



# The Spiritual Disciplines Series

Exploring the Role of Scripture in  
Spiritual Growth or Spiritual  
Transformation

Fettes Park Baptist Church 9<sup>th</sup> Aug 2020

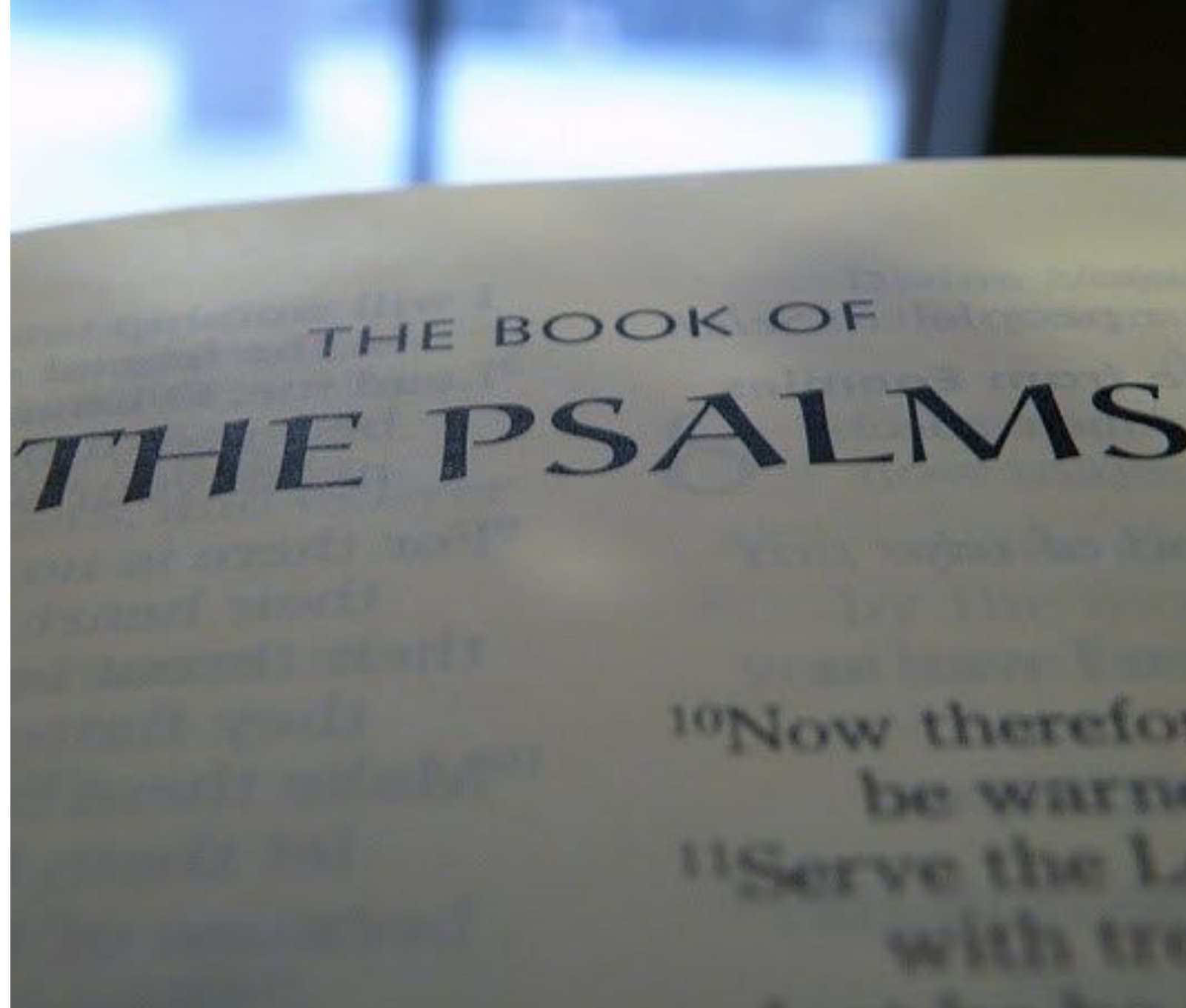
# TITLE

The 7 Disciplines  
of the Psalmist  
with the Word of  
God



Sermon Text

Psalm 119:9-16



<sup>9</sup> How can a young person stay on the path of purity?

By living according to your word.

<sup>10</sup> I seek you with all my heart;

do not let me stray from your commands.

<sup>11</sup> I have hidden your word in my heart

that I might not sin against you.

<sup>12</sup> Praise be to you, LORD;

teach me your decrees.

<sup>13</sup> With my lips I recount  
all the laws that come from your mouth.

<sup>14</sup> I rejoice in following your statutes  
as one rejoices in great riches.

<sup>15</sup> I meditate on your precepts  
and consider your ways.

<sup>16</sup> I delight in your decrees;  
I will not neglect your word

# The Believers' dilemma

I do not understand what I do. For what I want to do I do not do, but what I hate I do.

Romans 7:15



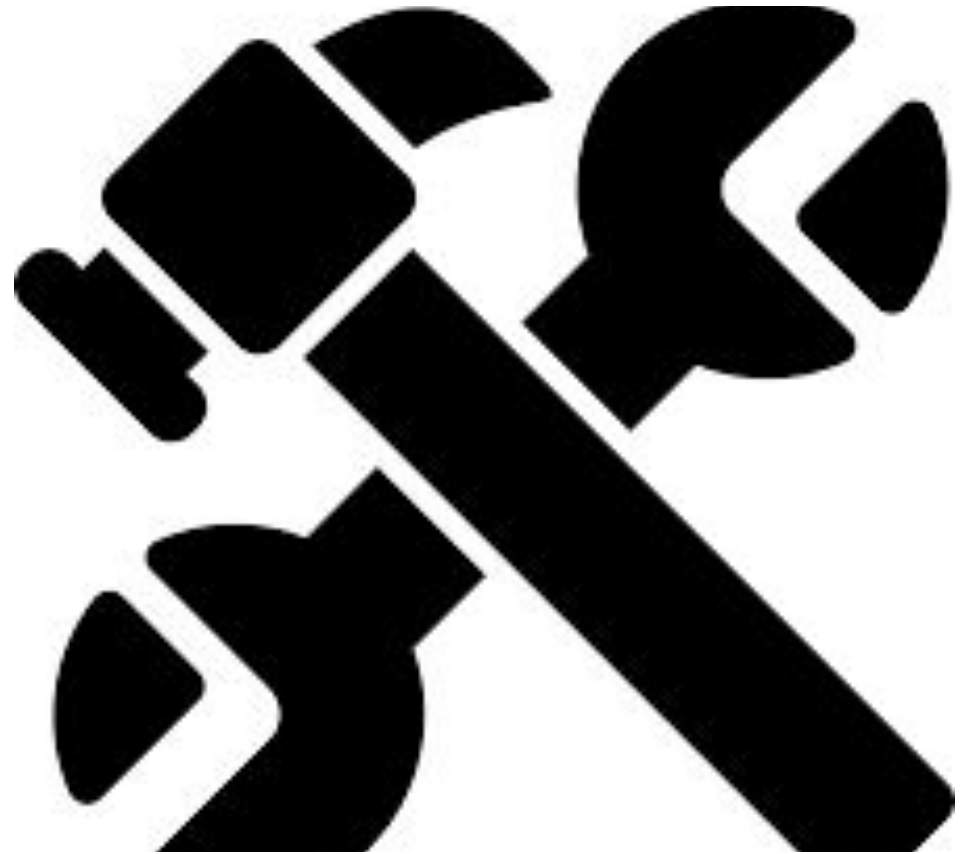
# From the Psalmist's Experience

<sup>9</sup> How can a young (old as well) person stay on the path of purity? By living according to your word.




# 7 Disciplines with the Word of God

- Seek for it
- Feed your soul with it
- Study it
- Memorize it
- Obey it
- Dwell in it
- Delight in it







I seek you with all my heart; do not let  
me stray from your commands.

Psalms 119:10

**BIG**

**Seeking God**

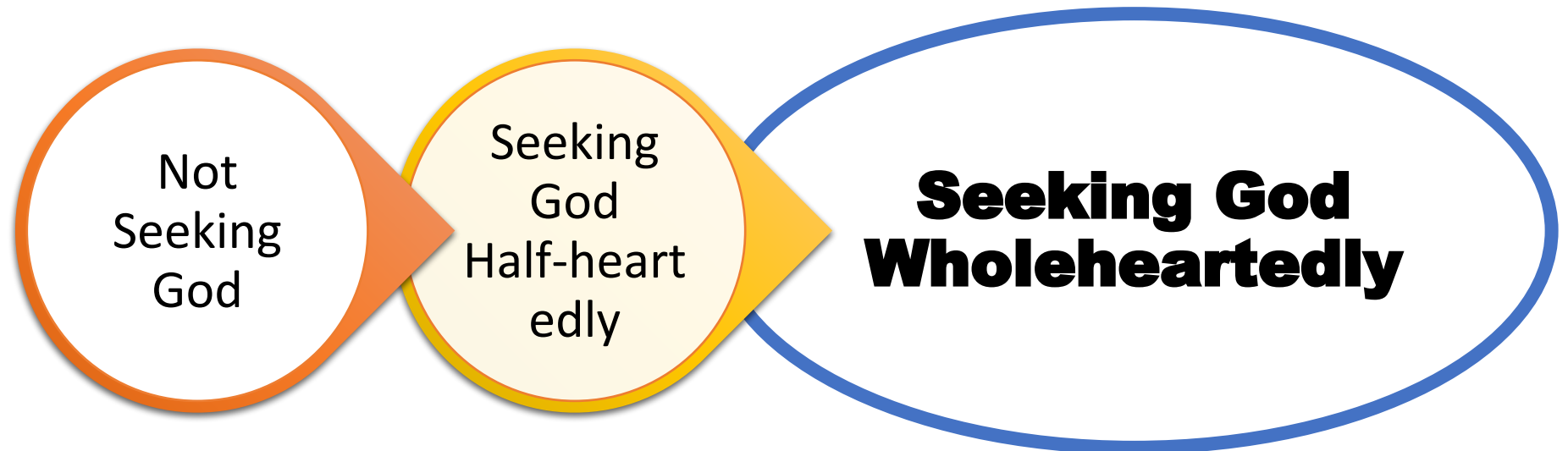
**DIFFERENCE**

**Seeking God with  
all my heart**

The latter speaks of a wholehearted devotion. A high degree of gratification.



# How do we transform?



# **We must begin with our heart**

The Psalmist used the word heart two times in  
verse 10 and 11



# 2 works that bring about Spiritual Transformation

Ministry of the  
Holy Spirit



Spiritual  
Disciplines (Effort)



# **Discipline is not a bad word**

**We relate to this**



**Not this**



# Spiritual Discipline

Efforts we put in to acquiring knowledge and skills to help up grow







# What Motivates Change?

The spirit of the disciplines is LOVE  
– Dallas Willard

For Christ's love compels us... to live for God  
- Apostle Paul (2 Cor 5:14-15)

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# The Tipping Point

Change takes place when our  
brokenness and God's love meet



# Brokenness

The highest rung of the  
spiritual ladder

**Dr. Dallas Willard**



**When we  
put no  
confidence  
in our flesh**

Phil 3:3



# **The sinful woman (Luke 7)**

When brokenness  
& love meet...



She who is forgiven much loves much

**Luke 7:47**

# We must do something to our Heart

I have hidden your word  
in my heart that I might  
not sin against you

Psalms 119:11





# Understand **Heart** and **Soul** in the bible

<sup>5</sup> Love the LORD your God with all your heart and with all your soul and with all your strength.

Deuteronomy 6:5

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# Heart

(Bible word *Levav*)

In general, it means  
the ruling center of  
the human life

Could also mean...

Body Part  
1 Sam 25:37

Emotion  
Psalm 51:17

Mind  
1 Kings 3:9-11

Will  
Psalm 37:4

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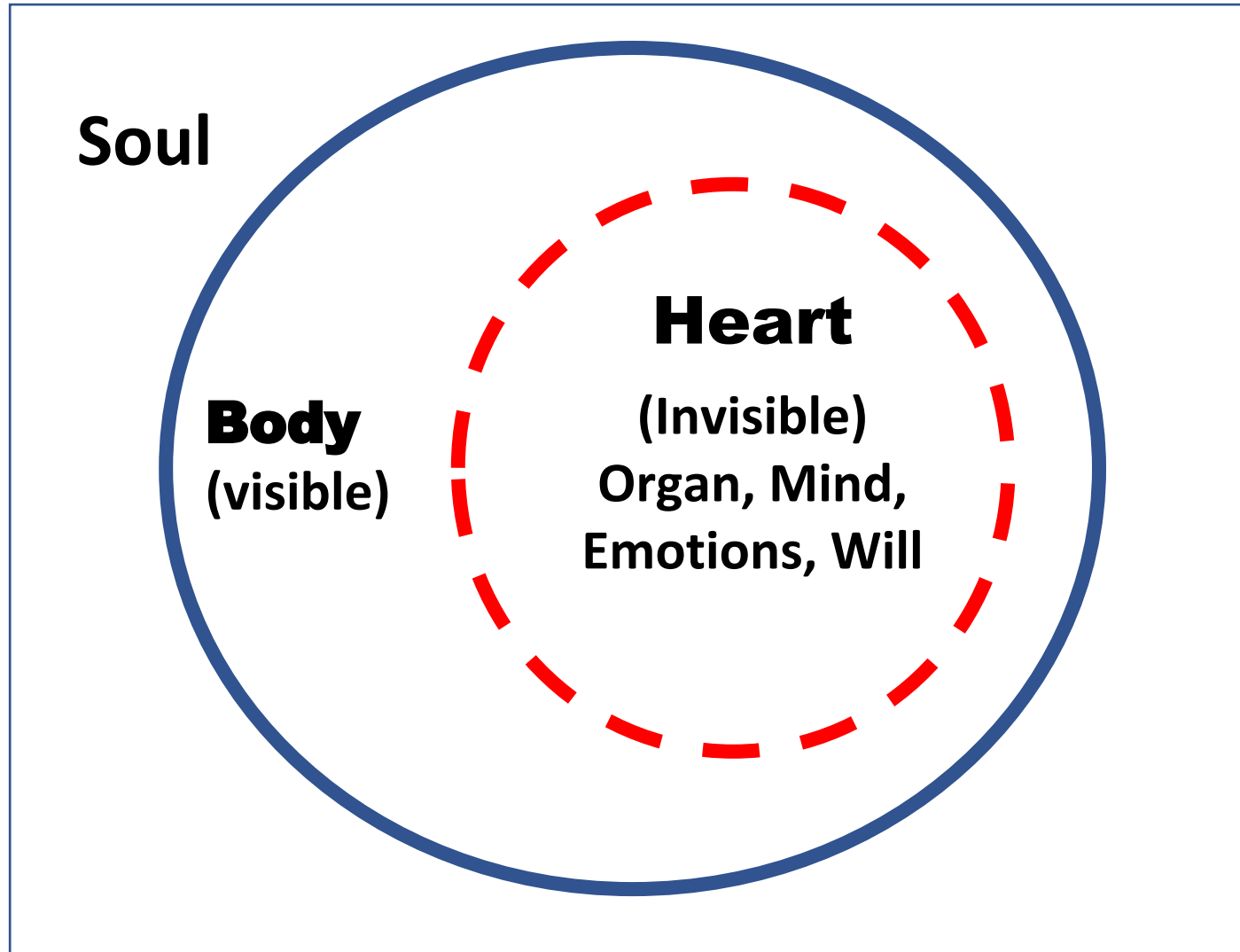




# **Soul** (*Nephesh*)

- Bible word differs from English word
- English word translates to the inner being that lives on after we die.
- Throat – physical thirst (Egypt). Spiritual thirst (Psalm 42).
- The whole being – Acts 27

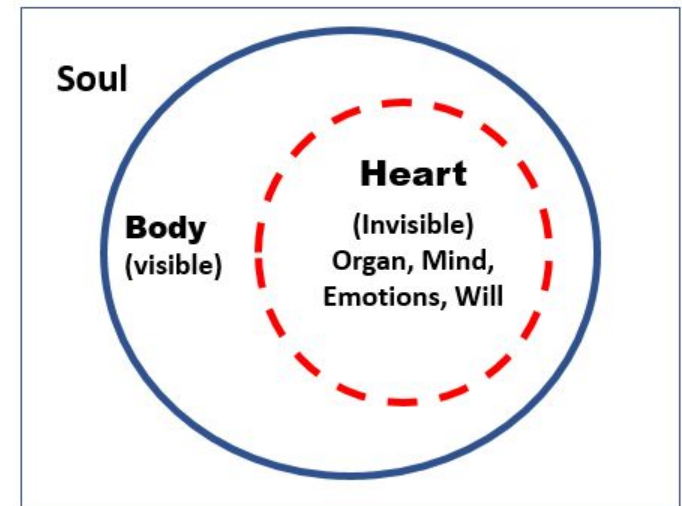
# The soul looks something like this



# Spiritual Transformation Process

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your true and proper worship. Do not conform to the patterns of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will.

Romans 12:1-2



# Our transformation into Christlikeness depends on what we feed our heart with



I have hidden your word in my heart so that I will not sin

Psalm 119:10

# Keeper of the Stream (Video)



# Disciplines of feeding the soul

## **Study Scriptures**

Praise be to you, LORD; teach me  
your decrees.

Psalms 119:12

## **Memorize scriptures**

With my lips I recount all the laws  
that come from your mouth

Psalms 119:13

# Discipline of obeying Scriptures

How can a young person stay on  
the path of purity?

By living according to your word

Psalms 119:9

I rejoice in following your  
statutes<sup>(K)</sup>  
as one rejoices in great riches.

Psalms 119:14

# Discipline of dwelling in Scriptures

I meditate on your precepts

Psalms 119:15 (a)

I consider your ways

Psalms 119:15 (b)



# Discipline of delighting in Scriptures

I delight in your decrees

Psalms 119:16 (a)

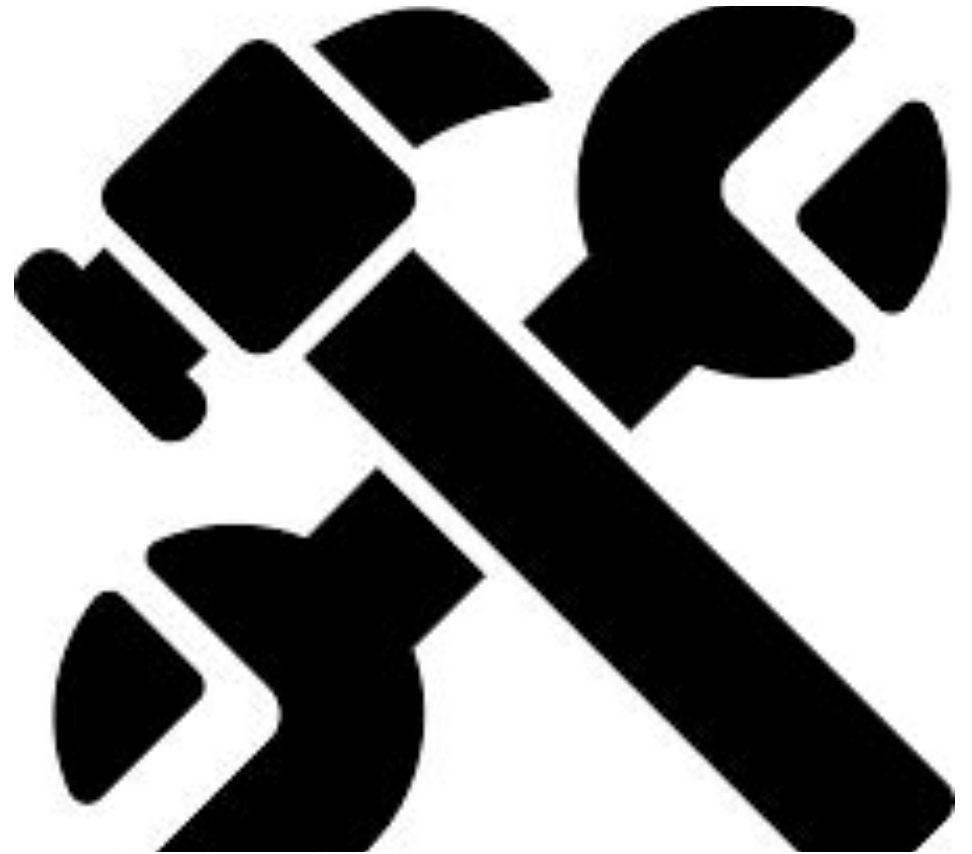
I will not neglect your word

Psalms 119:15 (b)

Cultivate the habit beginning every new day with a passage of scripture.. From the time you wake up. You will learn to enjoy it. After a while you will be missing it

# 7 Disciplines with the Word of God

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# Knowing scripture keeps us from sinning

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- <sup>27</sup> Can a man scoop fire into his lap  
without his clothes being burned?  
<sup>28</sup> Can a man walk on hot coals  
without his feet being scorched?

Proverbs 6:27-28



# Pure & blameless

<sup>15</sup> so that you may become blameless<sup>(A)</sup> and pure, “children of God<sup>(B)</sup> without fault in a warped and crooked generation.”<sup>[a]</sup><sup>(C)</sup> Then you will shine among them like stars in the sky

Phil 2:15

