

Higher: Tools to Get Above It All - Part 1

1 Timothy 4:7-8

Key Points in Today's Message

1. What are the "spiritual tools" to "get above it all"?
 - Richard Foster, *Celebration of Discipline*
 - Donald Whitney, *Spiritual Discipline for the Christian Life*
2. Why are they called spiritual disciplines?
3. Am I working for my spiritual growth? Ephesians 2: 8-10
4. Give me a reason why I should try them

Next Steps

1. You must be born again
2. You must do them. Behavior change.
3. Right purpose is essential
4. Ask God to grow you spiritually
5. Purchase a study bible. A Journal. The Book.
6. Memorize 1 Timothy 4:7b-8
7. Start working on one discipline

Verses

1 Timothy 4:7-8

⁷ But have nothing to do with worldly fables fit only for old women. On the other hand, discipline yourself for the purpose of godliness; ⁸ for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and *also* for the *life* to come.

Galatians 6:7-10

⁷ Do not be deceived, God is not mocked; for whatever a man sows, this he will also reap. ⁸ For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. ⁹ Let us not lose heart in doing good, for in due time we will reap if we do not grow weary. ¹⁰ So then, while we have opportunity, let us do good to all people, and especially to those who are of the household of the faith.

Phillipians 2:12-13

¹² So then, my beloved, just as you have always obeyed, not as in my presence only, but now much more in my absence, work out your salvation with fear and trembling; ¹³ for it is God who is at work in you, both to will and to work for *His* good pleasure.

Hebrews 5:12-14

¹² For though by this time you ought to be teachers, you have need again for someone to teach you the elementary principles of the oracles of God, and you have come to need milk and not solid food. ¹³ For everyone who partakes *only* of milk is not accustomed to the word of righteousness, for he is an infant. ¹⁴ But solid food is for the mature, who because of practice have their senses trained to discern good and evil.

1 Corinthians 2:14-15

¹⁴ But a natural man does not accept the things of the Spirit of God, for they are foolishness to him; and he cannot understand them, because they are spiritually appraised. ¹⁵ But he who is spiritual appraises all things, yet he himself is appraised by no one.