

sermonnotes

Getting in Shape: Part 4



“Train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” (1 Timothy 4:7-8)

The Discipline of Confession

“If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:8-9)

Confession of sin is a discipline that we need to practice often because we sin often, and sin becomes an _____ in our relationship with God. (Isaiah 59:1-2)

“For a good confession three things are necessary: an examination of conscience, sorrow, and a determination to avoid sin.” (St. Alphonsus Liguori)

- Examination of conscience – We are inviting the Holy Spirit to _____ areas in our lives that need the grace and forgiveness of God.
- Sorrow – We are expressing our deep _____ at having offended the heart of God. (2 Corinthians 7:10)

- Determination to avoid sin – We are asking God to give us a desire for _____ and a hatred for unholy living.

The Discipline of Worship

To worship God is to ascribe the proper _____ to God. It is the action of coming humbly before a Holy God and giving honor, praise, and adoration.

Transformed Through Worship

- Worship is the means to seek, focus on, and _____ to God. (Matthew 7:7)
- Worship is more than an event in which we participate, but the way we live our lives as we seek God and _____ Him in every area of our lives. (Romans 12:1)
- Worship is the avenue through which we _____ and live out our destiny, purpose, and potential. (John 4:23)

Through the disciplines of confession and worship we position ourselves before God in such a way that the Holy Spirit refines, reforms, and restores our lives.

Answers: obstacle; reveal; regret; holy living; worth; respond; honor; discover



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