

Session 1: Our Purpose

1. What are some goals that you have set for yourself in the past that you succeeded in meeting? How did it feel to meet and set a goal?
2. What goals would you like to set for your spiritual life over the next season?
3. When you think about doing the “Spiritual Disciplines”, what is your purpose behind that practice?
4. What do you think about godliness as the goal of spiritual disciplines? Why do you think it’s important to have that as your primary goal?
5. If you’re a Christian, what does Satan use the most in your life to quench your “holy hungers”?
6. What do you think about the idea of treasuring God above all else as a purpose behind practicing Spiritual Disciplines?
7. Are you more inclined toward the personal or interpersonal disciplines? Why?
8. Why is it so important that we look to the Bible as our guide for how to best grow spiritually?

Put it into Practice:

- For next week, read and journal any notes on these 3 passages: Psalm 19, Hebrews 4:12, 2 Timothy 3:16-17