



**Dare to Change Your Life**  
January 2, 2011

1 Timothy 4:7b-8

A. Spiritual Disciplines are not...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A **Spiritual Discipline** is any activity that \_\_\_\_\_  
me to live life as Jesus \_\_\_\_\_ and \_\_\_\_\_ it.

A **Disciplined Person** is someone who can do the right \_\_\_\_\_ at  
the right \_\_\_\_\_ in the right \_\_\_\_\_ for the right \_\_\_\_\_.

B. Wise Spiritual Training...

1. \_\_\_\_\_ for God to work  
*(Philippians 2:12b-13)*
2. Respects our \_\_\_\_\_
3. Takes into account our \_\_\_\_\_
4. Respects the inevitability of \_\_\_\_\_
5. Begins with a \_\_\_\_\_

C. I dare you to...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Digging Deeper

1. We need to train in order to compete in an athletic contest, play a musical instrument, learn a new language, or run a business. Tell about a time when you trained seriously and were able to achieve a goal.
2. Read 1 Timothy 4:7-8 and Philippians 2:12-13. What do these verses teach us about spiritual growth?
3. Share the results of your spiritual growth survey focusing on the area you most desire to grow.
4. This week's message dared you to Worship+2, journal God-sightings, and memorize Scripture. Do you plan to act on any of these dares? If so, how?
5. What is one specific step you need to take to begin your training? Who will you invite to encourage and challenge you?
6. How do we make sure spiritual disciplines are about growing in love for God and others?

### Advanced Training

- Take the spiritual growth survey online at [www.southparkchurch.org/spiritualgrowthsurvey](http://www.southparkchurch.org/spiritualgrowthsurvey)
- Consider reading a chapter a day this month from Luke's Gospel. The LiveSTRONG series will use this book of the Bible to examine the disciplines practiced by Jesus.
- Share what you're learning, experiencing, or questioning at Eric's blog - [www.runningwithgod.org](http://www.runningwithgod.org)

### Resources-

- The Life You've Always Wanted: Spiritual Disciplines for Ordinary People* by John Ortberg
- Celebration of Discipline: The Path to Spiritual Growth* by Richard Foster
- The Spirit of the Disciplines: Understanding How God Changes Lives* by Dallas Willard
- Sacred Pathways: Discovering Your Soul's Path to God* by Gary Thomas