

# Spiritual Practices

## Introduction

Objective: Discuss what experiences you've had with the practices and what may be holding you back from engaging in the practices.

### CONNECT

1. When you hear the words "spiritual practices" or "spiritual disciplines" what comes to mind?
2. What has been your view of spiritual practices? How have you experienced spiritual practices in the past?
3. Has there been something that has made you reluctant to engage with spiritual practices or disciplines?
4. What questions do you have about spiritual practices? What do you hope to get out of this study?

### LEARN

1. Was there new or different information you heard? What was that? What was different about it?
2. How would you explain spiritual practices? What they are/ what they are not.
3. Which of these guides to spiritual practices were most helpful to you? Why?
  - Start where you are, not where you should be
  - Take a balanced approach
  - Consider your season of life and stage of discipleship
  - Consider your personality and spiritual temperament
  - Do this in community
  - There is no formation without repetition
4. Where do you think you are currently at in your spiritual practice?

### APPLY

This week:

1. Pay attention to the things you devote your energy and efforts toward.
2. Reflect on this quote:

"The question isn't, are you being formed? It's, who or what are you being formed into? Spiritual formation is not optional. Every thought you think, every emotion you let shape your behavior, every attitude you let rest in your body, every decision you make, each word you speak, every relationship you enter into, the habits that make up your days, whether or not you have social media (if you do, how you use it), how you respond to pain and suffering, how you handle failure or success -- all these things and more are forming us into a particular shape."-John Mark Comer
3. In what ways are you feeling led to partner with God in your life right now?