

Rolling Hills Community Church
“Twelve Essentials to Spiritual Growth”
Summer Sermon Series
May 13, 2007

“Introduction to the Essentials of Spiritual Growth”

Based on the book Celebration of Discipline by Richard Foster

The “Twelve Essentials to Spiritual Growth” are as follows:

The Inward Disciplines	The Outward Disciplines	The Corporate Disciplines
Meditation	Simplicity	Confession
Prayer	Solitude	Worship
Fasting	Submission	Guidance
Study	Service	Celebration

*“Do not let the is Book of the Law depart from your mouth; **meditate** on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”*

Joshua 1:8

What is meditation?

- The Hebrew word literally means, “to mutter.”
- Richard Foster says, “Christian meditation, very simply, is the ability to hear God’s voice and obey His Word.”

Why is meditation the first discipline?

- **How we know what God is like and what He loves?**
 - **Psalm 143:5**, *“I remember the days of long ago; I meditate on all your works and consider what your hands have done.”*
 - In meditation we are growing into what Thomas a’ Kempis calls, “a familiar friendship with Jesus.”
- **How we know how God wants you to live?**
 - **Psalm 119:15**, *“I meditate on your precepts and consider your ways.”*
 - “Meditation upon the Word of God is the best mode of acquiring understanding. We may hear the wisest teachers and remain fools, but if we meditate upon the sacred word we must become wise. There is more wisdom in the testimonies of the Lord than in all the teachings of men if they were all gathered into one vast library. The one book outweighs all the rest.” Charles Spurgeon
- **How we know what is and what is not sin?**
 - **Psalm 119:11**, *“I have hidden your Word in my heart that I might not sin against You.”*

What is the result of mediation?

1. A greater love for God and His Word
2. Prompts us in prayer
3. Calls us to obedience
4. Fills us with peace
5. Transforms our lives

“True godliness does not turn men out of the world, but enables them to live better in it and excites their endeavors to mend it.” – William Penn