"A multitude of men and women, pressing 'on to the mark for the prize of the high calling of God in Christ Jesus,' would confront the secularism and scepticism of our time with a challenge not easily laughed off or turned aside."

"True holiness is a witness that cannot be ignored. Real sainthood is a phenomenon to which even the world ling pays tribute. The power of a life, where Christ is exalted, would arrest and subdue those who are bored to tears by our thin version of Christianity and wholly uninterested in mere churchman-ship."

- 1. A lack of discipline, is the reason for much dearth of spiritual insight, and serious lack of moral power.
- 2. Real <u>faith</u> involves discipline. *Matt. 16:24 (...let him DENY himself, take up his cross, and follow me.)*
- 3. Grace is dependent upon the practice of self-mastery. *Phil. 2:12 (...work out your own salvation with fear and trembling.)* 
  - a. Man working out **ALONE**, reveals a defeated moralist trying to elevate himself by his own bootstraps.
  - b. God working in **ALONE**, reveals a defeated Savior trying to free, from his sins and his earthiness, a man who will not lift his face out of the dust, or shake off the shackles of his egocentric self.

I Cor. 9:26-27, Gal. 5:24, Col. 3:5, II Tim. 2:4, Heb. 12:1

*	Discipline:	Training of the mind or character.	*
*	-	Bring to a condition of order and	*
*		obedience. Bring under control.	*
*		2	*

1.	Obedience	3.	Humility	5.	Generosity	7.	Purity
2.	Simplicity	4.	Frugality	6.	Truthfulness	8.	Charity

- \*\*\* Discipline paves the road to FREEDOM and PEACE, natural and spiritual. \*\*\*
  - 1. God is not real to most people because of the condition of their consciousness.
    - a. He is closer to our mind than our own thoughts.
    - b. He is nearer to our heart than our own feelings.
    - c. He is more intimate with our wills than our most vigorous decisions.
  - 2. Many times events will break this preoccupation with self and unconsciousness of God. Such as:
    - a. Death
    - b. Disaster
    - c. Sickness
    - d. Collapse of friendship
    - e. Etc.
  - 3. It is a tragic life that becomes conscious of God, only in these events which, shatter habitual thoughts and compel recognition of His presence and activity.
  - 4. Life is made 'worthwhile' by a constant awareness of God.
  - 5. We must break tyrannies which newly divert our consciousness toward other and lesser matters.
  - 6. The Tyrannies.
    - a. EGO self unduly concerned with self, overemphasizes I, me, and mine. It causes us to measure issues, projects, causes, people, and even God, by their effect upon OUR plans, OUR hopes, OUR profit, OUR security, etc.
    - b. **THINGS** Money, clothes, houses, furniture, food, automobiles-- dominate our thoughts. <u>To have</u> concerns us more than <u>To be</u>.
    - c. **PEOPLE** What they think of us agitates us more, than what God thinks. What they say to us or about us, constantly preys upon our mind. We court their favor more than try to please God. (The man who vigorously lashes out at others in high place or low, shows in the persistence and vigor of his anathemas, that people have 'gotten to him'.)

- 1. Nothing in consciousness except that which consciousness attends. *Is. 26:3*
- 2. Nothing can be removed from consciousness that you are attending to. *Prov. 4:23*
- 3. Repeated attention to any subject, takes dominant position in consciousness. **(HABIT)** *Phil. 4:8*
- 4. Change in habits, comes only by DELIBERATE efforts to cease attending to usual objects, and directing attention to others.
   Heb. 12:2

### \*\*\*\* What discipline is not.

- 1. By practicing discipline, we are not piling up merit for ourselves. We do not accumulate spiritual capital, to rely on, to offset any surrender to temptation. No matter how much self-denial, or self dedication, we are always in arrears in our relation to the perfect will of God.
- 2. Discipline is not a commercial transaction between us and God.
  - So much humility for so much heaven.
  - So much purity for so much peace.
  - So much simplicity for so much serenity.
- 3. Disciplines are not a way of earning salvation.
- 4. Disciplines are not a sacrificial suffering to help atone for the sins of yourself or others.

### 

#### No. 1 - Obedience

- Definition:1. Act or fact of doing what one is told.2. Submission to authority of law.3. Compliance4. Subservience5. Subjection
  - 1. Obedience is the condition of <u>all</u> other virtues. - *I Sam. 15:22*
  - 2. Obedience means assent to another's right to command, and specific consent to that command.
    - Rom. 6:16
  - 3. Obedience is a vigorous blow against one the tyrants that monopolize consciousness. It smites the **EGO**.

*Example of* **EGO**: "No one is going to tell me what to do."

**EGO** - Resents restrictions. It demands the right of self - expression and self - Destruction.

#### 4. DO YOU OBEY?

1. God? 2. The Church? 3. The Pastor? 4. The State?

*Example*: Do you "love your enemies," or do you merely leave them alone?

- 5. Yesterday's obedience is never quite adequate for today, but yesterday's obedience makes today's more likely.
- 6. We must attack the **EGO** at the place of its strongest desires. Whenever a command from God or other rightful authority arouses an inner rebellion, then is the time for you to make certain you do not rebel, but **OBEY**.
- 7. Where to emotion is deepest, there is the EGO the most certainly in command.
- 8. You need to be upset. Only then can the throne be emptied of <u>self</u> and the Lord made ruler.

## No. 1 - Obedience

1. Obedience is the price of success.	- Joshua 1:8
2. Obedience is the best sacrifice.	- I Sam. 15:22
3. Obedience is action, not a promise.	- Matthew 21:28-32
4. Obedience is from the Heart.	- Romans 6:16-23
5. Obedience is in thought (Mind).	- II Cor. 10:4-6
6. Obedience by the example of Christ.	- Phil. 2:1-11
7. Obedience at Home.	- Col. 3:18-25
8. Obedience to Authority.	- Titus 3:1-8
9. Obedience to Spiritual Leaders.	- Heb. 13:17
<ol> <li>Obedience is learned through sufferings. Obedience makes perfect.</li> </ol>	- Heb. 5:7-9
11. Obedience is more than looking into or hearing IT IS CONTINUAL.	g James 1:22-27

## Think about it:

Salvation cost you nothing - Discipleship cost you everything.

### No. 2 Simplicity

Definition:	1. Freedom from difficulty.	2. Absence of show, pretense, or artificiality.
	3. Sincerity.	4. Plainness.

(Greek - Haplotes - from haplous - single)

### SIMPLICITY

- 1. Words can be taken for face value.
- 2. No hidden or double meaning.
- 3. Does not mean "easy to understand."

*Examples:* Paul and Jesus (Their intention was not to confuse or deceive, but to clarify and illumine.)

- 4. No artificiality
- 5. Does not try to appear younger, wiser, richer, or more saintly, than one is.

*Example: I Cor. 13:4* - Love makes no parade, gives itself no airs. (Moffatts translation)

- 6. No effort to get by cunning, what one could not get if his or her purpose were clear.
- 7. Does not constantly keep people guessing.

*Example:* A child is obvious - you know his state of mind, his estimate of people, his intentions, and his desires.

8. A direct attack on all three tyrannies. EGOS - THINGS - PEOPLE

### No. 2 Simplicity

#### 1. Attack on the EGO.

EGO wants attention, recognition, and applause.

- a. Go beyond its means, in order to appear as financial success.
- b. Maintain a "discreet silence," as an indication of superior knowledge.
- c. Take on religious practices that will evoke favorable comment, but make no **REAL** commitment to God.

Simplicity rips the mask off of pretension, and exposes the real man, for all to see.

### 2. Attack on THINGS.

Artificiality, ornamentation, pretentious style, and luxury require THINGS.

- a. Few things are required to be you or to act your age, morally, intellectually, or spiritually.
- b. What you are does not depend on what you have. "I must not fail to be what people **THINK** I am."

Simplicity makes us willing to be known for what we are, and removes us from the pressure of resorting to **THINGS** to conceal what we are or to convey an impression.

#### 3. Attack on **PEOPLE**.

The effort to make an impression, is caused by an undue concern over what **PEOPLE** think about us.

- a. No one can be totally independent of others' opinions. We should strive for good opinion, not by deceit, but in reality.
- b. The real emphasis should be on "being" not "seeming."

#### No. 2 Simplicity

Simplicity delivers us from the presence of artfulness (apple - shining), flattery, or affectation.

#### ONLY THE SIMPLE ARE THE FREE!

**JESUS** said: "Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven."

### **Disciplines:**

- 1. Watch your language.
  - a. Avoid exaggerations.
  - b. In retelling a story, do not "dress it up."
  - c. Be careful of your emphasis.

JESUS said: "Let your communications be Yea, yea, Nay, nay."

2. Study your behavior.

Simplicity in giving -	Matthew 6:1-4
Simplicity in prayer -	Matthew 6:5-15
Simplicity in discipline -	Matthew 6:16-18
Simplicity as childlikeness -	Mark 10:13-16
Simplicity of speech -	Matthew 5:33-37
Simplicity of service -	II Cor. 1:12-14
Simplicity of Christ -	II Cor. 11:1-5

## No. 2 Simplicity

Practice makes perfect.

\_\_\_\_\_I will say exactly what I mean.

\_\_\_\_\_I will not color my language for effect.

I will not pretend that I know when I can only guess.

I will keep silent when I do not know.

I will say nothing to make anybody believe I am wiser or better than I know myself to be.

\_\_\_\_\_I will not let my silence convey a false impression of myself or my convictions.

\_\_\_\_\_I will avoid making excuses for myself.

\_\_\_\_\_I will avoid phrases with double and dubious meanings.

\_\_\_\_\_I will conform my actions to reality.

\_\_\_\_\_I will buy only what I can afford and what responsibility demands.

\_\_\_\_\_I will make my behavior a Bible to all who know me.

### No. 3 Humility

- *Definition*:1. Meekness. 2. Showing a humble spirit. 3. Modesty of spirit.4. Showing a deep or courteous respectfulness.
  - 1. We fear inferiority complexes, so much, that we refuse to admit any inferiority.
  - 2. Assertiveness is the "Doctrine of the Day."
  - 3. The feeling that we could do a better job than someone else, is always present.
  - 4. We are not only proud, but proud of our pride.
  - 5. We associate **HUMILITY** with weakness, as the sprawling mind, and the flabby will.
  - 6. We believe that to be humble, means to "crawl," to "lick the dust," to be lacking in self respect, even to deny whatever goodness or skill or truth you possess.
  - 7. TRUE GREATNESS IS <u>ALWAYS</u> HUMBLE.
  - 8. Lack of **HUMILITY** is not due to our excess of ability, but to our woeful failure to appraise ourselves in the light of the Master life!
  - 9. True **HUMILITY** is not the denial of whatever excellence or ability we may possess, but such a vision of the divine excellence and power that ours seems but dust and ashes in comparison.

HUMILITY is the greatest aid to Prayer.

- 1. It attacks the EGO.
- 2. Makes us God conscious instead of self-conscious.

### No. 3 Humility

#### Where **HUMILITY** lives:

- \* Self-importance vanishes.
- \* Self-will disappears.
- \* Self is dismissed from the center of the picture.
- \* Self's welfare or even survival is no longer the main issue.
- \* Self's confidence in his own wisdom is so little, that he is perfectly willing to leave the planning of his life in the hands of God. *(Matt. 10:39)*

You really begin to live when:

- 1. You lose yourself in God's purpose for you.
- 2. You escape from Ego-centered blindness, into the perceptions of self-giving love.
- 3. You KNOW NOT, and commit yourself to the wisdom of God.
- 4. You realize that you ARE NOT, and turn yourself over to the God who is perfect beauty, truth, and goodness.
- 5. You are so sick of yourself, your inner contradictions and outer impotence, that you abandon yourself to your Creator, Redeemer, Sanctifier; to be dealt with according to His wisdom, power, and love. (*Matt. 5:6*)

### **HUMILITY:**

- is not weakness but strength.
- is not folly, but wisdom.
- is not nothingness, but fulness. (Matt. 5:3, Luke 14:11, IPet. 5:6)

#### **Disciplines:**

- 1. Begin the day by looking at Jesus.
- 2. Recall your own failures and imperfections.
- 3. Forget the imperfections of others.
- 4. Beware of seeking honor from men.
- 5. Every day, do something in the spirit of *Romans 12:10*.
- 6. When you do a good deed, do it anonymously.

### No. 3 Humility

### **Disciplines** (Contd.)

- 7. Let each esteem others better than themselves. (*Phil. 2:3*)
- 8. Do the job around the office, in the home, or at the church, that nobody else wants to do.
- 9. Sit by the person whom others avoid. (*Rom. 12:16*)
- 10. Curb your tongue the moment it begins to find fault with others.
- 11. Eliminate any disposition to complain at your situation.
- 12. Restrain your inclination to give advice to all.
- 13. Cheerfully accept humiliations.
- 14. Take time for **PRAYER**.

1. God's requirement -	Micah. 6:6-8
2. Christ's exhortation -	Luke 14:7-11
3. The open door for God -	James 4:6-10
4. To be put on -	Colossians 3:12-14
5. Blessedness of Humility -	Matthew 5:1-9
6. The clue to rest of the soul -	Matthew 11:25-29
7. Examples -	Matthew 3:11-12; 8:5-8

### No. 4 Frugality

*Definition:* 1. Economical in the use of resources. 2. Thrifty.

- 1. The frugal individual is often scorned as stingy, or a penny pincher.
- 2. As disciples of the 'abundant life'; we often identify the abundant life with the multiplication of things -- with money to buy and products to be bought. *(Luke 16:19)*

\*We talk much of the economy of abundance -- which usually means bumper crops, roaring factories, swift assembly lines, huge production; goods and more goods for everybody; universal employment for people who in turn become universal buyers of an ever increasing variety of products for ever larger houses, and 'niftier' wardrobes and more heavily laden dinner tables.

- 3. The discipline of **FRUGALITY** seems not only to be economically absurd, but an assault upon those high standards of living which we believe are necessary to human welfare.
- 4. The discipline of FRUGALITY attacks the tyrant 'Things'.
  - \*Things dominate the consciousness and keep it from giving to God, alert, uninterrupted, intense, devoted attention.
- 5. Things do play a necessary role in our lives. We must have food, clothing, shelter, transportation, and sanitation.
- 6. Our five senses bind us to Things.
  - a. the eye to pleasant scenes.
  - b. the ear to sweet sounds.
  - c. the nose to lovely fragrances.
  - d. the touch to comfortable chairs, beds, and temperature.
  - e. the taste to delectable foods.

### No. 4 Frugality

7. The Athlete (*I Cor.* 9:24-27)

- a. Is a 'thing-master', not a thing-despiser'.
- b. Uses things for the fulfilment of purpose.
- c. Limits himself to things that will contribute to the excellence and the victory he seeks.
- \*What must be cured is desiring and hanging onto things for their own sakes.
- 8. That tyranny, which rules an individual in the store, also rules him at the altar. (A man is at prayer what he is outside of prayer.)
  - How? Mind full of:
    - a. thoughts of things.
    - b. desire for things.
    - c. fears of loss of things
    - d. schemes to acquire things.
    - e. endeavors to make God our agent in the acquisition of things.
- 9. Frugality helps us conquer the tyranny of 'People', and gives us an independence that is very necessary to serve God.
- 10. Affection and approval are values until they are required. (*Matt.* 10:37 *Mark* 10:28-31)
- 11. Frugality is not 'life-negation', but 'life-affirmation' on a higher level than things or people--on the divine level.

#### **Disciplines:**

- a. Begin with food.
  - 1. Let health, not appetite be the measure of you eating.
  - 2. Avoid eating between meals.
  - 3. FAST FAST FAST FAST!!!!
- b. Sleep
  - 1. Rise early to have a time of communion with God.
- c. Physical nature
  - 1. The marriage relation should not be one of unbounded license.

2. Affections should be given, but not as a habit. Habits enslave the consciousness.

### No. 4 Frugality

#### Disciplines: (contd.)

- D. At times avoid buying things, even when you can 'afford' them. (Ask do I really need this?)
- E. Personal relationships
  - 1. Cherish, but not cling.
  - 2. Love as God loves. (Not for your own sake, but for their sake.)
  - 3. No one between you and God.

Frugality in the common life	Luke 3:10-14 (John's requirement; don't exploit people.)
The blessings of frugality	Luke 6:20-25
The frugality of Jesus	Luke 9:51-62
Frugality in practice	Luke 10:1-7 (Jesus instructions to the 70.)
Frugality versus covetousness	Luke 12:13-21 (Parable of rich man.)
Frugality versus anxiety	Luke 12:22-31 (Birds)
Frugality in the use of money	Luke 16:10-15 (If you have not been trustworthy in handling worldly wealth, who will trust you with their riches.)

#### **ARE YOU WILLING?**

To close your book of complaints and to open the book of praise? To believe other men are as sincere as you and to treat them with respect? To ignore what life owes you and think about what you owe life? To stop looking for friendship and to start being friendly? To be content with such things as you have and stop whining for the things you do not have? To enjoy the simplest things of life and cease striving for the artificial pleasure of the day? To forget what you have accomplished and meditate on what others have done for you? To cease looking for someone to help you and to devote yourself to helping others? Are you willing?

#### No. 5 Generosity

Definition:1. A willingness to share or forgive.2. Not mean3. Liberal4. Magnanimous (a great spirit)

- 1. Everyone dislikes the stingy person. He is called "skinflint," "tightwad," etc.
- 2. Everyone loves and praises the generous person.
- 3. Generosity releases man from the bondage of EGO, and also THINGS.
- 4. The EGO is strongly possessive. Sharing is not one of its passions.
- 5. The **EGO** must be <u>taught</u> to give.
- 6. Many times the **EGO** will give under social compulsion, because giving is "good business" or for "social strategy."
- 7. The EGO pays tithes, simply for the benefits in return. NOTE: This is not giving it is TRADING!
- 8. Giving is not a trait of the EGO!
  - a. "Mine" is its dearest adjective.
  - b. "Keep" is its most beloved verb.
- 9. Stinginess and greed are rationalized as Thrift, Economy, and good Management.
- 10. Jealousy is rationalized as Love, Devotion, and Loyalty. Note: "Most persons who are possessive, never recognize the fact."

"We pass years, and sometimes all our life, hesitating, as to whether we will give ourselves entirely to God . . . We reserve to ourselves many affections, desires, plans, hopes, and pretensions."

## No. 5 Generosity

- 11. Real **GENEROSITY** begins by giving <u>everything</u> to God!
- 12. This kind of **GENEROSITY** toward God, makes real **GENEROSITY** toward man easy, if not inevitable.
- 13. We are no longer owners, but **STEWARDS**.
- 14. GENEROSITY begins only at the point of sacrifice.
- 15. Without **GENEROSITY**, frugality can easily degenerate into selfishness.

Generosity toward the needy	Matt. 5:39-42
Generosity of the spiritual treasure	Acts 3:1-10 (such as I have.)
Giving everything to God	Matt. 19:16-30 (a rich ruler)
Generosity for employees	Matt. 20:1-15 (Vineyard)
Cheerful giving	II Cor. 9:6-15
Generosity versus judgment	Matt. 7:1-5 II Cor. 9:9
God's giving	Rom. 6:23, Eph. 2:8, James 1:17

#### No. 6 Truthfulness

#### Definition: 1. Honest, 2. Exact, 3. Accurate, 4. Correct

#### IS A LIE EVER JUSTIFIABLE????

- 1. Falsehoods that appear in speech and action are the efforts of the **EGO** to secure or maintain something it prizes.
- 2. The EGO wants "pleasure" and "approval." All pleasures are not socially approved.

#### **Results: DOUBLE LIFE!**

- 3. The **EGO** wants honor.
  - a. Cheats on examinations
  - b. Falsifies accomplishments
  - c. Takes credit for other's achievements
  - d. Boosts statistics
  - e. Tells "tall' stories (battlefield, a trout stream, golf-course, etc.)
- 4. The EGO wants possessions.
  - a. Drives "sharp bargains"
  - b. "Cuts corners" on contracts
  - c. Falsifies merits of its products. (Uses the words colossal, stupendous, gigantic, etc.)
- \* The lie is the EGO'S strategy for getting what it wants, and keeping what it gets.

\* **TRUTH** is the most effective strategy to deflate and destroy the **EGO**.

#### In the "WORLD" -

The "lover" doesn't really know what love is. The "socialite" is the most unsocial of beings. The "tycoon" is a typhoon of egocentric schemes.

### No. 6 Truthfulness

5. **TRUTHFULNESS** is an essential condition to living with God in intimate fellowship.

Note: Two ways of lying!

- 1. Selling a pound of sugar, though the scales only register 15 ounces.
- 2. Tampering with the scales, so that 15 ounces of sugar, registers as a pound.

Note: Many ways of "tampering with the scales."

- 1. Corrupting a word
- 2. False emphasis in a sentence
- 3. By a gesture

### **Disciplines**:

- 1. Watch your words. "Are you saying exactly what you mean?"
- 2. Watch your tones. "Inflections are often more misleading than direct falsehoods."
- 3. Watch your actions.
  - a. A shrug of the shoulders
  - b. A "poker face"
  - c. Starting in one direction, when a real destination is another.
  - d. A casual look
  - e. A pose of intelligence
- 4. Study your associations
  - a. Are your approaches genuine?
  - b. Do you really like them?
  - c. Do you merely want to use them?
- 5. It is possible for one's whole life to be a lie.

#### No. 6 Truthfulness

- a. Giving an impression that you believe one thing when you really believe something else.
- b. Create the impression that you are one sort of person, when you are just the opposite.
- c. Acting as if you seek one great goal, when actually you seek a much lesser one.
- 6. Avoid plagiarism.
- 7. Eliminate all "front" from your speech.
- 8. When you find yourself striking a pose, abandon it at once.
- 9. Quit singing things you don't mean.
- 10. Stop all flattery not sincere appreciation, but flattery.
- 11. Do nothing that you must conceal.
- 12. Stay away from "whisperers" (secretiveness is another form of falsehood).

The tragedy of untruthfulness	Acts 5:1-11
Truthfulness of speech	Matt. 5:3-37
Truth and freedom	John 8:31-34
Truth as armor	Eph. 6:13-20
Truth in our prayer life	Matt. 23:13-22
Inner truth	Matt. 13:25-28
Truthfulness of Jesus	John 14:5-17

#### No. 7 Purity

*Definition*: 1. Freedom from dirt or mixture, clearness, cleanness.

- 2. Freedom from evil and innocence.
- 3. Freedom from foreign or inappropriate elements of characteristics.
- 1. PURITY is more than 'chastity'.
- 2. The breakdown of PURITY, are that many only recognize one standard Impulse -.
- 3. PURITY is <u>not</u> merely a matter of deed, but of intention or even imagination. (*Matt.* 5:28)
  - \* **PURITY**: "The primary means of attaining to perfection,
  - \* ... not having in our heart anything the least contrary to God." \*
- 4. To argue about whether such **PURITY** is attainable, is scarcely the business of most of us who have never made it our serious consecration, let alone our possession.

\*

- 5. **PURITY** means eliminating from our lives:
  - a. all self-will (Obedience)
  - b. all artificiality (Simplicity)
  - c. all pride (Humility)
  - d. all indulgence (Frugality)
  - e. all miserliness (Generosity)
  - f. all falsehoods (Truthfulness)
- 6. **PURITY** means more!
  - Removing everything that is:

unlovely	'high hat'
unloving	opinionated
unjust	prejudiced
contentious	arrogant
wrathful	sluggish
uncharitable	short - sighted
resentful	sectarian
fearful	racial
snobbish	unreal

7. Only the pure in heart shall see God - only those who see God shall be pure in heart.

## No. 8 Charity

**Definition**: 1. Help given to the poor or suffering. 2. Kindness in judging people.

\* \* The Greek word 'AGAPE'- Love, used in the Bible, expressed the deep and

\* constant love and interest of a perfect Being toward entirely unworthy objects, \*

- \* producing and fostering a reverential love in them toward the Giver, and a
- \* practical love toward those who are partakers of the same, and a desire to help \*

\* others to seek the Giver.

- 1. Charity is the chief discipline and the consummation of all the other disciplines.
- 2. Where there is perfect Charity, there is perfection.
  - a. The EGO is dead!
  - b. The rags of self-will have been discarded.
- 3. The word 'Love' has been overworked, cheapened, and vulgarized.
  - a. Infatuation
  - b. Passion
  - c. The piracy of someone else's wife or husband.
  - d. Promiscuity
  - e. Romantic egoism
- j. Torments of jealousy

f. Sentimental adventure

h. Prolonged infantilism

I. Parental possessiveness

k. Seduction

g. Eroticism

4. The word 'Charity' has also been misused, by limiting it to mean merely a gift to someone's poverty or need.

## WHAT IS CHARITY????

- 1. Charity is unself-ness. (I Cor. 13:5)
- 2. Charity is not an emotion.
  - a. It is an act of the will.
  - b. It is a resolution.
  - c. It is a determination, born in a sense of value.

### **Disciplines: 'Toward Men'**

- 1. Never, under any circumstances retaliate for an injury. (Retaliation means that you are thinking in terms of the good you have been seeking from men, and they have failed to give you.)
- 2. Avoid anger. (We should love men, not for the sake of their goodness, but for God's sake.)

- - \*
    - \*

#### No. 8 Charity

- 3. Forgive quickly when others seek pardon.
- 4. Forgive men before they ask it. (I Cor. 13:4) (real Charity does not harbor resentment.)
- 5. Pray for men, good and bad, friend and foe, relation and stranger.
- 6. Do good to all whom you meet.
- 7. Be courteous to all.
- 8. Rejoice at the success of others, as quickly as you sorrow at their misfortune.
- 9. Sacrifice for others. Do it anonymously.
- 10. Never make the faults of others the subject of your conversation.
- 11. Keep love for people uppermost in your life.
- 12. Romans 12:10

#### **Disciplines: 'Toward God'**

- 1. Meditate on His perfections, His beauty, truth, goodness, holiness, justice, mercy and love.
- 2. Dedicate yourself to the incarnation of those perfections in you. (Don't admire them, seek them.)
- 3. Repent of your failure to be like Him.
- 4. Keep alive in you the purpose to serve Him under all circumstances and on all occasions.
- 5. Welcome every experience, pleasing or unpleasing, which His providence permits to come into your life. Make no exceptions.
- 6.Develop the habit of doing and being everything for His sake.
- 7. Never seek for comfort or ease, but only seek to please Him.

### No. 8 Charity

- 8. Serve Him as effectively as you can but learn to rejoice when He is served more effectively by others.
- 9. Seek only such pleasures, honors, and privileges as are found in Him.
- 10. Never be content with the degree of love you have for Him.
- 11. Rejoice in His commands as well as in His gifts, in His disciplines as well as in His blessings, in His deprivations as well as in His bestowals.
- 12. Transcend in loving Him, all thoughts of yourself, your happiness and prosperity, your security and health.

The classical description of Charity - I Corinthians 13		
Charity toward the sinful -	John 8:1-11	
Charity for the weak -	Romans 14:10-19	
Charity toward our brethren -	Romans 15:1-6	
Charity, the test of our relationship	to God - I John 3:10-18	
Charity as love -	I John 4:7-12	
Charity as forgiveness -	Matthew 18:21-33	

## **FASTING - DISCIPLINE**

There are three basic drives of the body.

- 1. Self preservation (food) Gen. 2:8-9
  - a. Prov. 16:26
  - b. *Eccl.* 6:7
  - c. Phil. 3:19
- 2. Social (fellowship) Gen. 2:18
  - a. Acts 2:46-47
    b. Rom. 15:30-32
    c. I Cor. 16:17-18
    d. II Tim. 4:9-12, 21
- 3. Procreation (sex) Gen. 1:28, 2:24-25
  - a. *Heb.* 13:4
    b. *I Cor.* 7:25-28
    c. *I Cor.* 7:34-38

**The NEED**. *Mark* 9:14-29 (By nothing but prayer and fasting.)

- The TIME.Mark 2:18-20 (In the absence of the Bridegroom.)<br/>(Chosen and designated monthly, yearly, etc.)<br/>Lev. 23:27, Acts 27:9, I Cor. 9:26-27
- The HOW. Matt. 6:16-18 (In secret)

The PURPOSE.	Acts. 13:2-3 Acts. 10:30-31 Is. 58:3-7	( Direction ) ( Answer to prayer ) ( Freedom and power )
The RESULTS.	Is. 58:8 Is. 58:8 Is. 58:9 Is. 58:10 Is. 58:11 Is. 58:12	<ul> <li>( Understanding )</li> <li>( Health )</li> <li>( Answered prayer )</li> <li>( Breaking out of darkness )</li> <li>( Guidance and satisfaction )</li> <li>( POWER )</li> </ul>

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