

CHAPTER 8 - SPIRITUAL DISCIPLINES

ICEBREAKER QUESTION

- What is one habit you have that you are proud of? How did you develop it?

INTRODUCTION

As you've been learning, disciples of Christ are to embody new, different ways of living. These ways of living have been called *spiritual disciplines* by some. Such disciplines include prayer, fasting, worship, work, rest, and others. As we follow Christ, all that we do in life begins to be reformed by following him. In this chapter you'll learn how to begin walking in these disciplines so you can walk more closely with Christ himself.

DISCUSSION

- What is something new you learned in the Scriptures this week? Was anything confusing or difficult to understand?
- Pick 2-3 "Study" questions from the chapter to discuss. Here are a few possible places to start:
 - Exercise 1, Study Question 1
 - Exercise 2, Study Question 3
 - Exercise 4, Study Question 4

APPLICATION

- Did you put what you learned about prayer into practice? How did it go?
- After going through exercise 4 (Work and Rest), do you feel led to make changes in your lifestyle and schedule? If so, what are they?
- If your group talked about significant changes to your habits or schedules to engage better with spiritual disciplines, take a moment to discuss what it would look like to hold one another accountable to those changes. How will you check in with one another and encourage one another to be faithful to do what you have said?

PRAYER

The disciples asked Jesus to teach them how to pray. Take a moment to ask God to teach you as a group as well. If you have time, read the Lord's Prayer in Matthew 6 as a group and pray through it together.