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The Joy Of Spiritual Discipline

Proverbs 27:17; Ecclesiastes 4:9-12; Hebrews 10:24-25

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Using This Study

❶ EXAMINE His Word

What does God SAY? Open your time with prayer. The words God uses to communicate matters, so go back and pay close attention to the details that are emphasized or repeated in the passage.

❷ EXPLORE His Word

What does God MEAN? Asking questions of the text helps surface how the details relate to the message God wants to communicate.

❸ EMBRACE His Word

Why does it MATTER to me? Embrace God by responding to what you discover in His word in faith and obedience.



The price
of discipline
is always less
than the pain
of regret.

Nido Qubelli

This week we are starting a sermon series on spiritual disciplines. Many times when people hear the word “discipline,” it is an immediate turn off. However, when we are disciplined in our relationship with God, we can grow closer to Him, and anything to draw us closer to God is worth it. Discipline may be challenging, but there is great joy in drawing closer to God. Since this is not an easy task, we will start the series by encouraging and helping people find partners to do the disciplines with. When we come together as brothers and sisters in Christ and encourage each other building them up in Christ, we will discover that at the heart of discipline is great joy.

EXAMINE His Word (Observation)

What does God SAY? Prayerfully note significant details and terms emphasized in these passages.

Read Proverbs 27:17 (NET)

¹⁷ As iron sharpens iron,
so a person sharpens his friend.

Read Ecclesiastes 4:9-12 (NET)

⁹Two people are better than one, because they
can reap more benefit from their labor.

¹⁰ For if they fall, one will help his companion
up, but pity the person who falls down and has
no one to help him up.

¹¹ Furthermore, if two lie down together, they
can keep each other warm, but how can one
person keep warm by himself?

¹² Although an assailant may overpower one
person, two can withstand him. Moreover, a
three-stranded cord is not quickly broken.

Read Hebrews 10:24-25

²⁴ And let us take thought of how to spur one
another on to love and good works, ²⁵ not
abandoning our own meetings, as some are in
the habit of doing, but encouraging each other,
and even more so because you see the day
drawing near.

1. Who is involved in the text? Author, audience, main characters.
2. Where and when is this taking place? Geography and timeline.
3. What actions are carried out or commanded? Look for the verbs.
4. Is there anything repeated?
5. What is emphasized?
6. Is there anything in these passages that is related to other areas of scripture?

7. Are there things to be noted that are alike or unlike such as similes and metaphors?

🕒 **EXPLORE His Word (Interpretation)**

What does God MEAN?

8. Why do people sharpen iron?

9. Are there only certain materials that can sharpen iron?

b. What are the qualities of these materials?

c. How does that relate to our relationships?

10. Is a dull axe as useful as a sharp axe? Why or why not?

11. Is it possible to sharpen iron without a second piece of material?

③ EMBRACE His Word (Application)

Why does this MATTER to me?

12. Why is it important for us to have others encouraging us in our relationship with God?

13. What are some specific ways others can help us grow in our relationship with God?

14. Have you been around someone that was a positive influence on your relationship with God?
In what way did they influence you?

15. Do you have someone in your life that you meet with regularly that is a positive influence on your relationship with God? Do you know of anyone that you could ask to start meeting with you?

Summarize your thoughts on the passage:

Write about what God wants you to KNOW, to FEEL, and to DO...

SERMON NOTES