Personal Faith Disciplines During Training

Regular, daily care for our spiritual lives
    Compare with regular activities that we do to care for our physical bodies:
        breathe, bathe, clothe, eat, drink, exercise, rest

Breathing, obtaining moment-by-moment inspiration through prayer in the Spirit
    Praise and worship in Spirit and in truth
    Walk in the Spirit, pray always, *Galatians 5.16 ff*
    Giving thanks, *Philippians 4.6*
    Intercession, *Romans 8.26, 27*

Bathing, allowing our spirits and souls to be cleansed by the Blood of Christ
    Reminder of baptism
    Sanctification, *1 John 1.5-10*
    Confession, repentance, fellowship, *1 Corinthians 6.11*
    Communion, Passover, applying Blood over doorposts of our hearts, *Ephesians 1.7*

Getting dressed, putting on love, taking on the righteousness of Christ
    Humility vs. pride, putting off filthy rags of self-righteousness ("SAP")

Taking nourishment – "not by bread alone" *Deuteronomy 8.3; Matthew 4.4; Luke 4.4*
    Feasting on the Word of God: hearing, reading, studying, absorbing the Word.
        Hebrews 5.12 ff; 2 Timothy 3.16, 17; Romans 10.17
    Logos = written Word
    Rhema = Spirit anointed Word
    Milk, solid food, meat

Drinking "living water" *John 4.13, 14; 7.37 ff; Psalm 42.1; Revelation 22.17*
    Roots go down, leaves do not wither, *Psalm 1; Jeremiah 17.8*
    Draw water from the wells of salvation, *Isaiah 12.3*

Exercising, putting faith into practice, *1 Timothy 4.7 ff*
    Doers of the Word, not hearers only, *James 1.22-25*
    Preach the Word in season and out, *2 Timothy 4.2*
    Share, break bread, *Acts 2.46, 47*
    Fasting/tithing, *Malachi 3.10*; honoring leaders, *Ex. 20.12; 1 Peter 5.5, etc.*
    Manifesting works, *James 2.14 ff*
    Growing in the gifts, *1 Corinthians 12.31*, and fruit of the spirit, *Galatians 5.25.*

Resting, keeping Sabbath
    Setting aside time to meditate, be refreshed, receive from the Lord
    One day of rest a week is mandated in 10 Commandments, *Exodus 20.8-11*
        Not 1 in 10 commands us to work.
    Entering into His rest whenever we hear His voice, *Hebrews 4*
        Ceasing from our own striving