

**May 5, 2024**

**Series:** Being with Jesus, a study in the Spiritual Disciplines

**Sermon:** Introducing the Spiritual Disciplines

**Primary Texts:** Psalms 42:1-2; Matthew 11:28

**Book reference:** chapter 1

**Discussion guide:**

- What does the word “discipline” mean?
  - When it’s done by someone to another?
  - When it’s done by someone to themselves?
- How can self-discipline lead to freedom?
- How can self-discipline lead to attachment?
- What comes to mind when you hear the phrase “spiritual disciplines”? “holy habits”?
- Read Matthew 11:28
  - How does it make you feel?
  - How do we “come to Jesus” in such a way that we can experience the rest He’s talking about?
- Go through the list of spiritual disciplines,
- Inward: meditation, prayer, fasting, study
- Outward: simplicity, solitude, submission, service
- Corporate: confession, worship, guidance, celebration
  - what is each one?
  - how might each help you to connect with Jesus?
  - where do you see Jesus exercising this discipline in scripture?
    - why did Jesus do it?
- How might these disciplines help us be with Jesus?
- How might these disciplines help us be like Jesus?
- In what ways might these disciplines give us freedom?
  - Can a discipline or habit lead to captivity? explain
- How might these disciplines help us attach to Jesus?
  - How might a discipline or habit lead to attachment to something other than Jesus? explain
- Read Psalms 42:1-2, Do I “pant for” God?
- How do I feel about being transformed? Fear or Excitement
- In what ways have I sabotaged 'disciplines' in the past?
- What does a healthy vision for my life in Christ look like?
- What are the characteristics of my 'false' self?
- Do I truly desire joy?