

MakeROOM

THE SPIRITUAL LIFE FOR ORDINARY PEOPLE

Part 2: Practice Makes Progress

Introduction

Spiritual disciplines require practice. Practicing well is just as important as practicing, period. In this message, we'll learn about a few disciplines we can begin to practice to make room to experience more of God's power in our lives.

Discussion Questions

1. When have you ever wanted to try something new (tennis, crafting) but when you showed up to the class, you felt overwhelmed?
2. The apostle Paul writes in 1 Timothy 4:7 that we are to train ourselves to be godly.
3. What's different about *training* to be godly and *trying* to be godly?
4. There are two categories of spiritual discipline:
 - Engagement: These disciplines involve us intentionally doing things.
 - Abstinence: These disciplines involve us intentionally *not* doing things.
5. What category are you most familiar with and what's the biggest difference between the two?
6. Growing up, were spiritual disciplines encouraged in your family or church community? If so, how did that influence your relationship with God and/or others?
7. What's one spiritual discipline you would like to learn more about, and what is one you plan to try this week? How can your group support you?

Changing Your Mind

"Have nothing to do with irreverent, silly myths. Rather train yourself for godliness;" 1 Timothy 4:7, ESV