



## Our Pursuit of the Spiritual Disciplines

### INTRODUCTION

#### **We must start with the gospel:**

“There is nothing in us or done by us, at any stage of our earthly development, because of which we are acceptable to God. We must always be accepted for Christ’s sake, or we cannot be accepted at all. This is not true of us only when we believe. It is just as true after we have believed. It will continue to be true as long as we live....It is always on His ‘blood and righteousness’ alone that we can rest.” - B.B. Warfield

#### **The importance of the Spiritual Disciplines:**

“I must take care above all that I cultivate communion with Christ, for though that can never be the basis of my peace—mark that—yet it will be the channel of it.” - C. H. Spurgeon

“Knowing God is the key to being happy in God.” - John Piper: When I Don’t Desire God pg. 118

“The Spiritual Disciplines are the God-given means we are to use in the Spirit-filled pursuit of Godliness....God has given us the Spiritual Disciplines as a means of receiving His grace and growing in Godliness. By them we place ourselves before God for Him to work in us.”

- Donald Whitney: Spiritual Disciplines for the Christian Life

(Luke 10:38-42)

### WHAT CAN WE LEARN FROM MARY?

1. **“And she had a sister called Mary, who sat at the Lord’s feet and listened to his teaching.”**  
(Luke 10:39)

2. **“She was taking full advantage of her opportunity.”**

- Leon Morris: Luke: An Introduction and Commentary pg. 191

“He is as near as your own breathing and is infinitely merciful and mighty.”

-John Piper: When I Don’t Desire God pg. 135

3. **“Mary chose the good portion.”** (Luke 10:41)

“At this time in your life, you can’t do what you’re used to doing. You don’t have time for all your heart desires to experience in your spiritual life. Nevertheless, do what you can do, even though it’s precious little.” - Donald Whitney: “Do What You Can”

“So He (Jesus) commended Mary. He said, ‘One thing is needful,’ and Mary has it, has chosen it, the one supreme necessity. That is the way Mary’s character was strengthened, by sitting at those feet.” - G. Campbell Morgan: The Gospel According to Luke pg. 141

“Like Jean with three in diapers, you may be in a situation that curtails many of your spiritual activities. You may be looking at many months or even years of such limitations. Do what you can. God does not love us more when we do more, nor less when we do less. He accepts us, not because of what we do for Him, but because of what He’s done for us in Christ. The Bible says, ‘He made us accepted in the Beloved (that is, Jesus)’ Ephesians 1:6. And nothing ‘shall be able to separate us from the love of God which is in Christ Jesus our Lord’ Romans 8:39. Love God, and within the limitations He has sovereignly placed in your life at this time, do what you can.” - Donald Whitney: “Do What You Can”

“Therefore, the Lord waits to be gracious to you, and therefore he exalts himself to show mercy to you.” (Isaiah 30:18)

### **Favorite Scriptures and quotes about the gospel:**

“For all have sinned and fall short of the glory of God, and are justified by his grace as a gift, through the redemption that is in Christ Jesus, whom God put forward as a propitiation by his blood, to be received by faith.” (Romans 3:23-25)

“For while we were still weak, at the right time Christ died for the ungodly. For one will scarcely die for a righteous person—though perhaps for a good person one would dare even to die—but God shows his love for us in that while we were still sinners, Christ died for us. Since, therefore, we have now been justified by his blood, much more shall we be saved by him from the wrath of God. For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life.” (Romans 5:6-10)

“You are loved and accepted by God through the merit of Jesus, and you are blessed by God through the merit of Jesus. Nothing you ever do will cause Him to love you any more or any less.”

- Jerry Bridges: Transforming Grace pg. 73

“It is God Himself who in holy wrath needs to be propitiated (appeased), God Himself who in holy love undertook to do the propitiating, and God Himself who in the person of His Son died for the propitiation of our sins. Thus God took His own loving initiative to appease His own righteous anger by bearing it His own self in His own Son when He took our place and died for us. There is no crudity here to evoke our ridicule, only the profundity of holy love to evoke our worship.” - John Stott: The Cross of Christ pg. 175

“Come my soul, think thou of this...believing in Jesus, thou art actually and effectually cleared from guilt; thou art led out of thy prison...thy Saviour’s blood has procured thy full discharge. No flames of vengeance are there to scare thee now; no fiery sword; justice cannot smite the innocent. Thy disabilities are taken away: thou wast once unable to see thy Father’s face: thou canst see it now. Thou couldst not speak with Him; but now thou hast access with boldness...all the love and the acceptance which perfect obedience could have obtained of God, belong to thee, because Christ was perfectly obedient on thy behalf, and hath imputed all His merits to thy account, that thou mightest be exceeding rich through Him, who for thy sake became exceeding poor. Oh! How great the debt of love and gratitude thou owest to thy Saviour.” - C. H. Spurgeon: Morning and Evening Feb.13

“God does not love us because Christ died for us; Christ died for us because God loved us.”

- John Stott: The Cross of Christ pg. 174

“Remember, therefore, it is not thy hold of Christ that saves thee-it is Christ; it is not thy joy in Christ that saves thee-it is Christ; it is not even faith in Christ, though that be the instrument-it is Christ’s blood and merits; therefore, look not so much to thy hand with which thou art grasping Christ, as to Christ; look not to thy hope, but to Jesus, the source of thy hope; look not to thy faith, but to Jesus, the author and finisher of thy faith. We shall never find happiness by looking at our prayers, our doings, or our feelings; it is what Jesus is, not what we are, that gives rest to the soul.” - C.H. Spurgeon: Morning and Evening June 28

### **A quote that has revolutionized my view of sleep!:**

“I earnestly recommend that it (your devotional time) be in the early morning, unless there are some extenuating circumstances. Entering the day without a serious meeting with God, over his Word and in prayer is like entering the battle without tending to your weapons. It’s like taking a trip without filling the tires with air or the tank with gas. The human heart does not replenish itself with sleep. The body does, but not the heart. The spiritual air leaks from our tires, and the gas is consumed in the day. We replenish our hearts not with sleep, but with the Word of God and prayer. Thousands of saints have discovered through the centuries that starting the day by filling the mind with the Word of God will bring more joy and more love and more power than traveling on yesterday’s gas. ” - John Piper: When I Don’t Desire God pg. 116