

# Fort Hill Christian Youth Camp 2025

## Class Curriculum - The Christian Life

Age - Senior Campers

## Wednesday - Spiritual Disciplines

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### Summary

1. Subject: Spiritual Disciplines
2. Scripture: 1 Timothy 4:6-16
3. Grade/Level: Senior Campers
4. Objective: Talk about various spiritual disciplines and how developing any of these habits will enhance your spiritual life
5. Time Allotment: 1 Hour

**Prayer:** Don't forget to begin and end your class with a prayer! If possible, have a camper lead one or both of these prayers.

### Lesson

Overview: This week's classes will focus on ethics, or in other words, "Christian Living". This will be applied differently to every age group. Each class will begin by reading through select passages of scripture, with a guided commentary of each, as well as reading comprehension questions, then a discussion guide for the topic of the day.

Today's lesson will focus on various spiritual disciplines. Spiritual disciplines are largely rooted in scripture but have also been modeled by Christian tradition. Some of these are necessary parts of faith that every Christian must model: prayer, study of scripture, worship, etc. Other spiritual disciplines are helpful, although not specifically commanded in scripture: fasting, memorization of scripture, solitude, etc.

## 1 Timothy 4:6-16

### **1 Timothy 4:6-8**


This passage is the main biblical precedent for the concept of spiritual disciplines. When Paul tells Timothy to “train yourself for Godliness,” we get the idea “train” our faith in the same way we would train any other area of our life. Intentionality, repetition, and discipline are key components of training. In sports, coaches have players run drills to improve on specific areas; spiritually, we can do the same. Isolate specific areas in which we want to grow and develop spiritual disciplines in order to improve

### **1 Timothy 9-16**

In the following section, Paul explains the goal of this type of spiritual training. We want to develop our spiritual lives intentionally because of the hope we have in God. These disciplines are supposed to be internal, to grow in our own spiritual lives, and external, to lead by example and teach others about God. Paul’s final words in this chapter are very clear: by developing your own spiritual lives, you will “save both yourself and your hearers”.

## Reading Comprehension:

- Have you heard of “spiritual disciplines” before? If so, which ones have you heard of? If not, what would you consider to be a “spiritual discipline?”
  - Classically, spiritual disciplines include internal and external disciplines.
    - Internal: Prayer, Bible Study, Memorization, Fasting, Simplicity, Silence, Solitude, Journaling, and Gratitude.
    - External: Worship, Giving, Evangelism/Teaching, Fellowship, Thankfulness, and Confession.
- Some spiritual disciplines are commanded in scripture. Others are just helpful habits that Christians can use to grow in certain areas.
  - Of the disciplines mentioned, which ones are commanded in scripture? What is the difference between doing it to obey God versus doing it as a discipline?
  - Of the disciplines mentioned, which ones are not commanded in scripture? What is the value in treating one as a discipline in your life?



In the following section, some spiritual disciplines are given scriptural context. Discuss each and read through the passages as time allows.

## Scriptural Disciplines

Many spiritual disciplines are scriptural commandments and should be done by every Christian. These include regular prayer (1 Thess. 5:17), consistent bible study (1 Tim 4:13), thankfulness (1 Thess 5:18), worship (Heb 13:15), Fellowship (Heb 10:24-25), confession (James 5:16), and giving/generosity (Heb 13:16). Treating any of these as a “discipline” would mean intentionally focusing on it for a significant amount of time. Studying what scripture says about the topic, why God commands it, how it blesses you, and developing habits so it ingrains into your life.

## Fasting

### **Matthew 6:16-18**

Fasting is not specifically commanded in scripture, but Jesus expects His followers to fast. Biblically, fasting is done for several reasons. Preparation for a decision or upcoming season of life, in mourning, in repentance, and/or draw your focus away from worldly things.

## Memorization of Scripture

### **Deuteronomy 6:4-7, Joshua 1:8**

Memorizing scripture is not specifically commanded in scripture, but we see several times where God explains the intent of His word. It is given to us for us to dwell on it, meditate on it, and have it written in our hearts. By memorizing scripture, we are more thoroughly committing ourselves to His word and allowing it to work in our hearts even when we are not in active bible study.

## Solitude and Silence

### **Matthew 6:6**

Having regular times of solitude, silence, and meditation are not specifically commanded in scripture, however, we see many times where it is discussed and recommended. Jesus often sought solitude (Luke 5:15-16, Luke 6:12, Matthew 14:23, Mark 1:35), usually using these times to pray. Jesus commands us to exercise our faith in solitude so that we don't focus on ourselves. Additionally, many passages discuss the importance of silence and being “still” as a part of our spiritual lives.

## DISCUSSION

### Remaining Time

#### Guided Discussion:

Ask, “What are some habits that you have? How/when did you form them?”. We all have many habits in our lives. Some are good habits that took a lot of work to establish and take discipline to continue. Others are bad habits that we have formed that are difficult to quit. Ultimately, it’s important to realize that changing our daily routine can be difficult, but it is something we do often.

In developing a spiritual discipline, we are trying to form or break habits. This can be difficult, and if we try to do too much at once, it can be overwhelming. For many young Christians, it can be helpful to focus on one thing at a time. Encourage your campers to choose one spiritual discipline to focus on for an upcoming season of life.

Ask, “For a new/young Christian who hasn’t made a habit of any of these disciplines, is there one you should start with?”. There may be some different answers, but the foundation of our spiritual life is prayer and bible study. If we do not study, we will not know enough about God to be like Him. If we do not pray, then we are not participating in the most basic part of our relationship with God.

Many of your campers will already have basic habits of prayer and study, so there may be other areas of their life that different spiritual disciplines can provide benefit to. See below some common issues within adolescents and which spiritual disciplines may help. Use this to discuss each camper’s situation and what spiritual habit may help.

- Depression/Anxiety. Many teenagers struggle with these feelings, and while spiritual habits may not “fix” these issues entirely, some may help significantly. Regular times of Solitude and Silence can help greatly with anxiety that stems from busyness or stress. A season of life dedicated to Fellowship or Thankfulness may help with feelings of depression.
- Pride. Many teenagers find their self-worth in their abilities and might find themselves struggling with pride or spending too much time focusing on how well they are perceived (i.e., on social media). A season of life dedicated to Service or Simplicity might be needed.
- Indulgence. Some teenagers may struggle with gluttony, but more commonly, they will have other severe indulgences. Excessive screen time and materialism are common. Fasting is the spiritual discipline that can help us put these things in their proper place.