



## Week 2: Begin a Spiritual Discipline

Are the actions you're taking helping you become the person you want to be?

### Discussion Questions

1. Who do you admire for their consistency? What do they do?
2. In what area do you wish you were more consistent?
3. **Read 1 Corinthians 9:24–27 NLT.**
  - We are all running consistently after something. What are you running after?
  - Paul talks about not running aimlessly, but with purpose. Do you find yourself running with purpose? Why or why not?
  - Paul talks about discipline as the way he accomplished his purpose. What do you think of when you hear the word discipline?
4. Rahul mentioned that beginning a spiritual discipline (prayer, reading the Bible, etc.) helps you become disciplined in all areas of life. So, how do you think starting one would help you win at life?
5. What steps are you willing to take to start a spiritual discipline?

### The More You Know

For help with starting a spiritual discipline, visit [hamiltonmillchurch.org/habits](http://hamiltonmillchurch.org/habits).