

HANDOUT FOR LAY ACADEMY #11

SIX REASONS FOR SPIRITUAL DISCIPLINES

1. “Spiritual disciplines” are practices that we do regularly (hence “discipline”) that help us be more open to and aware of God’s grace in our lives. John Wesley called these the “means of grace.”
2. Sanctification is the process of being “set apart” for special use or purpose, that is, to make holy or sacred.
3. The spiritual disciplines are personal and corporate disciplines that promote spiritual growth. They are habits of devotion and experiential Christianity that have been practiced by the people of God since Biblical times.
4. The spiritual disciplines of the spiritual life are the means through which God gives us his saving grace. The disciplines allow us to place ourselves before God so that He can transform us or move us toward sanctification or holiness.
5. For spiritual disciplines to help us grow, the Holy Spirit’s work must accompany them. However, the Spirit does not force us to grow. We must be sincere in the practice of the disciplines so that the Holy Spirit can move within us.
6. As we practice the disciplines, we place ourselves in position where God can pour out his grace into our lives.