

2 Peter 1

"...make **every effort** to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly & sisterly kindness; and to kindness, love."

Spiritual disciplines can...

- Help us to be **intentional, ordered** 1 Tim 4:7,8
- help us to be **more dependent on God** Matt 6:6
- help us **trust in Christ, not self** Ephesians 2:8-10
- give a **framework to grow in holiness** 2 Pet. 1:3-11
- help to **moderate our activism** Philippians 4:6
- help us to **receive from God's Spirit**
Gal. 5:22; Rom. 8:26

