

Abide in Christ using Daily Disciplines

A physical mortal human needing connection with a Spiritual Immortal Being will require some **physical habits** that engage our heart and mind.

These physical habits are called Daily Disciplines!

Daily Disciplines help to get us into a position where we are repeatedly meditating on God's Word and remaining in constant communication with Him.

Learning all that we can about Our Creator & Savior will create a desire within us to **Abide in Him**, which is also what He desires for us.

*"As the Father loved Me, I also have loved you; **abide** in My love. If you keep My commandments, you will **abide** in My love, just as I have kept My Father's commandments and **abide** in His love." (John 15:9-10)*

Daily Disciplines of Moderation or Self-denial and Spiritual Connections are **both** needed for growth.

- Self-Denial makes space for deeper Connections with God,
- Connections give strength to endure the challenges of Self-denial.

Disciplines of Self-Denial

Separateness: Physically withdrawing and removing oneself from people, places, and things in order to spend time alone with God. Once the physical body has been physically removed from people, places, and things that cause distractions, then and only then can one's spiritual nature and inner man be more in tune with the spiritual realm. God will not compete with other people or things for time alone with us. We must intentionally and deliberately choose to Set Time Aside to Be Alone with Our Maker & Creator. If need be Schedule an Appointment with God each day and He will never cancel, reschedule, or stand you up. He desires to spend time alone with each of us, more than we can even imagine.

Stillness: Quieting the mind and all the noise around and within, in order to hear and be receptive of what God wants to impart to us.

Fasting: Denying one's self from something like food, entertainment, social media, or an area that seems to be distracting or competing with God for our time and attention, in order to focus on the things of God. The purpose of fasting is not simply to deprive oneself, but to Replace those areas with things which connect us of God. Fasting will look different for everyone. The key is to allow the Holy Spirit to guide you in determining "what to remove", "how long to remove it", "what to replace it with", etc.

Restraint: Allowing God to use our gifts and talents for HIS GLORY and NOT our own!

Sabbath Rest: God created a Day of Rest for the purpose of Resetting & Replenishing our hearts and minds. Setting aside time to unplug is beneficial not only spiritually, but physically, mentally, and psychologically.

Submission: Coming under the authority, wisdom, and power of our Savior.

Disciplines of Connections

Bible Reading: Studying the Inspired Word of God and using scripture as a trusted guide and road map for life. Reading to gain Understanding and Wisdom for everyday decision-making and for learning more about Our Great Creator & Savior.

Prayer: One-on-one communication with God, either privately or in community. Prayer is most often a private conversation with God but can at times also include others. Intercessory prayer includes praying on behalf of others with or without their knowledge, permission or presence.

Praise & Worship: Praise using music, either privately or in community aids with quieting the noise and ushering in the Presence of God. Worship helps remove distractions that fight for our attention.

Spiritual Friendship: Deep and Meaningful Relationships and Fellowshiping with other believers in the Body of Christ either in small group settings, bible study groups, or mentoring relationships.

Works of Service: Seeing others through the lens which God sees them and coming to their aid through acts of compassion and practical service.

Personal Assessment: Paying attention to the inner-man and focusing on the spiritual nature of one's Self. Being honest with the man in the mirror and making the changes necessary for continued growth.