**Sermon Notes**

**“An Imitation of Devotion”**

Ephesians 5:1–2

1 Be imitators of God, therefore, as dearly loved children 2 and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

Philippians 2:5–7
5 Your attitude should be the same as that of Christ Jesus: 6 Who, being in very nature God, did not consider equality with God something to be grasped, 7 but made himself nothing, taking the very nature of a servant…

**Moving From Valuing to Prioritizing: Spiritual Disciplines**

Spiritual disciplines are practices, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in Scripture, that help us \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ our walk with Christ.

**What Spiritual Disciplines Are NOT**

#1. Spiritual discipline are not way to \_\_\_\_\_\_\_\_\_ God’s love and grace.

Titus 3:5
5 he saved us, not because of righteous things we had done, but because of his mercy.

#2. Spiritual disciplines are not the \_\_\_\_\_\_\_\_\_ of the Christian life.

2 Corinthians 4:16
16 Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

*“Disciplines cramp my style.”*

When you enter into the right disciplines of body, mind, and spirit, you don’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ it.

**Devotional Time: Bible study and prayer**

Pick a plan (“Christmas” YouVersion/Bible.com)

Set aside 10 minutes a day for December.

Pause and Prayer – “Open the eyes of my heart.”

Read the Bible passage slowly (2-3 times)

Read devotional reflection.

Ponder, meditate.

Write “what did I learn? What do I feel God taught/showed me?”

Write “next steps”

Pray – A.C.T.S.

**Adoration**

**Confession**

**Thanksgiving**

**Supplication**

Questions for Discussion:

1. What was the most memorable aspect of this message for you?
2. Did the message provide any timely encouragements or challenges for you?
3. What do you associate with the term *spiritual disciplines*? How have you understood them in your life?
4. Where have you experienced the truth that discipline leads to greater freedom (instead of restricting it)?
5. How do you structure a personal devotional time with God? Was there anything from this message that has caused you to think about changing or adapting your devotional time?