

**January 4, 2026**  
**"Deny Yourself & Follow Jesus."**  
**Matthew 16:24**

*Spiritual Disciplines for the Christian Life (with relevant scriptures)*

**Reading & Meditation on Scripture**

- Ps. 119 "Your Word is a lamp..."; Ps. 19:14 "meditations"; Ps. 1:2 "meditate day & night"; 2 Tim. 3:16-17 "thoroughly equipped"; John 16:13 "leading to all truth".

**Prayer inspired by the Living Word**

- John 15:7 "Align prayers with the Word of the Lord; Take inspiration from the Word for our repentance, praise and petition."

**Silence and solitude**

- SoS 2:10 "Come away with me..."; Jesus withdrew (Luke 5:15-16; Mark 1:45); Paul's solitude (Acts 9:22; Gal. 1:17)

**Journaling**

- Hab 2:2 "Write the vision"; Rev 1:19 "Write what you have seen"; Rev. 3:3 "Remember what you have seen & heard".

**Worship**

- John 4 "Woman at the well; Deut. 6:4. "heart, soul, mind & strength".

**Evangelism**

- Col. 4:2-7 "Pray for an open door" (Obedience vs. results)

**Serving**

- John 13:12-17 "Jesus washes disciples' feet"; Matt. 25:31-36 "The final judgement"; Gal 5:13 "Serve one another out of love".

**Fasting**

- Old Testament examples include: Nehemiah (Neh. 1:4, 9:1); Daniel (Dan. 9:3); David (2 Sam. 12:16); Esther (Esther 4:16).
- New Testament examples include: Anna (Luke 2:37); Jesus (Matt. 4:1-11); Jesus' instruction (Matt. 17:21); Saul/Paul (Acts 9:9); Antioch Church (Acts 13:3)

**Questions to Consider:**

- Read Isaiah 58:1-5. What do you think the disconnect was between their religious observance and the way they lived life?
- In which areas of your life do you find yourself "going through the motions" with Jesus?
- How should our walk with Christ impact us individually, corporately or communally?
- Can you think of someone who has modelled good spiritual discipline to you?