- Create repetition