



MULTIPLY

STEVEN MONTGOMERY

TRUTH FOR THE DAY

“The Practice of Spiritual Discipline is the only route to maturity in Christ.”

WHY - SPIRITUAL DISCIPLINE



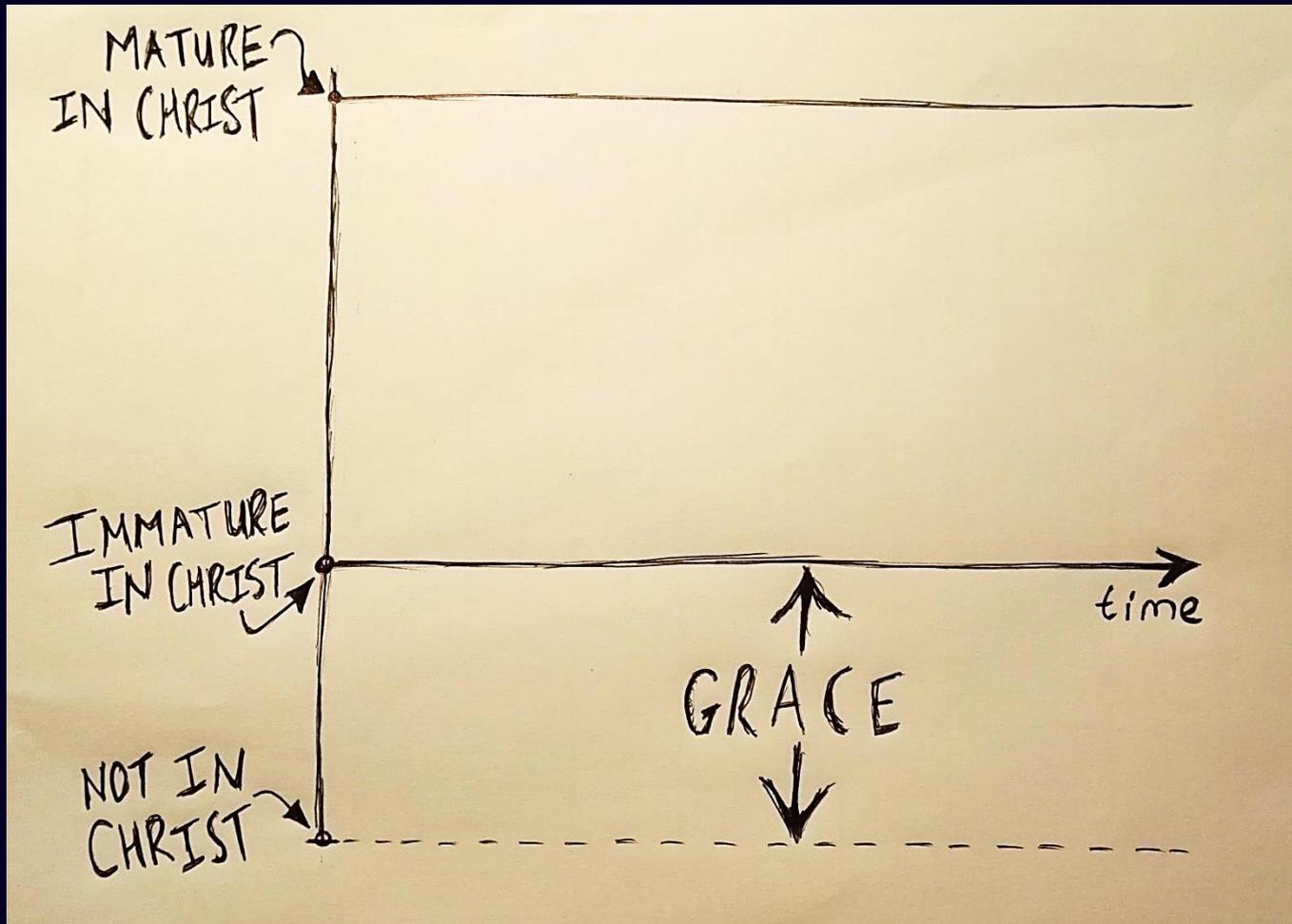
⁷ But have nothing to do with irreverent folklore and silly myths. On the other hand, discipline yourself for the purpose of godliness [*keeping yourself spiritually fit*]. ⁸ For physical training is of some value, but godliness (*spiritual training*) is of value in everything and in every way, since it holds promise for the present life and for the life to come - 1 Timothy 4:7-8 (AMP)

WHY - SPIRITUAL DISCIPLINE

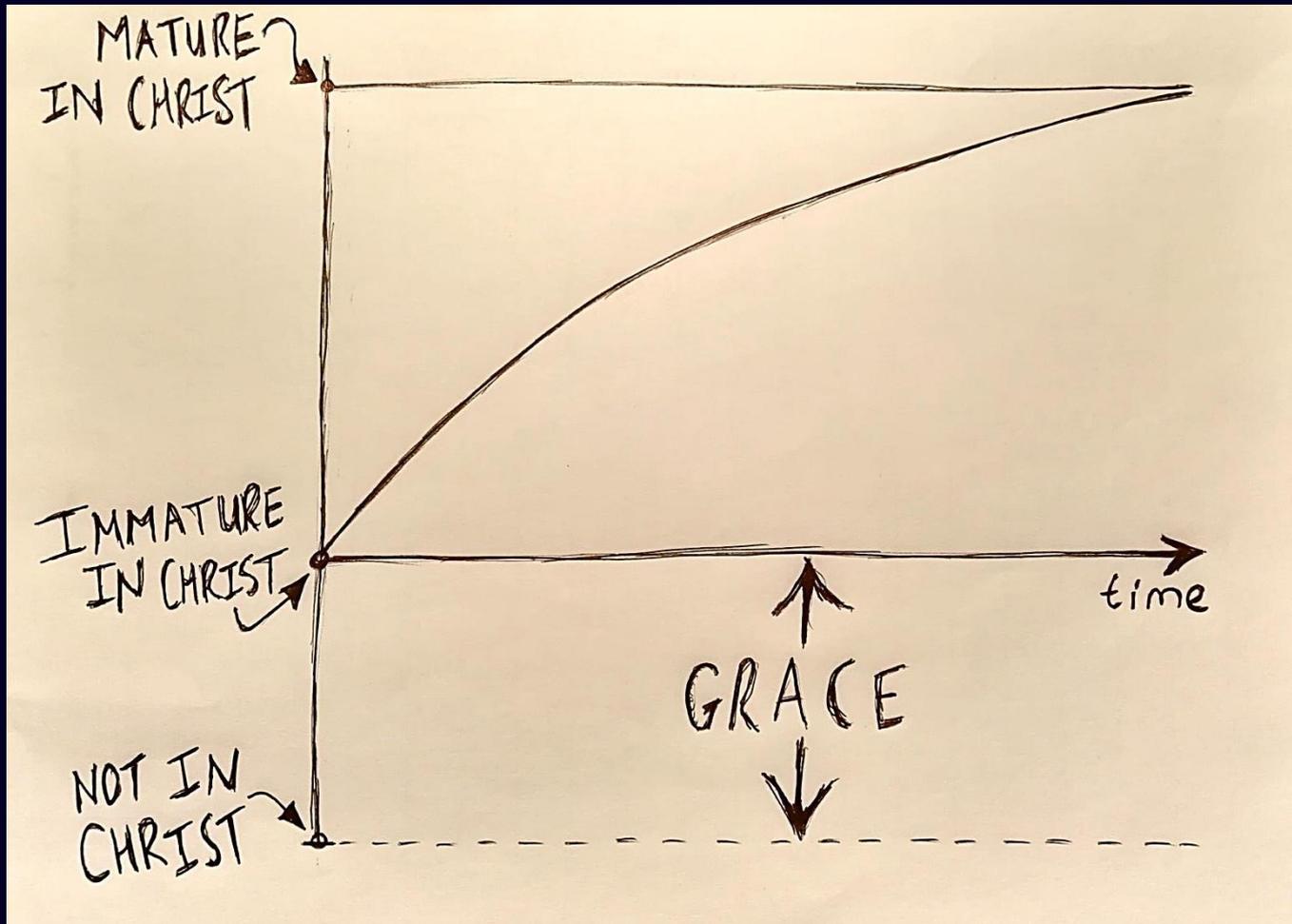


“Maturing in Christ only happens through intentionality – Intentionally practicing spiritual discipline.”

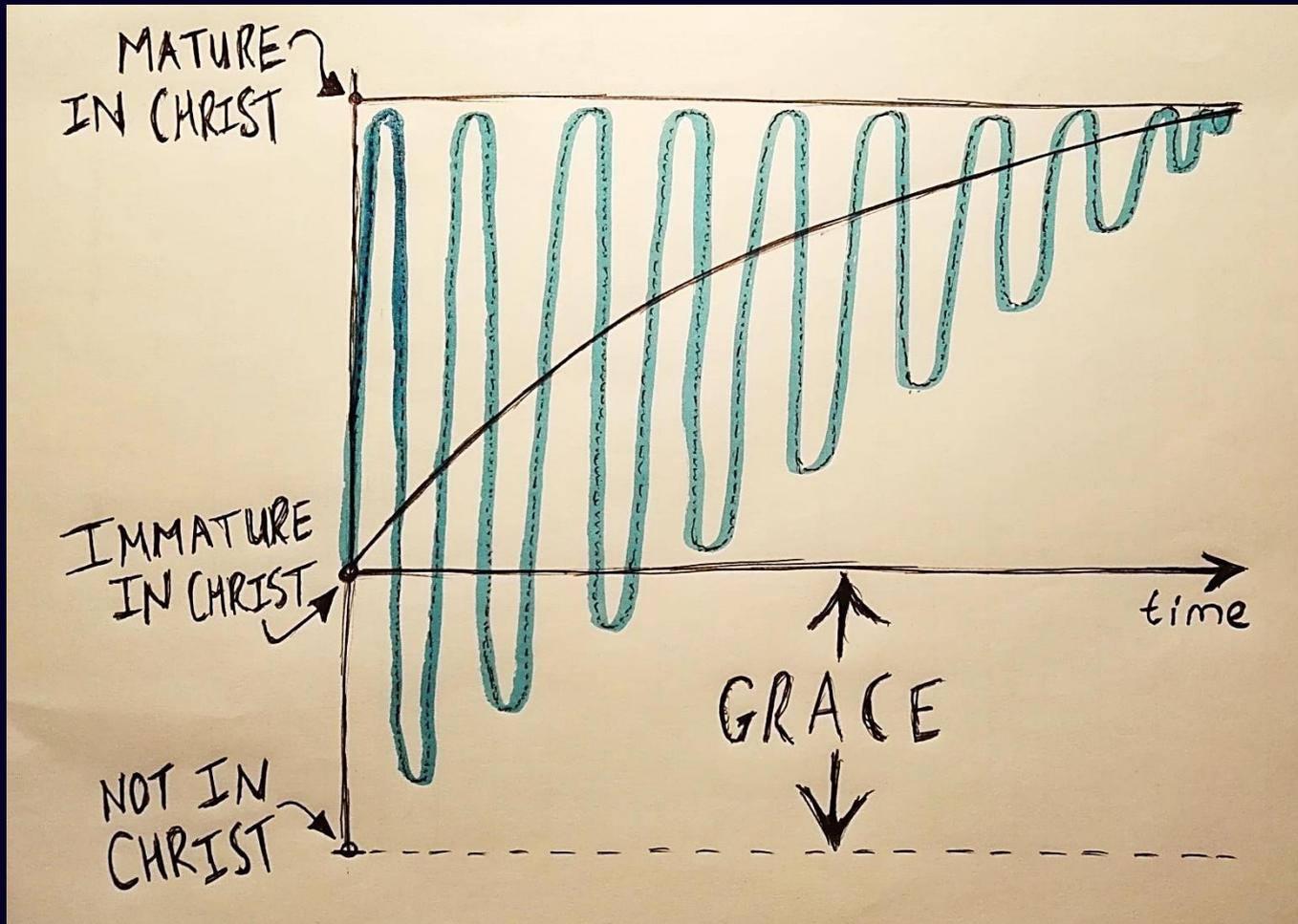
WHY - SPIRITUAL DISCIPLINE



WHY - SPIRITUAL DISCIPLINE



WHY - SPIRITUAL DISCIPLINE



WHY - SPIRITUAL DISCIPLINE



“The problem is not with Jesus ability to kill the old man, but with our lack of establishing the new man through spiritual discipline.”

WHAT - SPIRITUAL DISCIPLINE



“A Spiritual Discipline is an intentionally directed action which places us in a position to receive from God the power to do what we cannot accomplish on our own.... The deep waters of God's life are already flowing. We simply learn the strokes that will enable us more and more to be at home in them.... The human body is our power-pack of mind-body-spirit - we discipline it in order to practice cooperation with God. (Life with God, p. 135-137)” - Richard Foster

WHAT - SPIRITUAL DISCIPLINE



*“Biblical spiritual ACTS
with the focus on BEING”*

WHAT - SPIRITUAL DISCIPLINE



Examples:

- Fasting – being more aware of God's voice.
- Serving – being humble
- Giving – being less selfish
- Tithing – being free from the love of money
- Stewarding – being obedient
- Worshiping – being a dwelling place for God
- ...

WHAT - SPIRITUAL DISCIPLINE



**¹³ Till I come, give attention to reading, to exhortation, to doctrine... ¹⁵ Meditate on these things; give yourself entirely to them, that your progress may be evident to all. ¹⁶ Take heed to yourself and to the doctrine. Continue in them, for in doing this you will save both yourself and those who hear you. -
1 Timothy 4:13-16 (NKJV)**

WHAT - SPIRITUAL DISCIPLINE

1. Read the word
2. Meditate on the word
3. Pray about the word



WHAT - SPIRITUAL DISCIPLINE



“So do not expect always to get an emotional charge or a feeling of quiet peace when you read the Bible. By the grace of God you may expect that to be a frequent experience, but often you will get no emotional response at all. Let the Word break over your heart and mind again and again as the years go by, and imperceptibly there will come great changes in your attitude and outlook and conduct.”

WHAT - SPIRITUAL DISCIPLINE



“You will probably be the last to recognize these....when your eyes close for the last time in death, and never again read the Word of God in Scripture you will open them to the Word of God in the flesh, that same Jesus of the Bible whom you have known for so long, standing before you to take you forever to His eternal home.” - Geoffrey Thomas, Reading the Bible

WHAT - SPIRITUAL DISCIPLINE



“Though a man's heart be much indisposed to prayer, yet, if he can but fall into a meditation of God, and the things of God, his heart will soon come off to prayer...Begin with reading or hearing. Go on with meditation; end in prayer...Reading without meditation is unfruitful; meditation without reading is hurtful; to meditate and to read without prayer upon both, is without blessing.” - William Bridge

HOW - SPIRITUAL DISCIPLINE



The Practice of Spiritual Discipline is the only route to maturity in Christ.

- **Establish a daily routine (40 day challenge)**
- **Have a action plan**
- **Have a reading plan**
- **Read, Meditate, Pray (*40min = 20 + 10 + 10*)**