



Let's Talk:

When you think of the word "discipline" what is your first reaction?

Before this sermon, how familiar were you with the concept of "spiritual practices"? What questions come to mind?

Let's Study:

Read Philippians 2:5-9 in the Message and in one other translation.

What does it mean to have this "*attitude... the same as that of Christ Jesus*"? Discuss.

Read Luke 4:4 and John 5:19.

The Holy Spirit came upon Jesus at His baptism. Afterwards, His ministry including public miracles began. How do these verses inform your understanding of what was key to Jesus' ministry?

Dallas Willard wrote, "*we can become like Christ by doing one thing - following him in the overall style of life he chose for himself...What activities did Jesus practice? Such things as solitude and silence, prayer, simple and sacrificial living, intensive study, meditation on God's Word and God's ways and service to others.*"

Is there one of these disciplines you have been practicing or have practiced in the past? If yes, share an experience that was impactful.

Let's Apply:

Jon said: "*Spiritual practices are the guaranteed place of encounter when walking with God! Spiritual Gifts are for serving others. Spiritual practices are for walking with God and each other to be changed and hear what God wants us to do!*"

Discuss how to guard against these possible obstacles: attraction to instant satisfaction, skewed perceptions (assuming some have a 'special ability' for spiritual practices and so it is easier for them), and mechanical obedience (the disciplines aren't an end in and of themselves as in, they don't earn salvation).



Let's Pray:

These are challenging and difficult times for all of us! Read Matthew 11:28 - 30 *"Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light."*

Share your prayer requests with one another and include this promise as you lift each other's burdens and needs to the Lord.