

# THE DISCIPLINES OF LIFE SERIES

DEVELOPING A LIFESTYLE THAT'S USABLE TO GOD

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THE TITLE OF THE MESSAGE:

## THE DISCIPLINE OF DELIGHT

*A PRACTICAL SERIES ON CHRISTIAN DISCIPLINES  
AND HOW WE SHOULD BE LIVING IN THE WORLD AROUND US*

SUBJECT TOPICALLY REFERENCED UNDER:

**Christianity 101, Faith, Wisdom, Discipleship**

**Introduction to the Text;**

**Philippians 4:11-12**

### Matthew 28:18-20

And Jesus came and spoke to them, saying, "**All authority** has been given to Me in heaven and on earth. **:19 Go therefore** and **make disciples** of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, **:20 teaching them to observe all things** that I have commanded you; and behold, I am with you always, even to the end of the world."

### Philippians 4:11-12

Not that I speak in regard to need, for I have learned in whatever state I am, to be content: **:12** I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. **:13** I can do all things through Christ who strengthens me.

## Have you ever looked around your world

and wondered why does it seem that the ungodly are so happy and healthy and wealthy and good looking and successful and "blessed" ?

### Psalm 73:7

Their eyes bulge with abundance; They have more than heart could wish.

### Proverbs 16:18

Pride goes before destruction, And a haughty spirit before a fall.

# What about in the family of God

– the church. Why are some doing well while others seem to just scrape by and while others are so “favored” while others languish along ?

## THIS CALLS FOR THE DISCIPLINE OF DELIGHT

Because suffering accomplishes in our lives what nothing else can.

### Suffering and Difficulty are Powerful Tools in God’s Toolbox

#### Proverbs 11:2

When pride comes, then comes shame; **But with the humble is wisdom.**

### There are Many Dangers to Being Young

#### 1 Peter 5:5-6

Likewise you younger people, submit yourselves to *your* elders. Yes, all of *you* be submissive to one another, and be clothed with humility, for “*God resists the proud, But gives grace to the humble.*” :6 Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time,

### “THE “DISCIPLINE” IS

THE EFFORT THAT YOU PUT FORTH IN YOUR PURSUIT OF GOD

#### Jeremiah 29:13

And you will seek Me and find *Me*, when you search for Me with all your heart.

### THE “DELIGHT” IS

THAT WE FIND OUT WHO WE REALLY ARE IN CHRIST. IT’S THE WORK OF THE HOLY SPIRIT WITHIN US, IT’S THE MIND OF CHRIST GOVERNING US.

### SO THEN - THE DISCIPLINE OF DELIGHT

**Is seeing that our true existence and meaning comes from the Lord. As we follow Him in discipleship - He defines what our lives are to be... He makes the appointments of our lives !**

#### Psalm 37:4

**Delight** yourself also in the LORD,  
And He shall give you the desires of your heart.

{anag, aw-nag´; to become soft and pliable, to be made like soft clay, moldable

# THE DISCIPLINE OF DELIGHT

## 1. Delight - develops contentment in our hearts

### Philippians 4:11

Not that I speak in regard to need, for I have **learned** (*by confirming experience*) in whatever **state** I am, to be **content**

### Psalm 17:15

As for me, I will see Your face in righteousness; I shall be **satisfied** when I awake in Your likeness.

## Delight - Develops Contentment in our Hearts

### Psalm 20:7

Some *trust* in chariots, and some in horses; But we will remember the name of the LORD our God.

## That's Easy To Say – But Is It Easy To Do ?

### Matthew 6:31-34

“Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ :**32** For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. :**33** But seek first the kingdom of God and His righteousness, and all these things shall be added to you. :**34** Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble.

### 1 Timothy 6:6-10

Now godliness with contentment is great gain. :**7** For we brought nothing into *this* world, *and it is* certain we can carry nothing out. :**8** And having food and clothing, with these we shall be content. :**9** But those who desire to be rich fall into temptation and a snare, and *into* many foolish and harmful lusts, which drown men in destruction and perdition. :**10** For the love of money is a root of all *kinds of* evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows.

## Delight - Develops Contentment in our Hearts

### But How?

We recognize who really owns what we have – it's not the bank,  
It's not even China – the Lord owns China?

### 1 Corinthians 10:26

for “the earth is the LORD'S, and all its fullness.”

# THE DISCIPLINE OF DELIGHT

## 2. Delight - strengthens our faith in God

### Philippians 4:12

I **know** how to be abased, and I **know** how to abound. Everywhere and in all things I have **learned** both to be full and to be hungry, both to abound and to suffer need.

A New Attitude About **God** / A New Attitude About **Others**  
A New Attitude About **Life** / A New Attitude About **Love**  
A New Attitude About **Possessions** / A New Attitude About  
**Forever**

### Proverbs 4:23

Keep your heart with all diligence, For out of it *spring* the issues of life.

## Paul Encouraged Himself in The Things of God

Being “self-less” is a great and powerful thing because when I see my life as God’s responsibility, then I’m free to be what He wants me to be.

### Isaiah 41:10

Fear not, for I *am* with you; Be not dismayed, for I *am* your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.’

### Psalm 138:8

The LORD will perfect *that which* concerns me; Your mercy, O LORD, *endures* forever; Do not forsake the works of Your hands.

### Textbook Example: **Moses**

Moses began having it all, having wealth and fame and power...

### Textbook Example: **King David**

King David was promised it all but years had passed and hardships increased.

### Textbook Example: **Daniel**

Daniel was comfortable, safe and secure until he was taken away by judgment.

## But How?

By what you and I allow into our realm of view.

## What do we allow our eyes and ears to be exposed to ?

Our Eyes & Ears Record and Transport that Data to Our Brains  
And Store that Information - forever !

### Matthew 5:27-30

“You have heard that it was said to those of old, ‘*You shall not commit adultery.*’ :28 But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart. :29 If your right eye causes you to sin, pluck it out and cast *it* from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell. :30 And if your right hand causes you to sin, cut it off and cast *it* from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell.

### Galatians 6:7-8

Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. :8 For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.

### 1 John 2:15-17

Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. :16 For all that *is* in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world. :17 And the world is passing away, and the lust of it; but he who does the will of God abides forever.

## THE DISCIPLINE OF DELIGHT

### 3. Delight - results in a new attitude of mind

#### Philippians 4:13

I can do all things through Christ who strengthens me.

Through Christ - Paul is able to have and enjoy and be what others in the world strive to achieve.

### Only In and Through Christ

is the impossible achieved. The world is “flirting” with the impossible everyday. It’s human nature to want to go, explore and see what’s on the other side... - ultimately, the pursuit is empty.

At the moment of conversion - we were given a new heart (*a new seat of emotions or a new gut feel*)

**Ezekiel 36:26**

I will give you a **new heart** and put a **new spirit** within you;

But that's not true for our minds, or psychology. We need a "brainwashing" - a memory reboot.

**Romans 12:1-2**

I urge you therefore, brethren, by the mercies of God, that you present your bodies a **living sacrifice**, holy, acceptable to God, *which is* your reasonable service. :2 And do not be conformed to this world, **but be transformed by the renewing** (*renovation*) **of your mind**, (*why?*) that you may prove what *is* that good and acceptable and perfect will of God.

**What Does This Discipline Look Like  
at Work in My Life?**

1. A **deep** and deepening trust in the Lord in difficult times.
2. A **real** expectation to see God do something with your life.
3. A **reckless** abandonment of your plans and desires.

**Hebrews 11:24-25**

By faith Moses, when he became of age, refused to be called the son of Pharaoh's daughter, :25 choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin,

**2 Corinthians 3:4-5**

And we have such trust through Christ toward God. :5 Not that we are sufficient of ourselves to think of anything as being from ourselves, but our **sufficiency** (*a God given ability*) is from God,

\_\_\_\_\_ *End of Study* \_\_\_\_\_