

Developing a Secret History with God

Engaging in Spiritual Disciplines

I. Introduction

- A. I Tim. 4:7b (NAS) *On the other hand, discipline yourself for the purpose of godliness.*
- B. Matt. 6:16-18 (NLT) ¹⁶*“Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. ¹⁷But you, when you fast, anoint your head and wash your face ¹⁸so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you.”*

II. Engaging in Spiritual Disciplines

- A. Solitude
- B. Studying God's Word
 - 1. Col. 3:16a (NAS) *Let the word of Christ richly dwell within you.*
- C. Prayer and fasting
- D. Simplicity
 - 1. Micah 6:8 (NAS) *He has told you, O man, what is good; And what does the LORD require of you But to do justice, to love kindness, And to walk humbly with your God?*
- E. Community
 - 1. Heb. 10:25 (NAS) *Not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near.*
- F. Celebration
 - 1. Eccl. 3:4 (NAS) *A time to weep and a time to laugh; A time to mourn and a time to dance.*

III. Conclusion