



Sermon Notes July 13

Act Up: The How-To's


 It takes discipline to be a disciple because spiritual growth is intentional, not automatic. 1 Cor. 9:24-27

 Run in such a way that you may win (v.24) Galatians 6:7-9

 Discipline is the price to become a disciple (v.25) 2 Peter 1:3-9

 **Wesleyan Lens:** Sanctification is a **partnership**: God's grace enables, but we must **respond** and **cooperate**.

 Live with a kingdom mindset (v.26-27) 2 Peter 1:10-12

 **Wesleyan Lens:** Our holiness and maturity aren't just about us—they're part of God's **missional plan** through us.

Dream: Where do you want to be?

Decision: Will you make a resolution to get there?

Discipline: Will you do what you need to do to get there?

Disciplines of Engagement

Worship, Celebration, Confession, Guidance, Fellowship
Journaling, Meditation, Mourning, Prayer, Service, Study

Submission

Study: Spend time in the Word

Worship: Corporate worship and private worship

Celebration: Practice being grateful and thankful both in your own relationship with Christ and with other believers.

Service: Give your time to the church and/or to others. Ponder tithing your time.

Prayer: Take deliberate steps to pray regularly and with purpose. Praying through the Psalms is a good way to increase your "prayer vocabulary."

Fellowship: Make it a regular habit to spend time with other believers so that you can both encourage and be encouraged.

Confession: Practice confessing your sins to trusted people who will pray with you and be spiritual allies.

Submission: Submit to the proper people in the proper ways—fight against the sin of pride. This helps us learn to submit to God.

Disciplines of Abstinence

Solitude, Silence, Fasting, Simplicity, Frugality, Sacrifice

Solitude: The practice of spending time without any others or any distractions.

Silence: No noise or conversation. Just you and God.

Fasting: Abstain from food, media, entertainment, or anything else that occupies your time.

Frugality: Use your money for purposes outside your own needs for a time.

Sacrifice: Stretch your sense of what you can do without for the sake of those who have less.

Submission: Submit to the proper people in the proper ways—fight against the sin of pride. This helps us learn to submit to God.