

Discussion Guide: June 9, 2024

Kyle Dwyer

Message: *The Heart Behind It: An Introduction to the Spiritual Disciplines*

PRIMARY PASSAGES (ESV):

John 14:15: *If you love Me, you will keep My commandments.*

John 15:9: *As the Father has loved Me, so have I loved you. Abide in My love.*

1 John 4:19: *We love because He first loved us.*

MESSAGE HIGHLIGHTS

- We spent time introducing the Spiritual Disciplines as the means by which we love God. The emphasis of these passages is to explain what the Spiritual Disciplines are and what their purpose is.
- What are Spiritual Disciplines? They are actions God calls us to pursue in the Bible in order to love Him.
- What is the purpose of Spiritual Disciplines? To produce Jesus-like joyful obedience to God in His people.

DISCUSSION QUESTIONS

1. How have you understood the idea of loving God in the past? What are the most challenging and rewarding parts about loving God?
2. Kyle gave a suggested (not exhaustive) list of Spiritual Disciplines: reading, memorizing, and thinking deeply and regularly about the Bible; prayer, worship, evangelism, service, generosity, fasting, silence, solitude, and being a part of a local body of believers. Do any of these surprise you? Would you take away any or add any to this list? Which are the ones you're looking forward the most to studying?
3. Which Spiritual Disciplines do you practice regularly and which do you struggle with?
4. Think about how the actions of Spiritual Disciplines can be used to love God. How are the acts of reading, praying and other disciplines actions of love towards God?
5. The message emphasized the need to know God's love first before we can love Him rightly. Why is this so important in our relationship with God? How does this affect how we see the Spiritual Disciplines?
6. Kyle ended the sermon by talking about God as our greatest source of joy. Do you see God and the pursuit of God as your greatest source of joy? Why or why not?

PRAYER: Spend some time praying together.

1. Pray that God would put in our hearts a desire to love Him more.
2. Pray that we would see the Spiritual Disciplines as ways to love God and not to earn His love.
3. Pray that we would seek to love God because He is our greatest source of joy.
4. Pray that God would open our eyes this summer to see where He wants us to grow in loving Him through the Spiritual Disciplines.