



SPIRITUAL DISCIPLINES

**...TRANSCRIPT OF A WORDFEST 2019 TEAXHING ON
LIVING STONES BY BRO. OLALEKAN TOYO**

Good evening people of God. It's an honor and a privilege to bring the Word to us this evening.

First off, I want to appreciate my father in the Lord Rev. Temilolu Aliu for the opportunity to teach the word this evening. Thank you sir and happy father's day. In addition I want to acknowledge the men and women of God who've taught or been a part of this group. God bless you all tremendously

So our topic for today is **SPIRITUAL DISCIPLINES**

Taking our main text from 1 Timothy 4:7 KJVS

But refuse profane and old wives' fables, and exercise thyself rather unto godliness

The Amplified says... *But have nothing to do with irreverent folklore and silly myths. On the other hand, **discipline yourself for the purpose of godliness [keeping yourself spiritually fit].***

Have you ever been so amazed and impressed when you see a man of God function so well in the anointing when he ministers?

Have you ever coveted the intimacy and level of growth or spirituality you've seen in the lives of ministers or other believers you have come across at some point or the other?

Today we are examining and exposing the simple albeit profound secret behind how people are able to access such levels and dimensions of growth and spirituality in their walk with God

Are we ready?

The key word here is **discipline**. Disciplines are a set of habits that you practice and maintain consistently because you have a specific aim or purpose in mind to achieve

You are working towards a goal and there's something you want to become so you practice the disciplines required to get you there. So one patterns specific disciplines in accordance to what they hope to be able to become or achieve

For example a body builder must practice the discipline of going to the gym regularly to be able to get the physique he's looking for or be in shape

I'll use another example... Athletes must have a continuous regiment of exercises to keep themselves in shape to perform optimally at athletic or sporting events. So he or she trains continuously to achieve this and that requires developing disciplines. All of that to win the Olympic medal or a trophy right?

Let's see what the Bible says about this

1 Corinthians 9:24-25 KJVS

Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. [25] And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.

As believers our objective is to grow in God and become like Christ, to achieve this we now employ "spiritual" disciplines. Spiritual disciplines are the things we **do** because we have the goal of **becoming** like Christ. They are practices we must keep consistently because we want to maintain and grow our relationship and walk with God every day

The emphasis on DO and BECOME is deliberate because while spiritual disciplines are good in themselves they must be approached as a means to an end and not the end itself

Matthew 23:5 KJVS

But all their works they do for to be seen of men: they make broad their phylacteries, and enlarge the borders of their garments,

This was Jesus speaking in reference to the Pharisees... Do we agree that the Pharisees practiced a lot of spiritual disciplines? But though this was the case, did it mean they were any closer to God?

No because they did all of it as religious trophies and exercises, they were after public praise and the prestige that comes with being able to boast of such a "spiritually disciplined" lifestyle. You do your spiritual disciplines not to look good or feel better about yourself but to grow closer to God and become more like Jesus

Thus having established the previous facts let's move on further

So since doing spiritual disciplines can afford us the opportunity of growing and becoming like Christ, what exactly constitutes a spiritual discipline?

If I decide to stay at home and watch TV can I say that that's a spiritual discipline?

Or what if I like gardening or football or any other outdoor activity does it then qualify to be a spiritual discipline?

Well you may say prayer works for you, what if I tell you playing Play Station or doing Yoga or some other thing works for me?

We must allow our conduct to always be guided by God's Word

Let's look at this scripture we've come across already during one of the teachings
2 Timothy 3:16-17 KJVS

All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: [17] That the man of God may be perfect, thoroughly furnished unto all good works.

Whatever you choose to do as the things that make up your Spiritual disciplines must be backed up and endorsed by God's Word. We've already learnt through the previous week how important the Word is and how much we need to live by it

Whatever spiritual discipline you decide to actively engage in your life must be something you've been taught, understood or had a revelation about how it'll help you achieve the goal you want - growing and becoming like Christ

As we have learnt before from the teachings during the WordFest. There are 4 things we must of a necessity do to be able to get revelation and the best out of the word of God and they are;

- 1) Reading
- 2) Studying
- 3) Memorizing and
- 4) Meditating... on scriptures

This in itself forms part of the Spiritual disciplines the Bible teaches...

Look at this

1 Peter 2:2 KJVS

As newborn babes, desire the sincere milk of the word, that ye may grow thereby:

Now I also feel the need to add because of my statement earlier... Believers are encouraged to practice every spiritual discipline the Bible teaches to the capacity that they can or have grown to be able to handle consistently.

Now as we move on, I want us to also understand that asides from personal spiritual disciplines, we can also have inter-personal spiritual disciplines. In other words there are those things we do on our own in our time of personal fellowship with God, and there are things we do with other believers as well

Let's see this from the life of Jesus

Mark 1:35 KJVS

And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.

We see here an example of personal spiritual disciplines

Luke 4:16 KJVS

And he came to Nazareth, where he had been brought up: and, as his custom was, he went into the synagogue on the sabbath day, and stood up for to read.

Then we see here inter-personal

Both forms of spiritual disciplines are very vital for our growth and development as believers and one cannot replace the other

One very important example of inter-personal spiritual discipline is attending Church and fellowshiping with other brethren regularly

Let's look at this

Hebrews 10:25 KJVS

Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.

As I begin to round off the teaching tonight, I want to leave with one last emphasis

A life of any form of discipline requires commitment and perseverance.

Many times you won't "feel" like doing these disciplines.

Move past the realm of feeling into the realm of faith

Let the revelation of what you're aiming for urge you on

Hebrews 11:6 KJVS

*But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that **diligently** seek him.*

Emphasis on **diligence...** because God will definitely reward you with greater levels of spiritual experience when you seek Him consistently

Remember, 1 Corinthians 9:24-25 KJVS

*Know ye not that they which run in a race run all, but one receiveth the prize? **So run, that ye may obtain.** [25] And every man that striveth **for the mastery is temperate in all things.** Now they do it to obtain a corruptible crown; but we an incorruptible.*

Remember what your objective is and don't lose sight of it in the face of difficulty

I want us to pray tonight and ask God for the grace to be consistent

Please pray, pray that God will show you the disciplines that you need specifically to enter the new level you're aiming for

Ask Him for grace to follow through

Father we bless You, we want to say thank You for this Word tonight. We ask that You grant us grace to apply these truths and be consistent.

In Jesus' Name we pray

I believe subsequent teachings on this platform will give us more detail into the concept of Spiritual disciplines

But before I go let me drop this popular rhyme we all learnt in Sunday school

Read your Bible and Pray every day if you want to... Grow

God bless you all, have a wonderful evening.

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