



*WELCOME* to “The Humans Side of Holiness”  
by Dallas Willard  
a 17-week Course sponsored by



## Session 11 Summary

We can submit our will by practicing the discipline of solitude with the Lord to enable us to do what we can not do by direct effort — renew our mind to change our ideas about God and break free from the ideas systems of the world, the flesh and the devil.



# Discipleship & Disciplines (Session 9)

## The Golden Triangle of Spiritual Growth

*The Action of the Holy Spirit*

John 3:5 • Rom. 8:10-13 • Gal. 5:22-26

Centered in  
the Mind of  
Christ

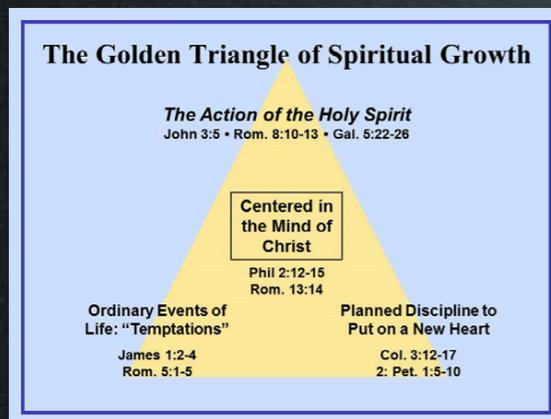
Phil 2:12-15  
Rom. 13:14

Ordinary Events of  
Life: "Temptations"

James 1:2-4  
Rom. 5:1-5

Planned Discipline to  
Put on a New Heart

Col. 3:12-17  
2: Pet. 1:5-10



## *Spiritual Disciplines of Abstinence*

solitude  
silence  
fasting  
frugality  
chastity  
secrecy  
sacrifice



## *Spiritual Disciplines of Engagement*

study  
worship  
celebration  
service  
prayer  
fellowship  
confession  
submission

† Cross Fit



## SESSION 12 — DISCIPLINES

 **Session Theme** — “Four practices to form Christlike inclination and action.”

*“Train yourself to be godly”*

*1 Timothy 4:7*

*“You’ve heard it said...but I say to you...”*

*Jesus in Matthew 5*

*Becoming one who does what Jesus taught*



## **Spiritual Disciplines** — *Solitude*

- You don't want to be too harsh on yourself.
- Don't be a hero.
- Be experimental.
- When you go into a discipline, your teacher is Jesus.



*Let children learn to be with themselves, to play alone.*

*Encourage imagination for children & adults,  
and bring it to the Bible.*

*Imagination is the primary instrument to  
come to grips with what is real as in Prayer.*



## **Spiritual Disciplines** — *Silence*

1 — Quietness — Learn what it is.  
*Silence allows you to hear the hidden landscape.*

2 — Not Talking — *Learning how to speak out of silence.*

### Power of the Tongue & Sin

My dear brothers and sisters, take note of this:  
Everyone should be quick to listen, slow to speak  
and slow to become angry. James 1:19

Sin is not ended by multiplying words,  
but the prudent hold their tongues.

Proverbs 10:19





## **Spiritual Disciplines** — *Frugality*

*(def.) Abstaining from using money or goods that are at our disposal in ways that merely gratify our desires for status, glamour, or luxury.*

Judgment about what is necessary and what is not;  
away from the sensual.

- When there isn't money, there are promises resulting in debt.
- Frugality isn't the same as stinginess and cheapness.
- Frugality is not poverty. Jesus was not poor.

*The Son of Man has nowhere to lay his head. Mt. 8:20*





## **Spiritual Disciplines** — *Chastity*

*(def.) Abstaining from sexual involvements including thoughts and feelings to be free in our habits from domination by sexuality.*

One of the most important things in the life of training for the disciple is to be able not to be dominated by sexual desire.

*Desiring intimacy more than desiring or being desired.*

Love and joy in life generally is to be cultivated as a bulwark against domination by sexual experiences.

To be devoted to a desire of anything, and to identify yourself in those terms, is not good.

**Student:** What would you say intimacy is?

**Dallas:** Intimacy is being present with another person in terms of who they are, where they're going, what they're doing. Sharing life is intimacy.



Session 9 @ 1:10:37

## *Chastity* (continued)

It isn't like that you are not going to treat people with love. It's that you can't love them unless you approve of them. And so the old saying we used to use easily, "Hate the sin, love the sinner", you can't do that anymore. And this is partly due to the fact that the sense of self has disappeared from people and they identify themselves in terms of what they do and not what they are. So if you condemn what I do, you couldn't possibly approve of me or love me. Now that is that is a stage of desire forcing itself forward onto people. Desire, not just content to be my desire, but now I'm forcing it on you. And we now live in [the U.S.] under a form of the tyranny of a minority that has learned how to manipulate the public resources, including law, to force their opinions upon others.



## Growing Free from Sinning

Distinguish...

- 1.) Thought of Sin only - No inclination to do it.
- 2.) Temptation - Thought AND inclination but no relenting of the will.
- 3.) Sin - Relenting of the will. A "YES" to the deed, whether actually carried out or not.

*Temptation enthusiastically entered into.*

*"But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart."*

*Matthew 5:28*

**Dallas:** It's so important to help people so that they don't think they have sinned when they haven't. And it's important to help them to know when sin is coming around the mountain.

**Student:** [56:45] So going back to William James — excessive thoughts could eventually change the inclination of the will?

**Dallas:** You bet it can. You bet it can. And that's the whole point of what we've been doing today, is to get that there.

#1 - Thought - is not sin.

#2 - Thought + Inclination -

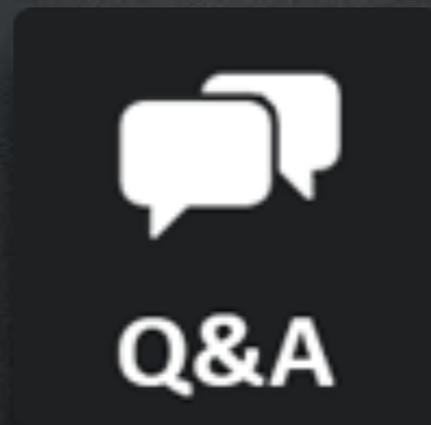
You probably have more than one idea.



# Q&C

Your Questions & Comments are welcome!

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



80:00 + 10K

**Meditation** — *Matthew 5:27-30*

**V-I-M in your next 10,000 minutes...**

**VISION** — What daily habit of Jesus do I see myself emulating?

**INTENTION** — How much do I value being alone, silent, frugal or chaste?

**MEANS** — Which of these disciplines will I practice this week to get off the conveyor belt of sin and to turn to other “good” ideas?



† Cross Fit

## Session 12 Summary

Practicing spiritual disciplines of solitude, silence, frugality and chastity by grace as means of grace form our thoughts, inclination, consents, and behavior to train us away from selfish desire and into Christlikeness – doing the things Jesus said.



## **Next Week — Session 13**

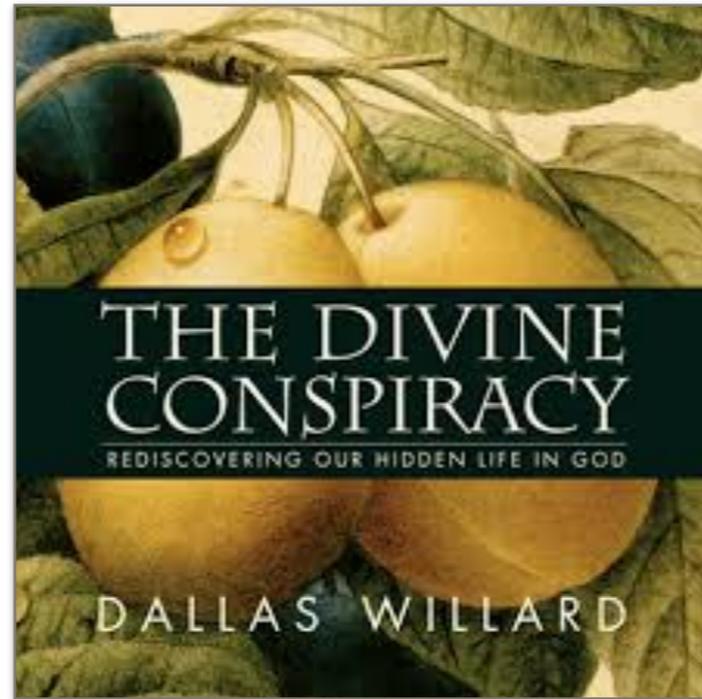
**“DISCIPLINES: WHAT WE CAN LEARN” [44:18]**

**INTO**

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A serene sunset over a lake. In the foreground, a wooden dock curves from the bottom left towards the center. The water is calm, reflecting the golden and orange hues of the sky. In the background, a dense forest of evergreen trees is silhouetted against the bright horizon. The sky is filled with soft, horizontal clouds, and the sun is just below the horizon, creating a long, shimmering reflection on the water.

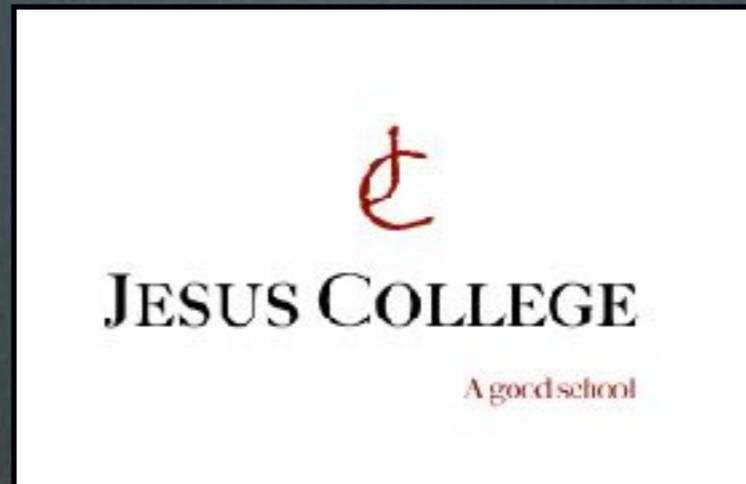
May moments of silence  
and simplicity in your next  
10,000 minutes free you  
from distracting and  
destructive desire.

*Doug*

# THE SCHOOL of KINGDOM LIVING



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