

# WELCOME

Welcome to Gains, a series on spiritual disciplines that aims to grow your desire and love for Jesus through a few of the biblical practices seen throughout Scripture. This ten week group series is designed to help you cultivate healthy rhythms and practices with the goal of growing in your walk with Christ as you become more like Him and spend more time with Him.

## WHAT TO EXPECT

Each session contains several elements that are designed to cultivate community and conversation as you pursue spiritual growth in your life. These elements include: warmup, watch, workout, prayer, and reps.

*“Train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.”*

*– 1 Timothy 4:7-8*

## WARMUP

This is a set up to the week's discipline that we will be covering. It includes information about the topic but also community-oriented questions about either the week's discipline or the previous week's Reps.

## WATCH

Watch the week's video with your group. The video can be found at [Riverlawn.org/studies](http://Riverlawn.org/studies) or in the Riverlawn app.

## WORKOUT

All of our disciplines are rooted in the Scriptures. This section will include reading Scripture and discussing it within the context of your group, laying a groundwork, and the foundation for the spiritual discipline.

## PRAYER

Guided prompts for you and your group to pray with, and for, one another.

## REPS

Weekly challenges to put into practice the discipline that we covered. This section will also include a “log” in which you can track your experience and spiritual progress as the Lord works through this series.



# WEEK 1

## SPIRITUAL DISCIPLINES

### WARMUP

*Spend a few minutes, getting to know the other members of your group.*

- When you hear the word “discipline” what immediately comes to your mind?
- Can discipline be a positive and encouraging thing or is it always negative?
- What are some of your hobbies? Are there any hobbies that you have, or activities that you regularly partake in, that originally began as a discipline?
- What spiritual disciplines do you know?

### WATCH

*As a group, watch this week’s video, Spiritual Disciplines.*

### WORKOUT

*Read 1 Timothy 4:6-10*

- What are some of the ways in which our culture approaches physical training (both positively and negatively)?
- What value does godliness have in the life of a Christ follower?
- What is to be the motivation in pursuing godliness?
- What does godly training entail?

*Read John 15:1-5*

- How does this passage relate to 1 Timothy and Paul’s words on godliness/godly training?
- What does it look like to abide in Jesus? Why is this critical for a disciple?
- Are you bearing fruit for the Lord? How do you know?

### PRAY

*As a group, spend a few minutes in prayer, praying that you and each member of the group would abide in Christ. Pray for spiritual growth and spiritual fruit from this series. Pray for a deeper joy in your walk with God and for grace as you grow in the spiritual disciplines.*

### REPS

*A key part of physical training or getting in shape is knowing your starting point; assessing your current state to know where you are at and where you want to go. The below assessment is meant to give you a baseline for where you are currently at in regards to the practice of several spiritual disciplines. Take time this week to honestly, and privately, assess yourself in relation to each of the disciplines using a 0-10 scale (0 = Never done this and 10 = Do daily).*

- The Word
- Prayer
- Fasting
- Worship
- Community
- Celebration
- Silence
- Service
- Sabbath

*Take a few minutes, personally, to reflect and jot down the answers to these questions:*

- How much time, in an average week, would you say you spend on spiritual disciplines? How does that compare to your phone? Television? Social Media?
- Where is an area you’d like God to grow you?
- What is something you hope to gain from this series?
- What is something that makes you nervous about this series?