

**Andy Deane • 11/14/21**  
**Designed for Discipleship: The Practice**

**#1 Discipleship practices are simply the patterns of Jesus' life.**

- Matthew 11:29, *"Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."*
- Jesus modeled for us how to follow God the Father as a human.
- Jesus prayed, meditated on Scripture, sang, had times of solitude and practiced a sabbath.
- If we do these practices sometimes, we cultivate a life of being like Jesus more of the time.

**#2 Discipleship practices are what lead to our spiritual growth.**

- Spiritual growth requires nourishment (from Scripture), exercise (in prayer) & rest (with solitude & sabbath).
- Jesus reminded us in we need more than physical food when he said, *"man cannot live by bread alone"* (Luke 4).
- A Sabbath is when you set aside one day a week to rest with God and your family.
- Think of the Sabbath as a bank account that has been depleted by too many withdrawals all week. When you observe it, you allow God to deposit His peace, presence, and joy back into your spiritual account.

**#3 Discipleship practices are hard work, but they will pay off.**

- Our flesh doesn't want to do that which our heart desires to do, so we must discipline ourselves.
- Luke 9:23, *"Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me."*
- There are 3 catalysts God uses to bring about change in us: Pain, People, & Practices.

**#4 Discipleship practices are only possible with God's help.**

- Colossians 1:29, *"To this end I strenuously contend with all the energy Christ so powerfully works in me."*
- The Spirit in believers gives them new "holy hungers".
- Remember, the Holy Spirit changes us, not our habits.
- Philippians 1:6, *...he who began a good work in you will carry it on to completion...*

**#5 Discipleship practices are a means, not the end.**

- 1 Timothy 4:7, *"Have nothing to do with irreverent, silly myths. Rather train yourself for godliness"*
- Our end goal is godliness (which is Christlikeness) so remember, these practices are means, not ends.
- Caution: While we cannot be godly without these practices, we can practice them without being godly.

**#6 Discipleship practices are for busy people too!**

- Matthew 6:33, *seek first his kingdom & his righteousness, and all these things will be given to you as well.*
- Loving God and loving your neighbor can't be done in your spare time.
- Life will never settle down! All I desire to accomplish must be done while life is unsettled.

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**Interested in learning about how you can make disciples?**

Text "disciple" to (951)425-4425 to RSVP for a free lunch training on Sunday, 11/21 from 1pm-3pm.