



The Biblically-Healthy Household Pt 4: Practices Spiritual Disciplines!

May 24, 2020

Foundation Text: Matthew 7:24-27

What a month so far! We've learned:

- That the BHH (Biblically-Healthy Household) must be founded on the Rock of Christ!
- That despite the current cultural madness concerning women, we learned again that God's Word for His daughters is beautiful! Therefore the dignity of women in a BHH is enthusiastically upheld!
- That members of the BHH, increasingly, JOYFULLY and with HONOR, accepts their God-defined roles! Fathers are heads and are leading; mothers are submitted and are nurturing, children are walking in obedience and honor, extended family are being a blessing. Singles are holy and serving! ("*Singles that Impact the Kingdom*," Feb 2020)

As we closed last week, we were reminded again that God's Ways are perfect!

- ***Psalms 25:10 (KJV)*** *All the paths of the LORD are mercy and truth unto such as keep his covenant and his testimonies.*
- ***Psalms 18:30-31 (KJV)*** *As for God, his way is perfect: the word of the LORD is tried: he is a buckler to all those that trust in him. 31 For who is God save the LORD? or who is a rock save our God?*
- ***Proverbs 30:5 (KJV)*** *Every word of God is pure: he is a shield unto them that put their trust in him.*

Imagine a biblically-healthy household where all the members thereof joyfully embrace God's Word! Imagine the love and unity, the fun times of laughter and joy. The willingness to go through tough times in faith and with perseverance. The times of worship and prayer. The joy of serving the local church together. The peace of knowing that we will be together in glory.

Imagine the sweet repentance, the songs and hymns in the household, the quiet times of reflection, the spiritual battles fought and won, the serenity of obedience.

The enemy has worked hard to overthrow God's Word for our roles and assignments in our households. May the LORD rebuke him! Divine beauty is on the other side obedience!

*May your household **conform** and **reform** according to God's Word!*

In Jesus' Name, Amen!

Let's go a bit further today in describing this household. Again, please DO NOT be discouraged. We are attempting to lay out the "standard." NO household does all things things perfectly. Our goal is for you to know and be encouraged be the good and godly things to strive for! Start where you are and trust the LORD!

The BHH Practices Spiritual Disciplines!

- Much has been said about spiritual disciplines. The term, frankly, sounds a bit harsh to many modern ears. "Spiritual" is ok, but who likes the word "discipline?" :)

- Inescapably however, discipline is extremely important the life of a believer, and in a household that is striving to honor the LORD.
- Not only is the word “disciple” close to “discipline” in English (which should tell us something about the nature of discipleship), but biblical disciple is always for our good!
- In Hebrews 12, the word translated “discipline” several times in ESV is “chasten” or “chastening” in the KJV. It is *paideia* in Greek and means “*tutorage*, that is, *education or training*; by implication disciplinary *correction*: - chastening, chastisement, instruction, nurture.” - Strongs
- My point is that spiritual discipline leads to learning, growing, and nurture!
- Just like dietary *paideia* (discipline) leads to less weight, better circulation, less aches and pains, and better disease immunity...spiritual discipline leads to less spiritual “weight,” an easier “flow” (if you will) with God, less self-inflicted drama, and better immunity against the world, the flesh, and the devil!

So let's get some discipline! The BHH...

1. Practices individual and family **prayer and worship!**

- A household is made up of people. A BHH has some Christian people. And guess what?
- Christians pray! They love talking to their LORD. Christians worship! They are honored by the privilege of approaching their LORD in praise and adoration.
- Therefore, the BHH is naturally going to be characterized by such things! Scripture says:

1 Thessalonians 5:17 (KJV) *Pray without ceasing.*

Psalms 55:16-17 (KJV) *As for me, I will call upon God; and the LORD shall save me. 17 Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice.*

Luke 18:1 (KJV) *And he spake a parable unto them to this end, that men ought always to pray, and not to faint;*

1 Timothy 2:8 (KJV) *I will therefore that men pray every where, lifting up holy hands, without wrath and doubting.*

Matthew 19:13-15 (KJV) *Then were there brought unto him little children, that he should put his hands on them, and pray: and the disciples rebuked them. 14 But Jesus said, Suffer little children, and forbid them not, to come unto me: for of such is the kingdom of heaven. 15 And he laid his hands on them, and departed thence.*

Colossians 3:15-17 (KJV) *And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful. 16 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. 17 And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him.*

- My view is that the individual and corporate commands can be applied to the home as well. For example, principally, prayer and worship are good wherever you are!

- We are strong advocates of family worship, an old practice steeped in church history, where the family gathers for prayer, singing, reading of Scripture, and sometimes catechism.
- **Please do not see these things as drudgery! We should be overwhelmed by the undeserved privilege to bring our families before the living LORD of the universe.**

2. Reads and memorizes **Scripture!**

- A BHH reads the Bible! As simple as this sounds, few do it!
- According to Lifeway, only 32% of protestant Christians read the Bible everyday; 27% say they read Scripture “a few times a week.”
- With this discipline being so poorly engaged in by individual believers, how often do you think parents AND children gather together to read Scripture? Or with grandparents?
- Scripture says:

2 Timothy 2:15 (KJV) *Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.*

Deuteronomy 6:6-9 (KJV) *And these words, which I command thee this day, shall be in thine heart: 7 And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up. 8 And thou shalt bind them for a sign upon thine hand, and they shall be as frontlets between thine eyes. 9 And thou shalt write them upon the posts of thy house, and on thy gates.*

Psalms 78:5-6 (KJV) *For he established a testimony in Jacob, and appointed a law in Israel, which he commanded our fathers, that they should make them known to their children: 6 That the generation to come might know them, even the children which should be born; who should arise and declare them to their children:*

- All these things are impossible if God’s Word is not read consistently in the home!
- **Suggestion: read God’s Word everyday as an individual and try hard to ensure God’s Word is read everyday as a household.**

Note: recall from our first message that key to these things is the BHH’s commitment to the local church. Such commitment would undoubtedly aid these things!

3. Walks in **integrity!**

- We talked about how important “honor” is in the household. Being truthful is a part of showing honor.
- To me, consistent integrity is a spiritual discipline. It is hard; it requires effort and forethought.
- Also, to me being dishonest is one of the worst things one can do in a household; it undermines the trust that must exist for the home to be healthy.
- AND, lest we forget, it is sin.

Exodus 20:16 (KJV) *Thou shalt not bear false witness against thy neighbour.*

Proverbs 10:9 (KJV) *He that walketh uprightly walketh surely: but he that perverteth his ways shall be known.*

Proverbs 20:7 (KJV) *The just man walketh in his integrity: his children are blessed after him.*

- Lying is a characteristic of the lawless (1 Tim 1:10) and of Satan and his children according to Jesus (John 8:44). It gets worse...

Revelation 21:8 (KJV) *But the fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death.*

- Lesson: be honest! Tell the truth!

Proverbs 19:5 (KJV) *A false witness shall not be unpunished, and he that speaketh lies shall not escape.*

Proverbs 19:9 (KJV) *A false witness shall not be unpunished, and he that speaketh lies shall perish.*

- **Do not bring such judgment into your home!**

4. Attempts to see **life** through the Word (A Biblical Worldview)!

- A worldview is the “lens” through which one sees life. It is any ideology, philosophy, theology, movement, or religion that provides an overarching approach to understanding God, the world, and man’s relations to God and the world.
- In simplest terms, a worldview is a set of beliefs about the most important issues in life.
- Therefore, a *Biblical Worldview* is ability to think biblically about the most important issues in life.
- This is VERY important, and one of the most important things to which a BHH will give attention!

Colossians 2:8 (KJV) *Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ.*

1 Timothy 6:20-21 (KJV) *O Timothy, keep that which is committed to thy trust, avoiding profane and vain babblings, and oppositions of science falsely so called: **21** Which some professing have erred concerning the faith. Grace be with thee. Amen.*

2 Corinthians 10:4-5 (KJV) *(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) **5** Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;*

- **Please beloved, let us raise up men and women to “think biblically!” :**

5. Grows in their understanding of the nature of **sin!**

- The BHH is humbly aware of their sin and is broken over it:

1 John 3:4 (KJV) *Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law.*

Romans 3:23 (KJV) For all have sinned, and come short of the glory of God;

Matthew 5:3 (KJV) Blessed are the poor in spirit: for theirs is the kingdom of heaven.

Psalms 51:2-4 (KJV) Wash me thoroughly from mine iniquity, and cleanse me from my sin. **3** For I acknowledge my transgressions: and my sin is ever before me. **4** Against thee, thee only, have I sinned, and done this evil in thy sight: that thou mightest be justified when thou speakest, and be clear when thou judgest.

- They rejoice that Jesus suffered, bled, and died to cleans us from sin...

1 Corinthians 15:3-4 (KJV) For I delivered unto you first of all that which I also received, how that Christ died for our sins according to the scriptures; **4** And that he was buried, and that he rose again the third day according to the scriptures:

- ...and therefore they do not treat it lightly:

1 John 3:6-8 (ESV) No one who abides in him keeps on sinning; no one who keeps on sinning has either seen him or known him. **7** Little children, let no one deceive you. Whoever practices righteousness is righteous, as he is righteous. **8** Whoever makes a practice of sinning is of the devil, for the devil has been sinning from the beginning. The reason the Son of God appeared was to destroy the works of the devil.

- **The Fear of the LORD MUST be present if the household is to be biblically-healthy!**

Psalms 34:11 (KJV) Come, ye children, hearken unto me: I will teach you the fear of the LORD.

The Fear of the LORD:

- Is the beginning of both wisdom and knowledge (Prov 1:7; 9:10)
- Causes us to hate pride, arrogance, and the evil way (Prov 8:13)
- Prolongs our days (Prov 10:27) and is a fountain of life! (Prov 14:27)
- Accompanied by humility, brings riches, honor, and life! (Prov 22:4)

6. Repents and **forgives** quickly!

- In January 2020, we preached on both repentance and forgiveness. I kindly refer you to those messages for more detail. But the BHH would do well to remember this: Our LORD loves repentant and forgiving hearts:

Psalms 34:18 (KJV) The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.

- Repentance and forgiveness one to another is commanded:

James 5:16 (KJV) Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

Ephesians 4:31-32 (KJV) *Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: 32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.*

- **I believe that households that grow in grace and in the knowledge of Jesus Christ are characterized by quick repentant and equally quick forgiveness. Who are we to hold a grudge? How does a sinner have the nerve to hold a grudge?**
 - *Offense can be a mighty tool in the hand of the devil. Quick repentance and forgiveness are the weapons to defeat offense.*
 - Teach the children early to take responsibility and repent. Teach them to forgive. Use “Bible lingo.” And then model it!
7. Speaks **kind** and **loving** words!
- Finally, in a BHH, care is given to words...what words, and when and how they are spoken.
 - We want the opposite of **Proverbs 30:11** :*There is a generation that curseth their father, and doth not bless their mother.*
 - *We want:*
 1. Good words spoken in season (Prov 15:23)
 2. Merry hearts and cheerful countenances (Prov 15:18)
 3. Excellent and right things spoken (Prov 8:6)
 4. Words that bring health not piecer like swords (Prov 12:18)
 5. Pleasant words, since they “*are as an honeycomb, sweet to the soul, and health to the bones.*” (Prov 16:24)
 - We want the speech in our home to reflect Paul’s admonition to the church at Ephesus:

Ephesians 4:15-16 (KJV) *But speaking the truth in love, may grow up into him in all things, which is the head, even Christ: 16 From whom the whole body fitly joined together and compacted by that which every joint supplieth, according to the effectual working in the measure of every part, maketh increase of the body unto the edifying of itself in love.*

Amen!

Final prayers:

1. May your household pray to and worship Christ!
2. May your household read and remember the Word of Christ!
3. May your household walk in the ways of Christ!
4. May your household think through the lens of Christ!
5. May your household understand the mission of Christ!
6. May your household repent and forgive in Christ!
7. May your household speak words that honor Christ!

Amen again!