

# Living the Agape Life



# ***FIT FOR LIFE***

*Spiritual Disciplines  
for the  
Committed Christian*

*Agape Life*

Bible Study Group  
Brenham's First Baptist Church  
Sundays at 10:15 am

Living the  
*Agape  
Life*

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**If you want to be  
physically fit  
what are some things  
you might do?**



# Fit for Life – Spiritual Disciplines

## Physically Fit

1. Aerobic Exercise
2. Strengthen your core
3. Lift weights for endurance
4. Lift heavy weights for strength
5. Stretch for flexibility
6. Eat nutritional foods
7. Limit consumption of alcohol and drugs
8. Drink water to stay hydrated
9. Stay active throughout the day
10. Get 7-9 hours of sleep every night
11. Spend time with friends and family
12. Get regular medical checkups



# Fit for Life – Spiritual Disciplines

## Physically Fit

“Most people fail, not because of lack of desire, but, because of lack of commitment.”

—*Vince Lombardi, football coach*

“We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort.”

—*Jesse Owens, Olympic track and field athlete*

“Some people want it to happen, some wish it would happen, others make it happen.”

—*Michael Jordan, pro basketball player and businessman*



# Living the Agape Life

## Fit for Life

**Spiritual Disciplines  
for the  
Committed Christian**

- I. The Foundation – The Why
- II. The Goal – Sanctification
- III. The Trainer – Holy Spirit
- IV. The Process – Working in Tandem
- V. The Machines, Weights & Workouts



**I.**

**The Foundation:  
The Why**



# Fit for Life – Spiritual Disciplines

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## I. The Foundation – The Why

**Train yourself for godliness.**

**1 Timothy 4:7b (ESV)**

**Discipline and train yourself  
vigorously with one purpose in mind  
– godliness, (holiness, sanctification.)**

**1 Timothy 4:7b (BYEV)**





# Fit for Life – Spiritual Disciplines

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## I. The Foundation – The Why

**Spiritual disciplines  
are those practices  
found in Scripture  
that promote spiritual growth  
among believers  
in the gospel of Jesus Christ.**



# Fit for Life – Spiritual Disciplines

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## I. The Foundation – The Why

**Spiritual disciplines are . . .**

**Personal and Interpersonal**

**Activities – not attitudes nor fruits of the Spirit**

**Biblical – described and/or prescribed**

**Means – not ends**

**Machines, weights, and workouts used by the Holy Spirit (your personal trainer) in your training regimen.**

**Sufficient for knowing and experiencing God, and for growing in Godliness**



# Fit for Life – Spiritual Disciplines

## I. The Foundation – The Why



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# II.

# The Goal: Sanctification



# Fit for Life – Spiritual Disciplines

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## II. The Goal: Sanctification

### 1 Peter 1:13-16

V. 16 “You shall be holy, for I am holy.”

### 1 Thessalonians 4:1-8

V. 3a For this is the will of God, your sanctification:

### 2 Corinthians 7:1

... let us cleanse ourselves ... bringing holiness to completion ...



# Fit for Life – Spiritual Disciplines

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## II. The Goal: Sanctification

### Sanctification and Holiness

**ἅγιος – hagios – holy**

**set apart by (or for) God, holy, sacred**

**ἁγιασμός – hagiasmos – sanctification**

**the process of making or becoming holy, set apart,  
sanctification, holiness, consecration**



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## II. The Goal: Sanctification

### 1 Peter 1:13-16

V. 16 “You shall be holy, for I am holy.” - (hagios)

### 1 Thessalonians 4:1-8

V. 3a For this is the will of God, your sanctification: - (hagiasmos)

### 2 Corinthians 7:1

... let us cleanse ourselves ... bringing holiness to completion ...  
- (hagiósuné – holiness)



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## II. The Goal: Sanctification

**Sanctification – the process of moving from worldliness to Godliness; moving from worldliness to holiness; moving from darkness to light.**

**FYI, the English word “sanctification” comes from two Latin words:**

***sanctus* which means holy,  
and *ficare* which means make**





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## II. The Goal: Sanctification

**Baptist Faith & Message – Sanctification is the experience, beginning in regeneration, by which the believer is set apart to God's purposes, and is enabled to progress toward moral and spiritual maturity through the presence and power of the Holy Spirit dwelling in him. Growth in grace should continue throughout the regenerate person's life.**



# III.

# The Trainer: Holy Spirit



# **Fit for Life – Spiritual Disciplines**

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## **III. The Trainer: The Holy Spirit**

**All religions have spiritual disciplines.**

**What are the purpose of spiritual disciplines in religions other than Christianity?**

**Even in Christianity we can practice spiritual disciplines as an end to themselves.**

**Only through the Holy Spirit can spiritual disciplines lead to sanctification.**



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## III. The Trainer: The Holy Spirit

**John 16:13 – guides you into all truth**

**Romans 8:26 – helps you in your  
weakness**

**Acts 1:8 – gives you power**

**Titus 3:5 – washes, regenerates, &  
renews you**



IV.  
The Process:  
Working  
in Tandem



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## IV. The Process: Working in Tandem

# Philippians 2:12-13

Therefore, my beloved, as you have always obeyed,  
so now, not only as in my presence  
but much more in my absence,  
work out\* your own salvation  
with fear and trembling,  
for it is God who works in you,  
both to will and to work for his good pleasure.

\*(work down to the end-point)



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## IV. The Process: Working in Tandem

# Hebrews 12:5b & 12-14

15 . . . My son, do not regard lightly the discipline of the Lord, nor be weary when reproved by him.

12Therefore lift your drooping hands and strengthen your weak knees, 13and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed. 14Strive for peace with everyone, and for the holiness without which no one will see the Lord.



V.

The Machines,  
Weights, and  
Workouts





# Fit for Life – Spiritual Disciplines

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## V. The Machines, Weights, and Workouts

### **Bible Assimilation**

Read, Listen, Study, Memorize, Meditate

### **Prayer**

### **Personal Worship**

### **Fasting**

### **Silence and Solitude**

### **Journaling**

Commonplace Book

### **Redeeming the Time**



# Living the Agape Life

## Next Week

### Fit for Life

Spiritual Disciplines  
for the  
Committed Christian  
Part 2

# Living the Agape Life

The "I Am's" of Christ  
Spiritual Disciplines  
How Should We Pray?  
From 30 to 2023 and Beyond  
Spiritual Gifts

John 6-15  
1 Corinthians 9  
Matthew 6  
Acts 2  
1 Corinthians 12

