

## **Life Group Questions – December 3, 2017**

### **Catalysts for Spiritual Growth – Personal Disciplines**

1. What has been your experience with spiritual disciplines? Share with your group any of the disciplines you are currently practicing or have practiced in the past.

2. The goal should be Christlikeness by the grace of God. In what ways have you seen yourself growing in Christlikeness? In what areas of your life do you see a dearth of Christlikeness?

3. We mentioned various personal disciplines that we could employ in order to promote spiritual growth in our lives. Prayer (Consistency, Worship, Fasting, Hearing from God), Word of God (Daily Reading, Meditation, Study, Journaling, Memorization), Personal (Silence, Solitude, Frugality, Sacrifice), and Interpersonal (Fellowship, Celebration, Service, Confession, Submission). Which ones do you resonate with as something possible in your life? Why? Which ones do you think are too difficult to maintain? Why?

4. Try to select one or two disciplines that are not currently in your life to develop and formulate for deeper spiritual growth. Determine a course of action and have other members in your Life Group give you some ideas or thoughts on how you can implement this discipline if they have some experience in it. Pray together with your group for the grace of God to help you make that discipline a part of your spiritual life.