
The Surrendered Life

Invested in Surrender

*New Hope Community Church
Dr. Jack Bracy, July 29, 2018*

“And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.” *Mark 12:30, ESV*

Things That Matter in Life Require Personal Investment

We Need to Stop Trying to Modify Parts of Our Lives
and Focus on Heart Transformation

1. Spiritual Disciplines Are...

Personal

Interpersonal

A Short List of Spiritual Disciplines:

2. Spiritual Disciplines Are Activities, Not Attitudes

We Are to Discipline Ourselves for The Purpose of Godliness

“... train yourself to be godly. Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.” *1 Timothy 4:7-8, NLT*

3. Spiritual Disciplines Are God’s Means for Believers to Know and Experience Him

The Goal of Practicing Any Specific Discipline Is Not About Doing,
It’s About Being: Being Like Jesus, Being with Jesus

“All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.” *2 Timothy 3:16-17, NLT*

Five Spiritual Disciplines That Lead to Heart Transformation

Discipline 1: Prayer

“Pray without Ceasing” *KJV, ESV, NASB* – “Pray Continually” *NIV* – “Never Stop Praying” *NLT* – “Constantly Pray” *NET* – “Pray at all times” *GNB 1 Thessalonians 5:17*

“.. Jesus took Peter, John, and James up on a mountain to pray. And as he was praying, the appearance of his face was transformed, and his clothes became dazzling white.” *Luke 9:28–29, NLT*

Prayer Changes Our Outlook. It Also Changes
What We Look Like to Others

Discipline 2: Fasting

“Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping, and mourning.” *Joel 2:12, NLT*

“And when you fast, don’t make it obvious... But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.” *Matthew 6:16–18, NLT*

Fasting Is Like A Purge Valve for When Our Physical and Emotional Cravings
Become Greater Than Our Need to Satisfy Our Savior

Discipline 3: Bible Reading

“Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.” *Joshua 1:8, NLT*

Discipline 4: Worship

“Worship the Lord with gladness. Come before him, singing with joy.”
Psalms 100:2, NLT

“Go to the Lord for help, and worship him continually.” *1 Chronicles 16:11, GNB*

“But the time is coming—indeed it’s here now—when true worshipers will worship the Father in spirit and in truth. **The Father is looking for those who will worship him that way.**” *John 4:23, NLT*

In Prayer I Can Be Me. In Worship I Can Forget About Me

Discipline 5: Service

“For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.”” *Matthew 20:28, NLT*

If I Am to Live Like Christ, Then Service Cannot Be
Seen as Optional Behavior