

*1 Corinthians 2:12-16*

*<sup>12</sup> Now we have received not the spirit of the world, but the Spirit who is from God, that we might understand the things freely given us by God. <sup>13</sup> And we impart this in words not taught by human wisdom but taught by the Spirit, interpreting spiritual truths to those who are spiritual.*

*<sup>14</sup> The natural person does not accept the things of the Spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually discerned. <sup>15</sup> The spiritual person judges all things, but is himself to be judged by no one. <sup>16</sup> "For who has understood the mind of the Lord so as to instruct him?" But we have the mind of Christ.*

Challenges to love:

1. Idolatry and spiritual dryness; God loves you, adopts you, saves you
2. Loneliness; God created you to be relational
3. self-contempt; God made you in his image and gives you value

Main idea:

Spiritual disciplines grow love within us

The Holy Spirit enables:

1. Understanding of God's revelation
2. Discernment of God's truth
3. Acceptance of God's will
4. Alignment with God's mind

List of disciplines:

1. Prayer
2. Study
3. Meditation
4. Fasting
5. Solitude
6. Simplicity
7. Submission
8. Service
9. Confession
10. Praise and Worship
11. Guidance
12. Celebration