

## Bible Study Series: Spiritual Disciplines

### What are things that will cause you to lose focus?

Philippians 4:6-7

- i. Every Distraction is a call to prayer!
  1. Worry is a distractor.
2. Detours- Detours are divine. God uses detours to develop your destiny
  - a. Exodus 13:17-18
    - i. God took them on a detour. God doesn't lead us to our destiny in straight lines.
      1. God uses the same process for us
        - a. Deliverance → Development → Destiny
        - b. First He delivers us through Salvation. Through Development, our faith grows. Through, Destiny we receive what God has planned for us
3. Disappointments
  - a. Disappointments are symptomatic of misplaced focus. If you will change your focus, then you will change your condition.

### Regaining Focus

- We must force our attention on God
  - Colossians 3:1
    - If ye then be risen with Christ, **seek** those things which are above, where Christ sitteth on the right hand of God."
      - Your affection will follow your attention!
        - Matthew 6:21
          - **Wherever your treasure is**, there the desires of your heart will also be.
  - Genesis 32:26
    - But Jacob said, "I **will not let you go unless you bless me.**"

What are some of the spiritual disciplines?

#### Corporate Disciplines

Confession of Sins

Worship

Celebration

Seeking/Giving Guidance

#### Outward Disciplines

Simplicity

Solitude

Submission

#### Inward Disciplines

Devotion/Meditation

Study

Prayer

Fasting

Many people will be observing several of these disciplines during Lent. Lent is 40 days before Easter Sunday (Doesn't include Sundays). Lent is a season of repentance and revival. Before revival happens, repentance must happen.