

# MakeROOM

THE SPIRITUAL LIFE FOR ORDINARY PEOPLE

Part 1: “Means to an End”

## Introduction

What’s the key to a thriving spiritual life? To thrive in any area of life, we need to set practices for growth and progress. Spiritual disciplines are no different. These age-old habits make room for us to experience more of God in our everyday lives.

## Discussion Questions

1. Have you ever had a discipline help you progress in an area of life (exercising, budgeting, dieting, etc.)? How did you benefit?
2. Samer gave a list of what spiritual disciplines are not:
  - They are not barometers of spirituality.
  - They are not ways to earn favor with God.
  - They are not necessarily unpleasant.
  - They are not the end, but a means to an end.

Have you ever thought about spiritual disciplines in one of these ways? What was the effect?

3. Read Matthew 22:34–40. With over 600 laws, why do you think Jesus chose these two commandments as the greatest? How could our community be different if we prioritized these two commandments?
4. Samer mentioned that loving others is an exercise that is never fully accomplished, yet we can get better and better at it. Why do you think some people are easy to love, while others are more difficult? Have you ever known someone you had to choose to love?
5. Samer shared ways he is not naturally like Jesus. What ways of Jesus don’t come naturally for you (peace, love, compassion, joy, etc.)? What would it look like to trust more of God’s power in those areas this week?
6. What’s a way—large or small—you could practice making room for God this week? What can our group do to encourage one another to experience more of God in our lives?

## Changing Your Mind

*“I have come that they may have life, and have it to the full.”*

**John 10:10**