

Deliberate Discipleship - Lesson 5

Discussion:

1. From the list of Spiritual Disciplines, which of them have you practiced? Share the experience with your group.
2. Looking over the list again, which of the disciplines do you want to begin working on, and why?

Abstinence:

- Solitude
- Silence
- Fasting
- Frugality
- Chastity
- Secrecy
- Sacrifice

Engagement:

- Study
- Prayer
- Worship
- Celebrations
- Service
- Fellowship
- Confession
- Submission.