

Delight in the Lord - Study 7

Where the Rubber Hits The Road

We hear some great preachers and teachers. Hear powerful testimony and even experience the life changing power of God ourselves. We see people around us be transformed and witness the results of a life lived for God.

But does it result in a transformed life?

Does it result in changes that bring much fruit and therefore glory to God?

What Does It Take To Live A Good Life?

1/ To know the truth that sets you free.

- The Word of God.

2/ To walk out the truth that sets you free. To live it!

3/ Having good spiritual / life disciplines.

“Disciplines are not the answer; they only lead us to the Answer. We must clearly understand this limitation of the Disciplines if we are to avoid bondage.” — Richard J. Foster, *Celebration of Discipline: The Path to Spiritual Growth*

- This is worth discussing. So often we can get stuck in the routine of life even a good discipline and still end up in bondage.

You can know what is right but not do it. Until you are living what is right you do not have a clear conscience before God. God always gives us a way out. (1 Corth 10:13)

Each one of us makes our own choices. Sometimes we inherit a poor lot in life but what we do with it is a choice we make. (Philippians 4:11-13)

Some of the Good Spiritual / Life Disciplines

1/ Reading God’s Word regularly.

Psalms 1:1-2

Joshua 1:8

- What does it mean to meditate on God’s Word?
- How do you allow the Word to change your everyday life?

2/ Prayer - Personal, family, corporate

Philippians 4:6

Colossians 4:2

Matthew 18:18-20

“Of all spiritual disciplines prayer is the most central because it ushers us into perpetual communion with the Father.” — Richard J. Foster, *Celebration of Discipline: The Path to Spiritual Growth*

“To pray is to change. All who have walked with God have viewed prayer as the main business of their lives.” — Richard J. Foster, *Celebration of Discipline: The Path to Spiritual Growth*

3/ Sleep

Psalms 127:1-2

- So often people are tired and run down. Unable to stay alert in life. Lack of sleep often comes from worry and anxiety.
- I think we need to challenge ourselves in this area to claim God’s gift of sleep and deal with that which is stealing it from us. What do you think?

4/ Exercise and Diet

1 Timothy 4:8

1 Timothy 5:23

- There are some very practical ways about how God has chosen to make you and I. If you hit your finger with a hammer your whole body complains. If you don’t care for your for your body it will complain.
- How do you think healing and healthy living work together?

5/ Mental

Philippians 4:8-9

- What do you feed on each day and how is it affecting your mental health?

How Do You Move From a Poor Life Discipline to a Good One?

If you still have some time you may want to think about this question.

Here are some ideas on how to do it.

1. Humble Surrender to the Holy Spirit.
 - a. Deal with the sin
 - b. Repent
 - c. James 5:16 “Confess your sins to each other and pray for each other”
2. Obedience
3. Accountability and submission
 - a. 1 Peter 5:5
 - b. Hebrews 10:24-25