**Small Group Study Questions: Mar 03, 2019**

**Living The Larger Christian Life: Spiritual Disciplines**

1. What insight, principle, or observation from this weekend’s message did you find to be most helpful, eye-opening, or troubling? Explain.
2. What comes to your mind when you hear the words “spiritual disciplines?”
	1. Briefly, what has been your experience with spiritual disciplines?
3. In Scripture the apostle Paul sometimes compares spiritual discipline to physical and athletic training. Read 1 Timothy 4:7-9 and 1 Corinthians 9:24-27. What insights did you gain from these passages?
	1. What do you think it means to “Run in such a way as to get the prize?” And what are the implications of this endeavor?
	2. How else does physical training or the life of an athlete compare to the Christian life?
4. In the sermon there was an important distinction between thinking that it is the discipline itself that transforms us and understanding that it is God Himself who does the work in us. The illustration that was used was that of a cup and water. How do you make sense of all this?
5. There is no set list of official spiritual disciplines or how we should practice them, but in the Bible many are mentioned and it gives witness to people practicing them. What are some examples of spiritual disciplines in the Bible? How were they carried out?
	1. Which of these disciplines do you practice? How do you often practice them?
	2. Are there some that you do not practice?
	3. How might you incorporate those practices into your life?
	4. What might be the benefits of practicing them?
6. In the message it was mentioned that “spiritual disciplines are for everyone but not everyone is the same. We are all made differently by God and who we are should affect how we practice spiritual disciplines.” Do you agree with this? Why or why not?
	1. Have you sometimes felt like you were “handcuffed” to a certain type or way of doing spiritual disciplines that didn’t suit you?
7. A tool called “Sacred Pathways” was designed to help people find how they personally connect with God.
	1. Have you determined which pathway(s) best describes you, and have you taken the inventory to find out?
	2. What have you discovered through this?

**This Week’s Challenge:**

* This week take the “Sacred Pathways” inventory, if you haven’t already. Using the results from the inventory read up on your pathway. Using what you have learned, practice a spiritual discipline such as prayer, Bible reading, or worship in a new way that reflects your pathway. Share your experience with your small group.

**Online Sacred Pathway Quiz:** *http://northpoint.org/care/pathways/*

**Explanation of Pathways and printable Quiz:** *https://irp-cdn.multiscreensite.com/2988a589/files/uploaded/Sacred%20Pathways%20New%20.pdf*