

# Building Spiritual Disciplines into Our Children

Various Scriptures

## Introduction

First of all, what are the spiritual disciplines?

- Prayer
- Bible Study
- Giving – (produces love and detachment)
- Fasting
- Serving – (produces humility and happiness)
- Worship – (produces joy and
- Meditation

What does the Bible say about these disciplines that suggest they should be a normal part of our daily lives?

## Passages

Matt. 6:2<sup>4</sup> “When therefore you **give** alms..., <sup>5</sup>“And when you **pray**, ..., <sup>16</sup>“And whenever you **fast**, ...

2 Tim. 2:15<sup>15</sup> “Be diligent to present yourself approved to God as a workman who does not need to be ashamed, handling accurately **the word of truth**.”

Eph. 4:11<sup>11</sup> “And He gave some *as* apostles, and some *as* prophets, and some *as* evangelists, and some *as* pastors and teachers, <sup>12</sup>for the **equipping of the saints for the work of service**, to the building up of the body of Christ; <sup>13</sup>until we all attain to the unity of the faith, and of the knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fulness of Christ.

John 4:23<sup>23</sup> “But an hour is coming, and now is, when the true worshipers shall worship the Father in spirit and truth; for **such people the Father seeks to be His worshipers**. <sup>24</sup>“God is spirit, and those who worship Him must worship in spirit and truth.”

Prov. 8:34<sup>34</sup> “Blessed is the man who listens to me, Watching **daily** at my gates, Waiting at my doorposts. <sup>35</sup>“For he who finds me finds life, And obtains favor from the LORD. <sup>36</sup>“But he who sins against me injures himself; All those who hate me love death.”

Jos 1:8<sup>8</sup> “This book of the law shall not depart from your mouth, but you shall **meditate** on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success.

Ps 119:48<sup>48</sup> “And I shall lift up my hands to Thy commandments, Which I love; And I will **meditate** on Thy statutes.

## Thoughts on Spiritual Formation

“Spiritual formation is character formation. Everyone gets a spiritual formation. It's like education. Everyone gets an education; it's just a matter of which one you get.

Spiritual formation in a Christian tradition answers a specific human question: *What kind of person am I going to be?* It is the process of establishing the character of Christ in the person. That's all it is. You are taking on the character of Christ in a process of discipleship to him under the direction of the Holy Spirit and the Word of God.” – Dallas Willard

“What sometimes goes on in all sorts of Christian institutions is not formation of people in the character of Christ; it's teaching of outward conformity. You don't get in trouble for not having the character of Christ, but you do if you don't obey the laws.” – Dallas Willard, Christianity Today, *The Making of a Christian*

The primary importance of building the spiritual disciplines into the lives of our children is not so they will be disciplined, but because of the person it will make them become.

## Practical Application

If the Bible is so positive on the disciplines, then it's clear they should not only be a part of our lives, but also of our children's, as well.

How can we lead our children toward making these disciplines a habit?

Prayer - \_\_\_\_\_

Bible Study - \_\_\_\_\_

Giving - \_\_\_\_\_

Fasting - \_\_\_\_\_

Serving - \_\_\_\_\_

Worship - \_\_\_\_\_

Meditation - \_\_\_\_\_

## Conclusion

The earlier we can begin to develop and incorporate the spiritual disciplines in our children, the sooner they will become a **habit**. This will have at least two positive benefits. First, they will gain the **results** of the activities earlier in life,

and second, they will more likely become a **lifelong** habit that will keep them close to God for all of their lives.

So what are you going to do to develop spiritual disciplines into the lives of your children?

Book Suggestions: Richard Foster. Dallas Willard