



# BUILD CHARACTER

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## SPIRITUAL DISCIPLINES

**Spiritual Outcome Defined:** Practices and rhythms that strengthen your identity in Christ by experiencing God through disciplines of prayer, Scripture, solitude, fasting, confession, and others.

**Spiritual Outcome Described:**

Whether you're new in your faith journey or been walking with Christ for decades, you want more out of life and out of your relationship with Christ. The good news? More is possible! God always has more for you. However, the "how-to-get-there-from-here" answer of "spiritual disciplines" can sound painful. It can sound like more boxes that need to be checked or a list of things we "should" do that we can't seem to find time for.

What if we looked at these practices another way? Instead of seeing them as ho-hum-must-do's, what if we see them as spiritual opportunities that could do the most life changing thing of all, put us in the presence of God. It's being open and available physically, emotionally, mentally and spiritually through these practices that we have the opportunity to listen to, see, and experience God which can take us from the "one degree of glory to another" we see in 2 Corinthians 3:18 that we so long for and desire. Not only does the path to spiritual growth vary from person to person, it can vary from season to season in a person's life. Pausing to look at the spiritual practices and rhythms you have in place and being open to shifting or trying on new ones not only can help you get "spiritually unstuck" but can keep your relationship with Christ vibrant and life-giving.

The opportunity for the **more** you are looking for awaits you as you faithfully and regularly engage in spiritual practices and rhythms of life that even Jesus, when he walked the Earth, thought so important to adopt. Yes, even Jesus needed time away from people to connect in a real way through prayer, scripture, fasting, worship, etc. to stay connected to his Father.

What practices might you try on or regularly put in place in the rhythm of your life to help you live loved, filled, and free?

**Evidence of this Spiritual Outcome in a Person's Life:**

- Is able to explain the purpose of various disciplines and can describe them through both Scripture and experience.
- Consistently reads and reflects on all genres of Scripture.
- Has an implemented method for regularly dialoguing with God in prayer.
- Has identified and implemented a holistic plan for engaging spiritual disciplines in their current season of life.

### **Psalm 1:1-3**

Discernment Questions: If you were a tree, in your current season of life, would your leaves be vibrant and green or brittle and dry? Why?

### **Proverbs 2:1-8**

Discernment Questions: What things are you pursuing in your life right now? How passionate is your current pursuit of God? If it were a treasure hunt, would you likely find the treasure?

## **1 Timothy 4:7-8**

Discernment Questions: Thoughtfully consider your current spiritual practices or training. How effective are they? Are you “spiritually fit” or “spiritually flabby”? Knowing training for godliness has value for not only this life, but the life to come, what new practices or rhythms do you need to put in place to help you become more spiritually fit?

## **Jeremiah 29:11-12**

Discernment Questions: How would you describe your prayer life right now? Is it hard to believe that God wants to hear your prayers? As you pray, what makes it difficult to believe that the way He answers your prayers is to prosper you and not to harm you?

## **Philippians 4:6-7**

Discernment Questions: When you pray, what are your prayers like? Are they filled with prayers of gratitude and thankfulness for the little and big wins of life? Or is it tempting to just pray about the wants and worries of life? How could praying like vs 6 suggests help you have more peace as mentioned in vs 7?

## **Mark 1:35**

Discernment Questions: To what extent do you have solitude in your life? What practices or habits could you engage to create space for solitude and time alone with God?

## **Isaiah 30:15**

Discernment Questions: How can practicing solitude, silence, and rest help strengthen you in this season you are in? Do you make time for this regularly or has your life been like the Israelites and you've been too busy making things happen?

## **Matthew 6:16-18**

Discernment Questions: What has your experience been with fasting for spiritual reasons? If it's something you have done, have those experiences been vital and important? Why or why not? If it's something you have not done, what keeps you from doing so? Is it just a new idea you haven't considered? Or, is it something you are aware of but resistant to?

## **Joel 2: 12-13**

Discernment Questions: Knowing that God wants all of your heart, how can fasting help your heart turn fully towards Him? Is there anything in this season God is calling you to fast from (food, social media, tv, etc) so that He can have more of your heart and attention?

## **Psalm 30:11-12**

Discernment Questions: There is not only a time and place where silence refreshes the soul, but celebration as well! When is the last time you celebrated with God and others? What big or little things in this season of your life could you take time to celebrate?

## 2 Peter 1:3-9

Discernment Questions: To what extent are you increasing in the qualities listed? What equips and inspires you? What inhibits and restricts you? How would implementing new spiritual practices or rhythms help you spiritually grow and mature?

### Next Steps:

What are practical next steps you will do from what you have discovered in this survey of Scripture on obeying God? Include insights offered from others in your group that could be applied in your own life as well.

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### Scripture Memory:

#### Romans 12:2 NIV

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

#### 1 Timothy 4:7-8 NIV

Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.