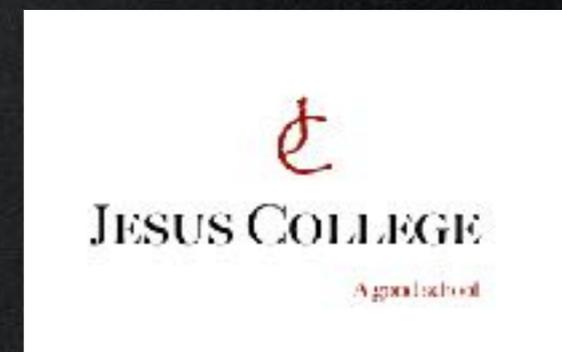


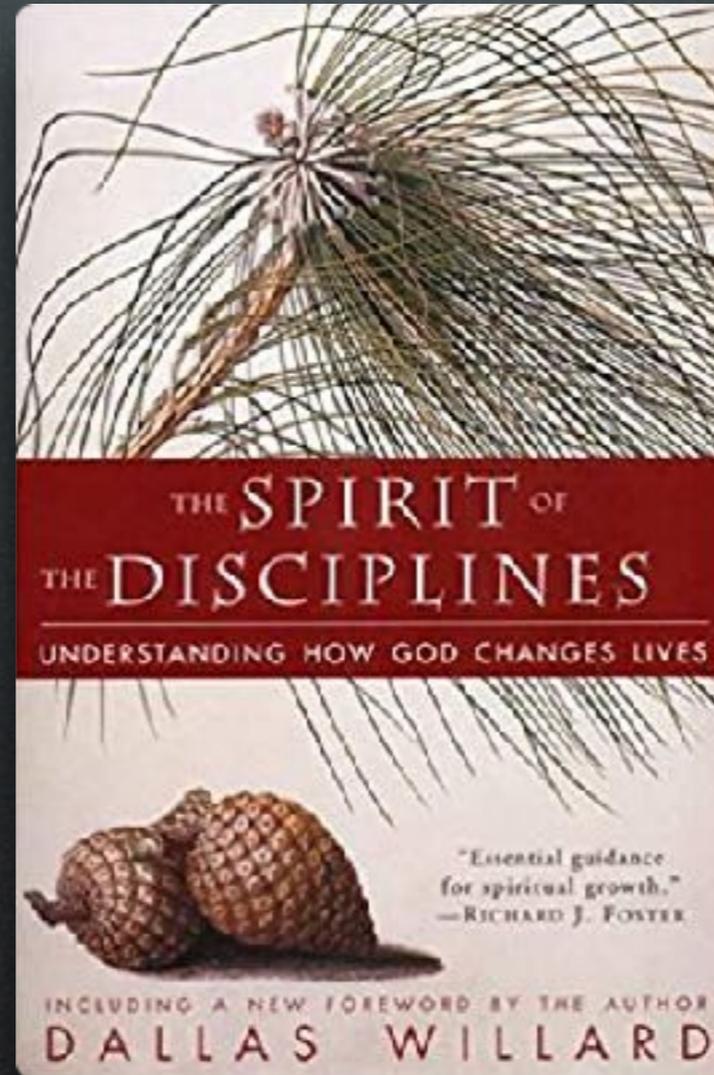
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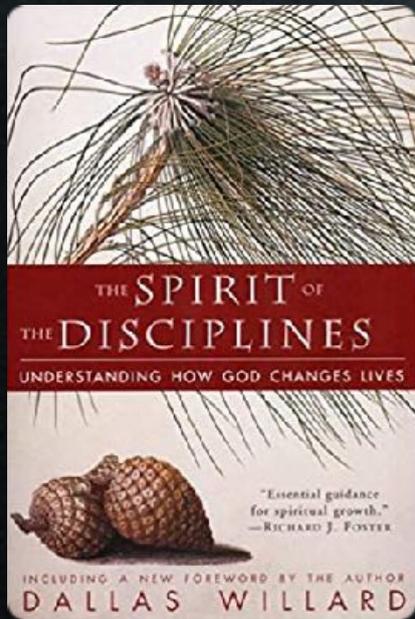


The Spirit of the Disciplines

Session 9 - *“Some Main Disciplines of the Spiritual Life”*

Book Chapter 9





Session 8 Summary

Spiritual disciplines are activities of our mind and body to align ourselves with the order and power of the Kingdom of God.

The secret of the easy yoke is to choose to live your life the way Jesus lived His life.



The Spirit of the Disciplines

Session 9 - *“Some Main Disciplines of the Spiritual Life”*

Book Chapter 9

A discipline for the spiritual life is, when the dust of history is blown away, nothing but an activity undertaken to bring us into more effective cooperation with Christ and His Kingdom.

(156)

Poised with the Power of the Kingdom of God.

(157)

The Disciplines

What are the particular activities?

Which should we choose?

Very few are indispensable.

Practicing a range of activities has a proven track record.

(158)





Disciplines of Disengagement — “Abstinence”

Solitude

Silence

Fasting

Frugality

Chastity

Secrecy

Sacrifice

(160-175)



Disciplines of Engagement — “Advance”

Study

Worship

Celebration

Service

Prayer

Fellowship

Confession

Submission

(176-190)

The Disciplines of Abstinence (159-175)

“Abstain from fleshy lusts which war against the soul.”

1 Peter 2:11

“Given up anything that comes in the way between ourselves and God.” W.R. Inge

Abstain from normal desires - food, sleep, bodily activity, companionship, curiosity, sex, convenience, comfort, material security, reputation, fame.

These basic desires are not wrong, but they have been allowed to run a rebellious and harmful course, ultimately serving as the primary hosts of sin in our personalities.

Normal Perils of the Soul in Ordinary Life

Seven Deadly Sins

Pride

Anger

Envy

Sloth

Avarice (greed)

Gluttony

Lasciviousness (lewd)

Disciplines of Disengagement – “Abstinence”

Solitude – choosing to be alone; psychic distance

Silence – few live with quiet, inner confidence

Fasting – feasting on Jesus and doing His will

Frugality – freedom from bondage of debt

Chastity – how not to be governed by sexual feelings

Secrecy – learn to love to be unknown

Sacrifice - forsake meeting our own needs

(160-175)

Of all the disciplines of abstinence, solitude is the most fundamental in the beginning of the spiritual life, and it must be returned to again and again as that life develops.

(161)



Fasting is one of the more important ways of practicing that self-denial required of everyone who would follow Christ (Matthew 16:24).

(167)



Disciplines of Engagement — “Advance”

“Arise, take up thy mat and walk.” (Mark 2:11)

Study — the primary discipline of engagement

Worship — engage & dwell on the greatness of God

Celebration — enjoy our life with our good God

Service — freedom from the burden of appearance

Prayer — to pray more means think more to pray

Fellowship — regular & profound conjunction

Confession — lay down hiding & pretending

Submission — sustains the highest fellowship

(176-190)

“Whoever desires to be first among you shall be your slave.”

Jesus of Nazareth

Matthew 20:27

To be great and to live as a servant is one of the most difficult of spiritual attainments.

(183)



Prayer as a discipline has its greatest force in strengthening the spiritual life only as we learn to pray without ceasing. (1 Thes. 5:17; Phil. 4:6)

(185)



Are the Disciplines Adequate?

Which disciplines must be central to our lives will be determined the chief sins of commission and omission that entice or threaten us from day to day..

“the hard bitten realities”.

These activities are more than adequate to help us receive the full Christ-life and become the kind of person that should emerge in the following of Him.



(191)

Q&C

Your Questions & Comments are welcome!

(Use the Q&A on the bottom of your Zoom screen)



Q&A

Meditation – *II Peter 1:2-11*

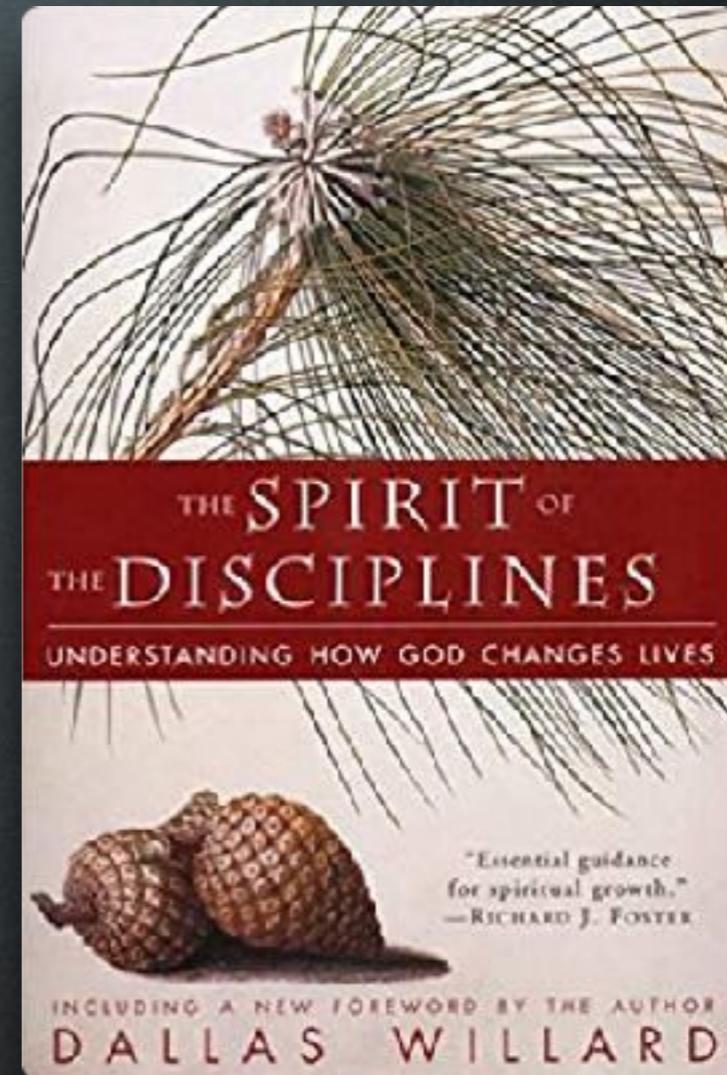
Application

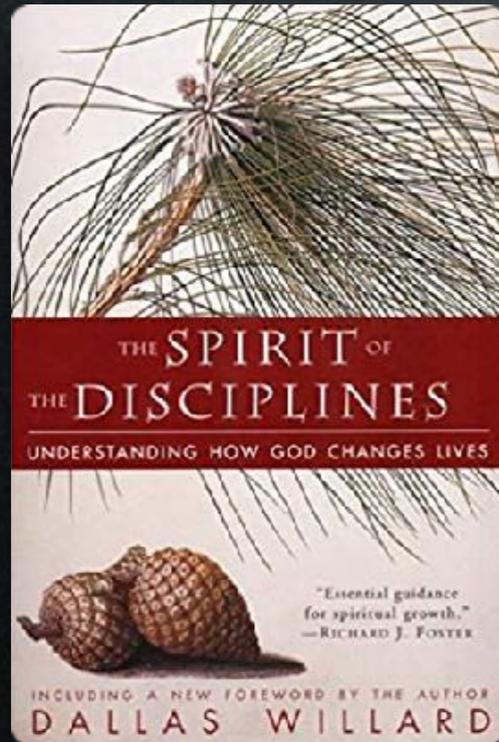
- 1.) How do I assess the level of “poise” in my life? (157)
How does it reveal what Matthew 6:33 means?
- 2.) What is/are my chief sin(s) that come(s) in the way of my relationship with God? See I Peter 2:11
- 3.) What do I see in me when I look at the suggested 15 disciplines? Which one will I practice this week?



Session 9 Summary

The chief sins of our lives will prompt which disciplines we can creatively adapt to our individual lives to set us free from sin as we enter the fullness of Christlikeness.





Next — Session 10

“Is Poverty Spiritual?”
Chapter 10

New Free Course

“Spiritual Transformation as a Natural Part of Salvation”

(3) Tuesdays, May 17-31, 2022

30 Minutes weekly for 11 weeks

8 AM - *or* - 4 PM (US Pacific = GMT -7 hours)



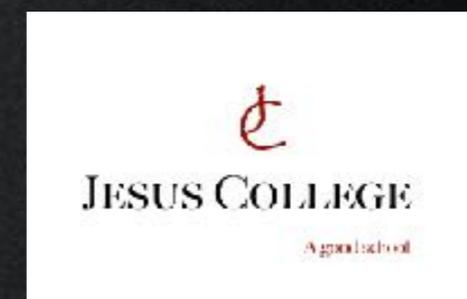
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In this inspiring 75 minute presentation at Wheaton College, Dallas Willard offers keen insights into salvation as a natural part of spiritual formation. Uniquely, he reads a paper which later became Chapter 26 in *Renewing the Christian Mind*. Dallas' humble brilliance addresses how Christians misunderstand salvation, then he presents rich teaching of grace, true salvation, and spiritual disciplines for Christlike transformation, finishing with a clarion call to follow Jesus today.

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workout in the next
10,000 minutes
strengthen and refresh
your easy yoke lifestyle.

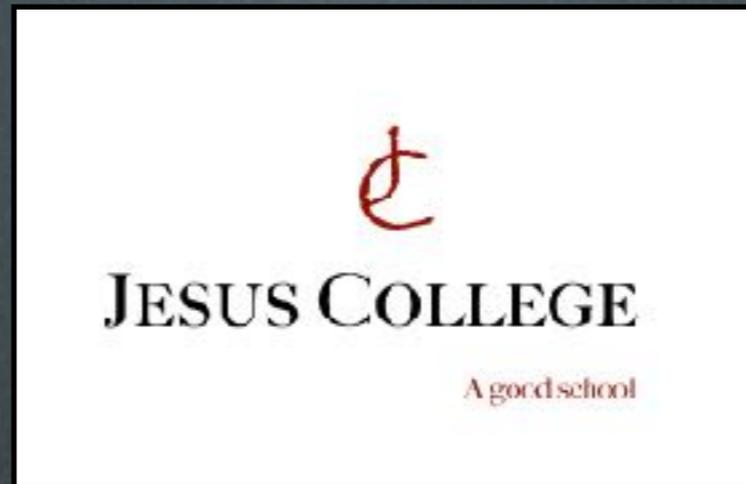
Doug





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