

Holiness: A Virtuous Life - Formed by Discipline

1 Peter 1:13 – 2:3

Asst Ps Timothy Lee

6 Streams / Traditions

1. The Contemplative Tradition: Formed by Prayer
2. The Holiness Tradition: Formed by Discipline
3. The Charismatic Tradition: Formed by the Spirit
4. The Social-Justice Tradition: Formed by Compassionate
5. The Incarnational Tradition: Formed Sacraments
6. The Evangelical Tradition: Formed by the Word

Misconception of Holiness

- A person walking around with a halo
- A long list of rules and things you cannot do
- Not for me, for a selected few

We are called to be holy

- Be Holy because God is holy (1 Peter 1:15-16)
- Through God's grace, we are giving a new life in Christ (1 Peter 1:3)

We are called to be holy 1 Peter 1:15-16

¹⁵ But just as he who called you is holy, so be holy in all you do; ¹⁶ for it is written: “Be holy, because I am holy.”^[a]

We are made holy 1 Peter 1:3

“³ Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead”

We are called to be holy

- Be Holy because God is holy (1 Peter 1:15-16)
- Through God's grace, we are giving a new life in Christ (1 Peter 1:3)
- We are called to live a life that matches our new life
- We are to change our minds and actions to reflect this new life (we still have our old self in us)
- Disciplines - cultivating virtues and eradicating vices

Holiness tradition major strengths

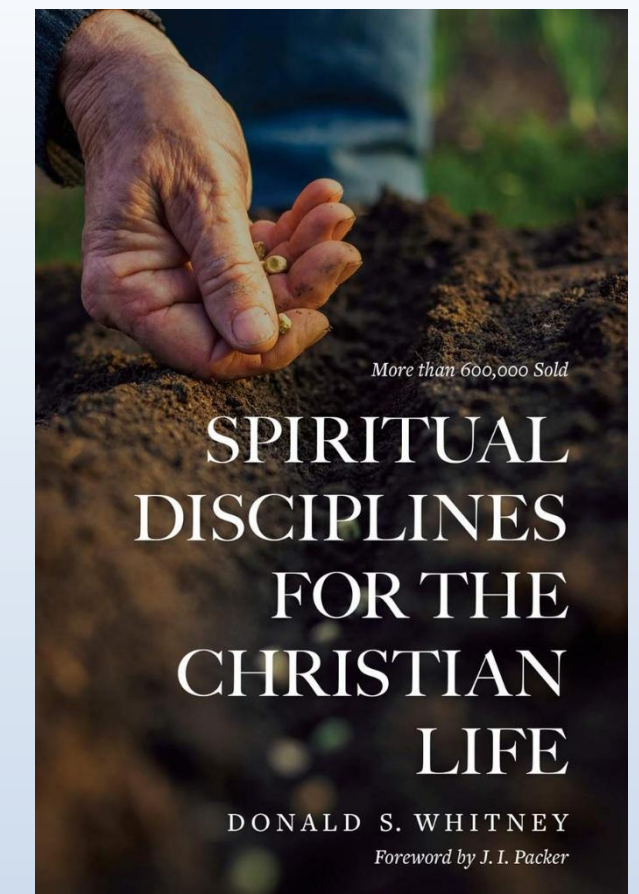
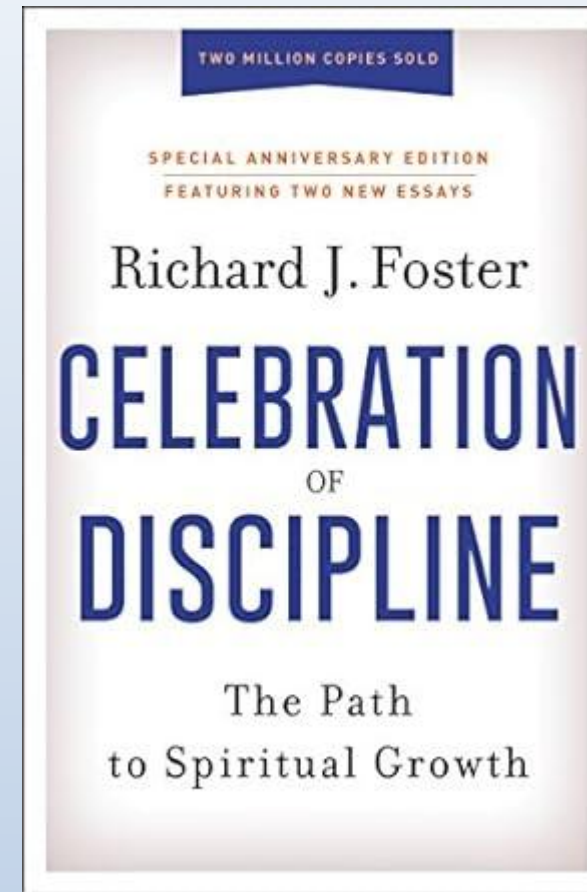
1. Ultimate goal of the Christian life
2. The wellspring of action – focus on the heart
3. The assurance of progress (Sanctification)
4. Growth in grace

Disciplines of the Christian life

- Disciplines are habits and practices to help us grow in our spiritual life e.g. training for marathons.
- Disciplines of the Christian life are the training and exercises we do to be more like Christ.
- Spiritual growth is the purpose of the Disciplines.

List of Disciplines

- Meditation
- Memorizing Scripture
- Prayer
- Journaling
- Fasting
- Study
- Simplicity
- Solitude
- Submission
- Service
- Confession
- Worship
- Guidance
- Celebration
- Evangelism



Service

- To be more like Jesus
- To learn humility
- E.g. serving in church, small acts of kindness, being served, courteous to others, giving others our undivided attention etc.

Simplicity

- To seek first the kingdom of God
- We are concerned and cluttered by our possessions.
- E.g. Not buying unnecessary, sharing our possessions, not addicted to the latest modern gadgetry etc.

Fasting

- To focus on our dependence on God and not the things which control us
- E.g. fasting from our devices



Pitfalls

- Becoming a set of dos and don'ts
- Focusing on what we do
- Perfectionism

Reflection

What is hindering you from growing more like Christ?