



# SPIRITUAL DISCIPLINES

MEETING WITH GOD THROUGH SPIRITUAL  
DISCIPLINES - GOSPEL GROWTH STUDIES  
SESSION #1

## INTRODUCTION - TWO ASSUMPTIONS

- 1) It is \_\_\_\_\_ to meet with God.
- 2) Meeting with God is something we \_\_\_\_\_ do.

## THE FIRST ASSUMPTION: We Can meet with God.

- God has revealed Himself through \_\_\_\_\_.  
**Psalm 19:1-2** *The heavens declare the glory of God, and the sky above proclaims his handiwork.*
- God has revealed Himself through \_\_\_\_\_.  
**2 Tim 3:15-16** *All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness.*
- God has revealed Himself through \_\_\_\_\_.  
**Hebrews 1:1-2** *Long ago, at many times and in many ways God spoke to our fathers by the prophets, but in these last days he has spoken to us by his Son.*

## THE SECOND ASSUMPTION: We Ought to Meet with God.

- God is \_\_\_\_\_.
- We are His Children.
- We need a deeper \_\_\_\_\_.
- God helps us \_\_\_\_\_.

## HOW ARE WE TO MEET WITH GOD?

- Consideration #1: Means Not Ends
- Consideration #2: God's Prompting and Man's Seeking
- Consideration #3: Biblical Disciplines
- Consideration #4: Personal and Interpersonal
- Consideration #5: Quality and Quantity

## Biography of God.

### 1) **Read** one Psalm a day.

- Look for anything that would describe God's attributes.
- Look for descriptions regarding the works of God.
- Look of titles or names of God.

### 2) **Record** who God is and what He has done?

- Record your observations in a notebook.
- Writing these observations down will help you to meditate.
- Use the Scripture and your own words in your own biography of God.

### 3) **Rejoice** in Who God is and what He has done.

- When finished recording your meditations - pray through list.
- Vocalize a meditative prayer to God based on the truth of the Psalm.
- Be intimate and allow the truths to touch your affections.
- Think about what you are saying and enjoy the Lord.

### **Example: Psalm 103:13–22**

#### **Possible Mediations to Record:**

*vs. 13 - The LORD looks on His children with compassion. He is compassionate to those that submit to Him.*

*vs 14- The LORD knows our frame he knows that we are human dust.*

*vs 17- God's Mercy is from everlasting to everlasting. His Loving kindness continues forever.*

*Vs. 19- God Has a throne in heaven and His kingdom rules over all.*

*vs 20-22- God is worthy of praise from the angels, the hosts, all His creation and all his Works. Therefore, I as His creation ought to praise Him as well.*

#### **Prayer of Thanksgiving and Praise:**

Lord of all, creator and Father, I praise you for your kindness to me. Your compassion and mercy toward me are great. I am humbled when I think of your greatness in your attributes and creation that you have made around me. I am so glad that you know how weak I am. I love you and want to know you more.

## Course Outline

Week 1: Meeting with God through Spiritual Disciplines

Week 2: The Spiritual Discipline of Bible Intake

Week 3: The Spiritual Discipline of Prayer

Week 4: The Spiritual Discipline of Biblical Meditation

Week 5: The Spiritual Disciplines and Community

## Questions?

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## Suggested Reading

Spiritual Disciplines for the Christian Life (Donald Whitney)

Habits of Grace (David Mathis)

Handbook to Prayer (Kenneth Boa)