

## A DISCIPLE WORSHIPS

### THROUGH SPIRITUAL DISCIPLINES

Matthew 4:1-11  
(Deuteronomy 6 & 8)

February 8, 2026

*Spiritual disciplines are a means of quieting your soul so that life-draining lies may be exposed and replaced by the life-giving truth of God's word.*

#### I. Spiritual disciplines

Mt. 4:1-2

- What we do to build spiritual **MUSCLE**.

SILENCE, FASTING, PRAYER,  
STUDY MEMORIZATION,  
CELEBRATION  
SABBATH

#### II. Are a means of quieting your soul

Mt. 4:1

- The means for **GOD** to get **OUR** attention.

You are \_\_\_\_ (Fill in the Blanks) \_\_\_\_ many things.  
(Luke 10:41-42)

#### III. So that life-draining lies may be exposed

Mt. 4:3 ff

- The means to identify who is **SPEAKING**.

Clues:

- His Names: **TEMPTER**, **ACCUSER**, **LIAR**
- What he Says:
  - It's all about **YOU**
  - It's all about **THEM**
  - It's all about **NOW**

#### IV. And replaced by the life-giving truth of God's word. Mt. 4:4

- Life is in the **WORD** Deuteronomy 6 & 8 (Psalm 119:25)

## BEING A DISCIPLE

*Surprised by Joy*  
*September 2025 -*

### A DISCIPLE IS . . .

Matthew 28  
September 21, 2025

### A DISCIPLE ASKS . . .

Matthew 1-3  
November 30, 2025

## A DISCIPLE WORSHIPS

*So that your capacity for God will increase  
as you enjoy His presence and participate in what He is doing. Ps 119:32*

Matthew 2 – 28

January 25

### WITH MUSIC

Exodus 15 – Revelation 15  
January 25

### THROUGH GIVING FINANCIALLY

Matthew 2:7-11  
(Exodus 25; 32; 35; 38:25)  
February 1, 2026

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(Deuteronomy 6 & 8)  
February 8, 2026

Reference:

"It Is Written" GMBC Sermon Series September 2020  
The Spirit of the Disciplines: Dallas Willard  
The Celebration of Discipline: Richard J. Foster