

Lesson 8: Spiritual Discipline

1Cor. 9:24-27

Building Below the Baseline

1. Why do we need discipline in the Christian life?
2. (1Cor. 9:25) What does it mean to strive for the “mastery” of something? How would that apply to striving to master the Christian life?
 - *The word “temperate” means using self-control. How does exercising self-control help us as we strive to master the Christian life?*
3. (1Cor. 9:27) What is a possible consequence for a person who does not use self-control and bring their body into subjection?
 - *How could becoming a “castaway” hurt our testimony and hinder others from coming to Christ?*
4. According to verses 24 and 26, Paul likens the Christian life to a race. What are some things Satan might try to use to trip us up from running effectively?
5. What spiritual discipline would you say you struggle with most, and would like to develop in your life?
6. How did this lesson speak to you and what action step will it lead you to take? (*“Because of what I learned, I will...”*)
7. Share one thing God spoke to you about during your daily devotional time this past week.

GROUP PRAYER TIME (Take any prayer requests)

- Pray for the prayer requests given.
- Whatever the Lord spoke to you about in this lesson, turn that into a prayer back to God. Is there something you need to **correct**, **confess**, or **continue** doing...tell Him about it.
- While one person is praying aloud, everyone else should focus on what is being prayed and should agree with them in prayer, until it is your turn to pray.