

**HOLISTIC FREEDOM**

***Developing Spiritual Discipline***  
***“The Cost of Spiritual Discipline”***

**KEY VERSE:**

***Freedom is what we have; Christ has set us free! Stand, then, as free people, and do not allow yourselves to become slaves again.*** Galatians 5:1 (Today's English Version)

**LESSON FOCUS:** Believers are called to live a life of freedom.

**DISCUSSION:**

***“When we choose to waste our lives in sin, God intervenes through the process of discipline to convince us to stop sinning...”*** –*Secrets of the Vine* by Bruce Wilkinson

**DEFINITION OF DISCIPLINE:** Discipline, simply defined, is training for life.

**THE COST OF FOLLOWING JESUS (John 8:31)**

<sup>31</sup>To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples.

- **Discipline yourself and follow Jesus.** (John 15:7-8)

<sup>32</sup>Then you will know the truth, and the truth will set you free."

- **Discern the truth and be liberated.** (Matthew 24:24; 1 Peter 2:1-3)

<sup>33</sup>They answered him, "We are Abraham's descendants and have never been slaves of anyone. How can you say that we shall be set free?"

- **Descendants in the flesh does not make you descendants in the Spirit.** (Galatians 3:28-29)

<sup>34</sup>Jesus replied, "I tell you the truth, everyone who sins is a slave to sin.

<sup>35</sup>Now a slave has no permanent place in the family, but a son belongs to it forever.

<sup>36</sup>So if the Son sets you free, you will be free indeed.

<sup>37</sup>I know you are Abraham's descendants. Yet you are ready to kill me, because you have no room for my word.

<sup>38</sup>I am telling you what I have seen in the Father's presence, and you do what you have heard from your father."

- **Decide who or what you will serve.** (Luke 16:13; Joshua 24:14)

<sup>39</sup>"Abraham is our father," they answered. "If you were Abraham's children," said Jesus, "then you would do the things Abraham did.

<sup>40</sup>As it is, you are determined to kill me, a man who has told you the truth that I heard from God. Abraham did not do such things.

<sup>41</sup>You are doing the things your own father does."

"We are not illegitimate children," they protested. "The only Father we have is God himself."

- **Determine to do the right thing.** (James 2:22)

- **Learn** from the teachings of Jesus. (v. 31) ***“...If you hold to my teaching...”***
- **Trust** the teachings of Jesus. (v.36) ***“So if the Son sets you free, you will be free indeed.”***
- **Obey** the teachings of Jesus. (v. 39) ***“...then you would do the things Abraham did...”***