



SPIRITUAL FORMATION

GETTING STARTED

Have you ever tried to change something about yourself? What process did you use? How successful were you in changing?

QUESTION ONE

These days “denying oneself” is not a popular viewpoint. Read Luke 9:23. How does Jesus relate denying oneself to the practice of the Spiritual Disciplines?

QUESTION TWO

Practicing the Spiritual Disciplines in the pursuit of Godliness gives our discipline direction. Read Matthew 4:2, Luke 2:46-47, John 13:2-6 & 17:4. What do each say about Jesus, our greatest example, and His pursuit of the Spiritual Disciplines?

QUESTION THREE

Have you ever changed your actions, opinions, or even lifestyle after careful, analytical, and serious study on a subject? Please share with the group.

FOLLOW UP: R.C. Sproul said *"We fail in our duty to study God's Word not so much because it is difficult to understand, not so much because it is dull and boring, but because it is work. Our problem is not a lack of intelligence or a lack of passion. Our problem is that we are lazy."* Do you agree or disagree?

QUESTION FOUR

Read Luke 11:28. Why do you think Jesus emphasizes this point?

QUESTION FIVE

Read John 8:31-32. What does it mean to *abide* in Jesus' word? What are some practical ways someone could do this?

FOLLOW UP: What three results come from holding onto Jesus' teaching according to Him?

FOLLOW UP: Where else are you tempted to search for truth and freedom? How do those sources or places compare to the Word of God?

PRAYER & APPLICATION

Bible study as a Spiritual Discipline is spending time engaging the Bible to know what it says, what the words mean, and how to apply it to your life. This week, choose one, some, or all of the following passages to see what promises or encouragement we find for those who study the Word:

Psalm 1 | 2 Timothy 2:15 & 3:14-17 | Psalm 119:11 | Deuteronomy 11:18-23