**Spiritual Disciplines at Every Season of Life**

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*What fuels delight in Jesus? Spiritual disciplines. In our break out session we are going to learn how our habits help cultivate hearts that not only see Jesus as better but how our habits woo us to delighting in Jesus. We want him more than our sin because of what we frequently do. It is important to note that God uses our Spirit-filled actions to shape our delight (Phil. 2:12-13). In this break out, we’ll put delight into practice.*

1. **Habits are like building a campfire.[[1]](#footnote-1)**
2. To start a campfire, it’s actually quite difficult. However, a campfire that is already lit is quite easy to maintain. Sometimes our habits are much like this campfire in that they can be hard to start, but that once they are burning it’s quite easy and quite helpful.
3. Your habits, much like that campfire, can facilitate change in your life or make it hard for you to change.
   * + 1. God is the one who brings the initial spark of true change and we are the ones who are called to chop, gather, stack, and fan the flame.
       2. Some are asking God to change them, wanting to change, but never do change because they are never developing godly habits.
4. **Your habits shape what you want (Phil. 2:12-13)**
   * 1. Your Work Out—God Works In (vv. 12-13)
     2. I had a man ask me, “What do you do when your ‘want to is broken’”? And that is where we often find ourselves. *The answer has to be that we do it anyway through the strength God provides (2 Cor. 5:7).*
     3. Examples:
        1. Giving (Matthew 6:21)
        2. Church (Hebrews 10:24)



1. **Your habits shape who you are.**
   * 1. Habits form character (2 Pet. 1:5-10)
     2. Practice something long enough and that is the type of person that you become.
2. **God uses your habits to bring about change (i.e., the spark).**
   * 1. Let me remind you of what you potentially know about sanctification:
        1. For the believer, It’s progressive.
        2. Incremental
        3. It takes the cooperation of the believer.
        4. God uses the regular practices of the believer to change them. That is the “synergistic nature of salvation.”
     2. That being said, God uses your frequent practices of obedience to set you apart to himself.
3. **Mandatory Habits**
   * 1. Bible Engagement: Five days per week, 30-minutes per day.
     2. Church/LifeGroups: Two days a week (one for Sunday and one for LifeGroups)
     3. Giving: At least 10% of your income.
     4. Serving: Formal service at the church
4. **Conclusion**
5. When looking for God to bring about change in your life, assess the things that you regularly do. Often God brings change through the everyday, not the miraculous healing moments. Progressive sanctification reminds us that it’s both a process and a journey—your habits are an integral part of growing to be more like Jesus.

1. See my book, *Heart and Habits* (Kress Publishing), 2020. [↑](#footnote-ref-1)