

“He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty.” - Psalm 91:1 NKJV

**Entering the “Yoke of Grace”** **–** Mat. 11:28-30

**Disciplines of Abstinence -** To refrain voluntarily and temporarily from normal human needs to disentangle ourselves from their claims on us

* **Solitude** is choosing to step free from human relationships for a time, in isolation or anonymity, to make room for occupation of our lives by God.
* **Silence** completes solitude. It is not an absence but a presence, a positive reality, which we experience in quiet or in a place with only natural sounds
* **Fasting** is abstaining in some significant way from food and possibly from drink in pursuit of a higher *joy*, a consuming *passion* or in *preparation* for a spiritually demanding undertaking. (We may also fast from media or other things.)
* **Frugality** - is abstaining from using money or goods at our disposal, refusing to gratify our desires for status, glamor, or luxury.
* **Sacrifice** - The giving of that which I would normally use for my own needs in order to demonstrate my love for the recipient, my freedom from the need to bless myself, and to declare my trust in God to provide.

**The Posture of Sacrifice -** Rom 12:1

**Degrees of Sacrifice -** Offering that is foundational, generous, uncomfortable, painful

**The Elements of Sacrifice**

* Heart - Psalm 51:16-17, 1 Samuel 15:22, 1 Cor. 13:3, 2 Cor. 8:1-5
* Cost - 1 Chronicles 21:23-24
* Faith – Heb. 11:17-19, Luke 21:1-4 ESV

**The Picture of Sacrifice** – Phil. 2:3-1, 2 Cor. 8:9

**Secrecy –** to abstain from making our good \_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_ known, so as to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ only our Father in heaven.

**Signs of Approval Bondage**

* we habitually \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ourselves with others
* We get overly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in ordinary situations
* We have a nagging sense that we are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* We get \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of others success or praise
* We find ourselves consistently trying to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* We are worried that others will think ill of us if they found out that we are an approval addict

**The Discipline of Secrecy –** Leads to Freedom of heart and PEACE of mind,

it is vital in stabilizing our walk with God!

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“You hide them in the secret place of Your presence from the conspiracies of man; You keep them secretly in a shelter from the strife of tongues.” - Psalm 31:20 NASB



The Quest for Validation

Galatians 1:10

“In the discipline of secrecy… we abstain from causing our good deeds and qualities to be known. We may even take steps to prevent them from being known… We learn to love to be unknown and even to accept misunderstanding without the loss of our \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ …” – Willard

**Living for an Audience of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* Jesus often avoided drawing attention to himself… Lk. 5:16, Mk. 7:24, 9:9-10
* Secrecy protects from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and fosters \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + In \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Matthew 6:1-4
  + In \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Matthew 6:5-9
  + In \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Matthew 6:16-18

Fruits of Secrecy

* Denying ourselves attention and praise is a powerful practice for soul transformation.
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - acknowledges God as \_\_\_\_\_\_\_\_\_\_\_ of all
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - identity from being “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - partners in the same secret “\_\_\_\_\_\_\_\_\_\_\_”
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - keeps the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, the treasure!

