



A RIDE NATURE MINISTRY RESOURCE

SPIRITUAL DISCIPLINES

HEALTHY HABITS FOUND IN SCRIPTURE

SPIRITUAL DISCIPLINES

HEALTHY HABITS
FOUND IN SCRIPTURE

PUBLISHED AND PRODUCED BY:
THE RIDE NATURE ORGANIZATION

AS A RESOURCE AND TOOL FOR
ACTION SPORTS FOCUSED OUTREACH,
EVANGELISM, AND DISCIPLESHIP.

AS AN ORGANIZATION AND STAFF WE MOST
REGULARLY UTILIZE THE ENGLISH STANDARD
VERSION (ESV) BIBLE. WE ADVOCATE THE USE
OF THIS TRANSLATION AND WOULD RECOMMEND
THE ESV WHEN LOOKING UP
ANY SCRIPTURE VERSES LISTED.

WE ARE PLEASED TO ENCOURAGE THE
DUPLICATION OF THIS RESOURCE AND
ONLY ASK THAT YOU PLEASE
CONTACT US IF YOU DO SO.

WRITTEN BY: BROOKS DRIVER
DESIGNED BY: THE SHAPING BAY STUDIO

ALL RIGHTS RESERVED.

THE RIDE NATURE ORGANIZATION
2464 2ND STREET - FORT MYERS, FL 33901

INFO@RIDENATURE.COM
RIDENATURE.ORG

COPYRIGHT © THE RIDE NATURE ORGANIZATION

WHAT ARE SPIRITUAL DISCIPLINES?

Spiritual disciplines are different disciplines/habits that are found in scripture that help believers grow in their spiritual pursuit of godliness. We will not have an exhaustive list of the spiritual disciplines but we have selected a few that we would like to explain and encourage you to implement into your life. The first word being "spiritual" means that this discipline must be something that brings you spiritually closer to God. The second word being "discipline" means that this will be something that takes a real effort and focus to pursue.

“The final joy in any truly Christian discipline or practice or rhythm of life is, in the words of the apostle, ‘the surpassing worth of knowing Christ Jesus my Lord’” (Phil. 3:8).

- David Mathis

BIBLE READING AND STUDY

**“I never saw a useful
Christian who was not
a student of the Bible.”
– D. L. Moody**

We have this book that is full of the words of God himself at our fingertips yet often times, we neglect to read and study it. The Bible is a big book, but it is the only book that we need. All other books could maybe be useful, but it will never come close to the usefulness of the Bible.

Jerry Bridges says, "Reading gives us breadth, but study gives us depth". We should be seeking the depth of God as deep as is humanly possible, yet so little christians actually study the Bible. We have an amazing resource that we can dive into and seek the wisdom and misteries of God, and that only happens when we study the Bible.

You will not regret your time spent in God's word and you will get a return on your investment as God's words do not return void.

PRAYER

Direct access to God; this is what we are given through prayer. Some might say that prayer is one of the least utilized spiritual disciplines in the Christian faith. Although it is the most accessible, for some reason we don't take advantage of it.

1 Thessalonians 5:16-18 says, "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you"

It might seem impossible to pray without ceasing, it might even feel impossible to pray for one hour. But I think that when we focus on who we are talking to, and the sovereignty that the Lord has, it makes it easy and desirable to talk to Him in prayer.

"Our prayers may be awkward. Our attempts may be feeble. But since the power of prayer is in the one who hears it and not in the one who says it, our prayers do make a difference."
– Max Lucado

Prayer is a discipline that takes practice and perseverance. Making time for prayer should not be a sacrifice but a priority. We so easily throw prayer off to the side when we feel like other things are more important. Talking to God is more important than most things in our lives, let's strive to make prayer a spiritual discipline and a priority.

WORSHIP

"God wants worshipers before workers; indeed the only acceptable workers are those who have learned the lost art of worship."

– A. W. Tozer

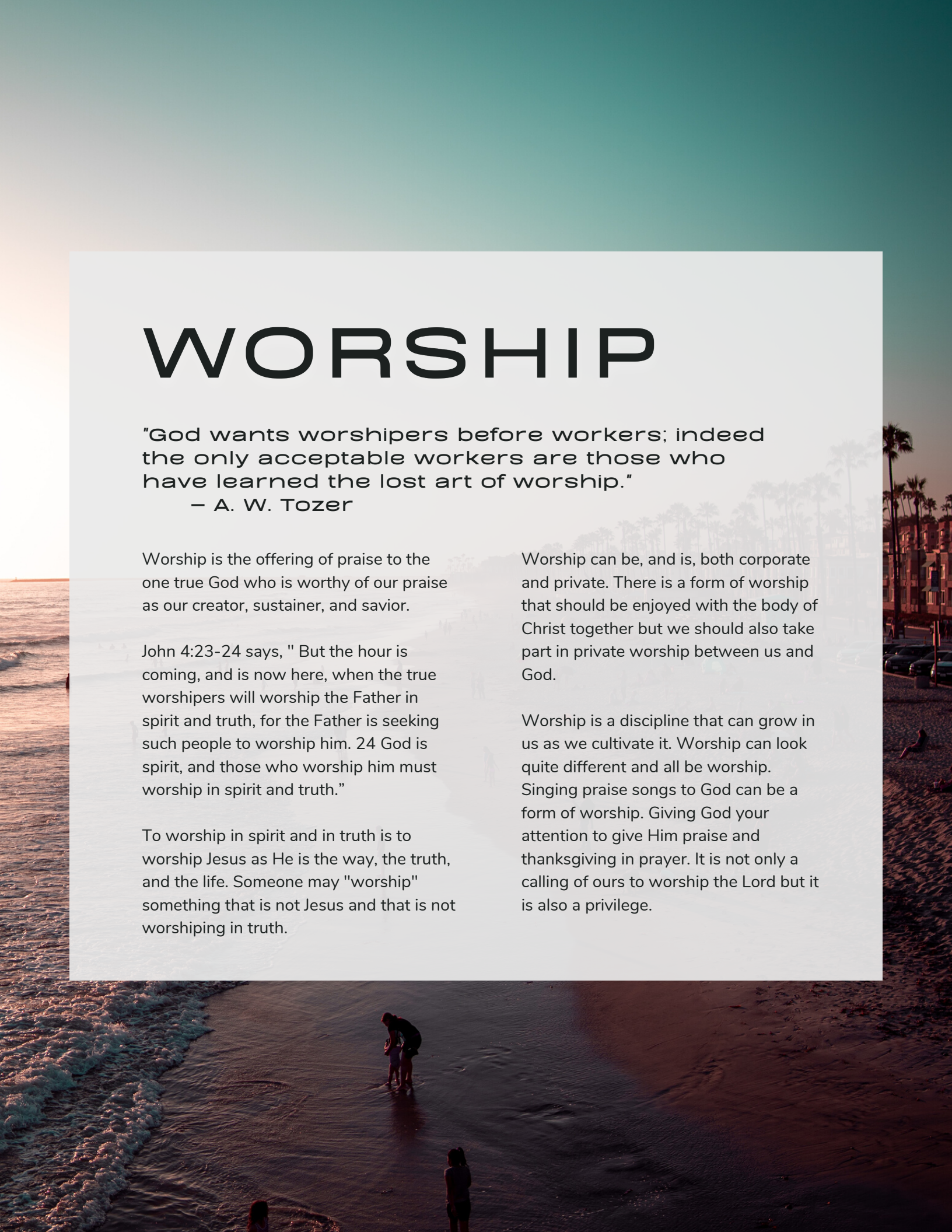
Worship is the offering of praise to the one true God who is worthy of our praise as our creator, sustainer, and savior.

John 4:23-24 says, " But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. 24 God is spirit, and those who worship him must worship in spirit and truth."

To worship in spirit and in truth is to worship Jesus as He is the way, the truth, and the life. Someone may "worship" something that is not Jesus and that is not worshipping in truth.

Worship can be, and is, both corporate and private. There is a form of worship that should be enjoyed with the body of Christ together but we should also take part in private worship between us and God.

Worship is a discipline that can grow in us as we cultivate it. Worship can look quite different and all be worship. Singing praise songs to God can be a form of worship. Giving God your attention to give Him praise and thanksgiving in prayer. It is not only a calling of ours to worship the Lord but it is also a privilege.



FASTING

"If you say "I will fast when God lays it on my heart," you never will. You are too cold and indifferent to take the yoke upon you." - Dwight L. Moody

Fasting is most commonly the act of abstaining from food in order to focus on devotion to the Lord. If the fast is not for spiritual purposes then it could not be classified as a biblical fast. There are forms of fasting that involves abstaining from things such as social media, internet, or T.V., but biblically, we only see fasting as abstaining from food.

"When you fast..."

This is a direct quote from Jesus himself in the book of Matthew chapter six. Here Jesus is making the implication that fasting is an expectation for His disciples. If it wasn't an expectation then He might have said, "if you fast" but instead He uses the word "when".

Let's look at the full passage, Matthew 6:16-18 "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

EVANGELISM

"We need to learn that sharing the gospel is successful. evangelism"

- Donald Whitney

I think that it is clear that we are all called to share our faith and evangelize to the world around us. It is also easy to find out that evangelism is not easy and it can be uncomfortable. This is why evangelism is a spiritual discipline that we must practice in order to make it a habit.

Maybe you have been in a conversation with someone who does not know Jesus, and you get this feeling inside you that you should share the gospel with them. At this point, you have a decision that you can practice the spiritual discipline of evangelism, or you could not.

We should all have an eagerness to share the good news of Jesus. The grace that we have received is so good that we should feel compelled to evangelize. Unfortunately, our sin nature is tied to fear of man and because of that, we are hesitant to share the gospel. If we want to really press into this spiritual discipline, we should not only take every opportunity, but also create opportunities to share the gospel. By doing this, I am sure that your obedience in evangelism will grow your faith as you see God move in other's lives.

HOW TO START SPIRITUAL DISCIPLINES?

Now I realize that you are probably a busy person and have a pretty full schedule. So let me start by saying, I believe that you have more time than you think, and you might need to make some sacrifices to accommodate your spiritual growth. First Let's make an assessment of your current spiritual disciplines. What are the spiritual disciplines that you do not currently practice? What are some current things that you are doing that you could categorized as time wasters? Maybe prayer and evangelism are some that you want to start utilizing as a spiritual discipline. Just like the other things in life, you need to set a scheduled time for prayer. Make it a point to make sure you are giving yourself a chance to succeed in this new endeavor. You also need to create consistency so it becomes a habit. Remember that it's not easy to make spiritual disciplines a norm in your life, but it is worth it. This is a way for you to become more like Christ.

SPIRITUAL DISCIPLINES

TIME WASTERS



RIDE NATURE IS A 501(C)3 NON-PROFIT
ACTION SPORTS MISSION ORGANIZATION
THAT WAS FOUNDED IN 2009,
AND DEDICATED TO GIVING GENEROUSLY,
PROCLAIMING THE GOSPEL OF JESUS
CHRIST, AND MAKING DISCIPLES TO THE
ENDS OF THE EARTH.

TO LEARN MORE ABOUT THE
ORGANIZATION OR TO DISCOVER HOW
YOU CAN GET INVOLVED
PLEASE VISIT RIDENATURE.ORG.



"YOU WILL RECEIVE POWER WHEN THE
HOLY SPIRIT COMES ON YOU; AND YOU
WILL BE MY WITNESSES IN JERUSALEM,
AND IN ALL JUDEA AND SAMARIA, AND
TO THE ENDS OF THE EARTH."

ACTS 1:8