

Healthy Habits of the Christian Life

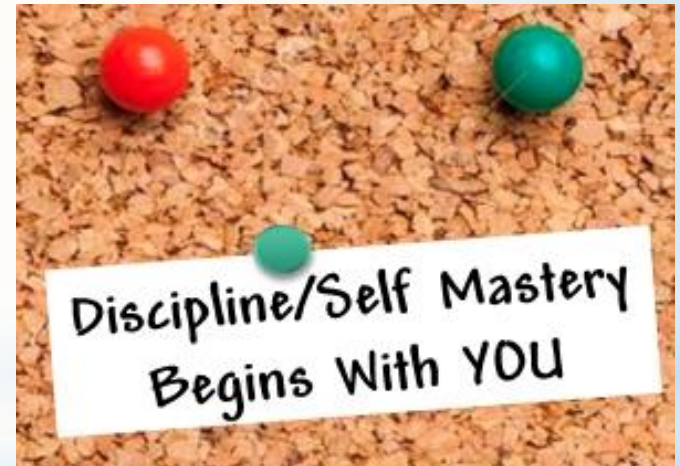


Discipline: The Core Habit

Dr. Kenneth Hammonds

Presentation Topics

- Introducing the Core Habit of Discipline
- The Purpose (Aim) of Discipline (Why?)
- Discipline: The Purpose of the Book of Proverbs
- Defining Discipline & Discipline: The KEY to All Success
- The Habit of Perfected Self-Mastery
- Holistic Discipleship
- A Listing of 52 Spiritual Disciplines
- How to Achieve Discipline in Your Life



Discipline is the Key to Any Success in Life.



Why? To Become A Fully Developed Disciple Of Jesus Christ



A Christian Discipleship Process Empowering Believers to Develop and Maintain
Life-long Spiritual Disciplines and Relationships

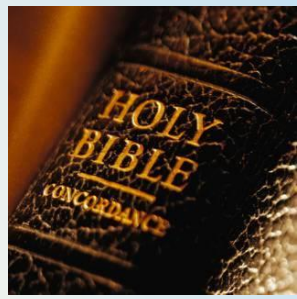
Develop Life-long Spiritual Disciplines

∞ Perfecting the Believer's Spiritual Formation ∞

Until Christ Be Formed In You



Scriptures



The Book of Proverbs was written for us to gain “**wisdom and discipline**” (1:2) and for acquiring **a disciplined life**) (1:3), NIV, 1984 edition.

Good News Translation They can teach you how to **live intelligently** and how to be honest, just, and fair.

International Standard Version for acquiring **the discipline that produces** wise behavior, righteousness, justice, and upright living;

GOD'S WORD® Translation to acquire the **discipline of wise behavior-** righteousness and justice and fairness-

NET Bible (New English Translation) To receive **moral instruction in skillful living**, in righteousness, justice, and equity.

JPS Tanakh 1917 (Jewish Publication Society (TANAKH = Hebrew Bible)
To receive the **discipline of wisdom**, justice, and right, and equity;

Definition of Tanakh: The word for the Hebrew Bible. **Tanakh** is an acronym for **Torah**. The name is an acronym formed from the initial Hebrew letters of the Masoretic Text's three traditional subdivisions: The Torah (Law), Nevi'im (Prophets) and (Writings) Ketuvim –hence **TaNaKh**.



Discipline: The KEY to All Success

Discipline: The need of every human being and without which it is impossible to achieve anything in life - there must be discipline in the life of an individual. Discipline also implies **delayed gratification**. To be successful in every area of life there must be purposeful discipline in every area of life.

Definition: Discipline comes from *discipulus*, the Latin word for pupil, which also provided the source of the word disciple.

1. Training that **corrects, molds, or perfects** the mental faculties or moral character. An orderly or prescribed conduct or pattern.
2. Training that develops character. The result of such training is: **self-control and orderly conduct**.

Spiritual disciplines are to be **life patterns, patterns of conduct**. When practiced, they become the learned patterns of conduct for our lives. As these habits are embraced they grow into powerful patterns of **thought and action** that will impact your present and alter your future.



THE HABIT OF PERFECTED SELF-MASTERY

BEING COMMITTED TO: Personal-Mastery (Self-Discipline, Self-Control)
This is the **CORE** Discipline of All Disciplines, both Spiritual and Personal.

This is a perfected [a completely focused] *inner resolve and control* where the practice of mastering oneself has become a *fully activated and steadfastly consistent life pattern*.

And thus, a **PERFECTED HABIT** (or **Perfected Discipline**) is a personal **customary practice (life pattern)** that has become a *fully activated and steadfastly consistent discipline in one's life*.

Psalm 61:8; 119:101; Proverbs 1:3 (New International Version = for acquiring a **disciplined life**); Proverbs 25:28 1 Peter 1:13; 5:8 (New Revised Standard) = “discipline yourselves”

**A LIFE COMMITTED TO
PERSONAL MASTERY & HEALTHY HABITS
FOR SUCCESSFUL LIVING**



This kind of commitment to life-long
Spiritual and Personal Mastery
through Self-Discipline is

HOLISTIC Discipleship



Definition: Holistic Discipleship - An **all-inclusive** human development growth of spiritual, personal, social and relational disciplines that assist the believer to serve Christ more effectively both in the Church and in the world as God's representatives on Earth.

This holistic view of Christian development sees Christian formation as more than only “spiritual” maturity and growth. It also views discipleship formation as the **all-pervasive influence** of the Holy Spirit empowering the believer at **every point of the human condition and concern.**

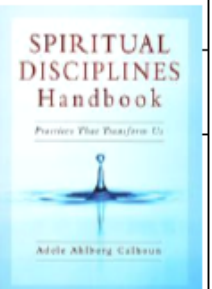
Spiritual Disciplines For Life: A Chart of the 52 Disciplines in Seven Major Categories

(Compiled By: The Adult Ministries Division, West Angeles Church of God in Christ) Recommended Book: *Spiritual Disciplines Handbook*, A. Calhoun

Category 1: God's Holiness and Personal Retreat Spiritual Disciplines Embracing the Holiness of God and Withdrawal from Earthly Distractions (Nine Disciplines)	Category 2: Worship and Praise Spiritual Disciplines Embracing the Worship of and Praise to Our God (Eight Disciplines)	Category 3: Prayer and Communion with God Spiritual Disciplines Embracing Praying to and Communion with Our God (Eight Disciplines)	Category 4: The Word of God Spiritual Disciplines Embracing the Study and Meditation of the Word of God (Six Disciplines)	Category 5: Wisdom Spiritual Disciplines Embracing God's Wisdom for Everyday Living (Eight Disciplines)	Category 6: Witness Spiritual Disciplines Embracing Our Witness to the World Regarding Jesus Christ (Nine Disciplines)	Category 7: Fellowship Spiritual Disciplines Embracing the Fellowship of Believers in Christ (Three Disciplines)
1. Fasting (Denial of the Flesh) General - Food 	10. Giving (Generously, Sacrificially)	18. Prayer (General Introduction)	26. Scripture Reading for Meditation and Reflection (<i>Lectio Divina</i>) 	33. Reviewing the Past	41. Witnessing (Sharing the Good News)	50. Small Group Fellowship (Attending Small Group Events and Fellowships, Developing Church Friendships)
2. Fasting (Denial of the Flesh) - Non Food	11. Worship- Public	19. Confession (Of truth; Of Faults and Sins)	27. Reading Christian Literature (Devotional Resources, Christian Books, Commentaries)	34. Planning for the Future	42. Inviting Others to Church for Services or to Special Events	51. Larger Group Fellowship (Attending Church Larger Groups Social Events)
3. Submission	12. Worship – Private	20. Listening	28. Journaling	35. Engaging the Present	43. Secrecy – doing good deeds and acts of kindness with no mention to others	52. Hospitality
4. Control of the Tongue	13. Attending Church Worship Services	21. Praying in Tongues	29. Memorization of Scripture	36. Self-Care (General Health and Body Care)	44. Attending Other Wholesome Non-church Social Events and Healthy Environments	
5. Solitude (also including Silence)	14. Celebration (Private & Public)	22. Prayer for Inner-Healing	30. Visualization (Use of Imagination in Bible Reading)	37. Time Management	45. Service: The Voluntary Giving of Time, Talent and Resources	
6. Simplicity	15. Praising (Enjoying a Life of Praise)	23. Intercession	31. Attending Bible Teaching Classes	38. Financial Responsibility	46. Showing and Being Loving and Caring (Acts of Kindness in Word and Deed)	
7. Unplugging (also including Disconnecting)	16. Gratitude (Thanksgiving, Private & Public/Corporate)	24. Uniting with Prayer Partners (A Prayer Connection)	32. Studying the Scriptures and Christian Doctrine (Using Biblical Research, Literature, and Resources. Internet, Video, etc.)	39. Diligence in Work and Service	47. Going out with Evangelistic Teams or on Mission Trips	
8. Slowing	17. Practicing the Presence	25. Praying Scripture		40. Rule of Life	48. Friendship Evangelism	
9. Retreat (Rest)					49. Care of the Earth	

The Lost Art of Spiritual Disciplines

BEING FULLY COMMITTED





**Commit
100%**



◀TO▶

**Designing, Developing, and Perfecting a Full Life (Life Abundant)
Through the Practice of Spiritual and Life Disciplines.**



**Every Spiritual Discipline helps you develop and moves
your Christian life and all of your life forward.**

Indeed, Life Disciplines are also important.

(Like: Education of the Mind (Intellectual**), Diet &
Exercise (**Physical**), Utilizing Your Remaining Time
Wisely (**Time**)).**

The **ONE** Key and **FOUR** Doors For Discipline and Achievement in Any Area of Your Life

The Key:

FOCUS

The Four Doors:

1. Burning Desire
 2. Importance to You (Personal Pay-off)
 3. Priority
 4. Time Allotments (A harsh truth: We all have time **[make time]** to do the things we REALLY want to do.)
- How about a bitter, harsh financial truth?
We all have the money **[we will make or find]** to do or get the things we REALLY want or need or **MUST HAVE**.

