



# BUILD CHARACTER

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## SPIRITUAL DISCIPLINES

### Leader Guide

#### **SelfDiscovery:**

Adults almost always learn and apply best when the learning is a result of self- discovery.

Much of your role as Life Group leader is to help surface questions and create conversation that foster self-discovery. Do NOT feel like you need to (or should) primarily teach the study. Having one or two prepared small nuggets based on a scripture or discernment question is as much teaching as you will want to do. True transformation will be the fruit of guiding the discussion and providing questions for the conversation you are having.

Consider the following questions as a way to guide your Life Group through the study. Each Outcome Study includes five sections. **You will want** to go through each section (not necessarily using every question). Page one of each study will help your group get beyond the surface of the specific spiritual outcome, so don't rush through it.

**In this guide there are Outcome specific questions (marked with a diamond) and there are generic questions you could ask with any outcome. Use the specific questions\* first and then maybe use some generic (or maybe not). Remember this leaders guide is here to help you facilitate good discussion that leads group members to engage with the Lord what He wants to say to them about the Outcome, so use from this what is best for your group.**

#### 1.) To set up discussion ask...

- ❖ How do you feel about the concept of Discipline in general? What comes to mind when you hear “spiritual discipline”?

#### 2.) Spiritual Outcome Defined

Read the definition and ask the starred question and **one or two** questions to start the conversation.

- ❖ What spiritual disciplines do you practice? (It's ok to say none)
- How do you feel or what do you think about that definition?
- Does anything surprise you about the definition?
- Is there anything you'd add or take away from the definition?

### 3.) Spiritual Outcome Described

The description has several good thoughts that might get your group opening up quickly. As it relates to the Spiritual Outcome, don't be afraid to camp-out here for a while and let people share what aspect of the description grabbed their attention.

Read through the description and **one or two** questions to start the conversation:

- ❖ How are you feeding yourself spiritually?
- ❖ What are you doing that gives strength and vitality to the "new me" that God has birthed within you?
- ❖ Is there a sort-of "junk food" you're filling my life with that is weakening the new creation in you?
- ❖ How do you faithfully engage in spiritual disciplines without become performance oriented but instead know that you walk in grace?
- What grabbed your attention in the description?
- What stands out to you here?
- What questions come to mind as you read the description?
- Anything you didn't understand?
- How do you respond to that description?

### 4.) Evidence of the Spiritual Outcome

Read the evidence portrayal and ask **one** of the questions below:

- ❖ The 2nd evidence says: Is able to **explain the purpose** of various disciplines and can describe them through both scripture and experience.
- ❖ Spiritual disciplines aren't for the sake of discipline they are to make something true about you that isn't currently true. What spiritual discipline are you engaging in and why? Is it ok that you aren't doing all of them?

- How does the evidence of this outcome show up in your life now?
- In your own words, what difference would it make if this outcome were really happening in your life?

## 5.) Scripture and Discernment Questions

This section will be the meat of the conversation. It's in this section that you'll want to let the scripture readings teach and inform your group on what this outcome is all about.

- What passages of Scripture or discernment questions stood out to you and why?
- Did you learn anything new from these passages of Scripture?
- Did you learn anything about your self as you engaged this outcome?

**\*\*TIP\*\*** For each Outcome Study, as your group does the study on their own before group, have them star or highlight at least two scriptures and two discernment questions that grabbed their attention or caused them to ask deeper questions of them self.

## 6.) Next Steps (SO IMPORTANT, DON'T SKIP)

Be sure that you leave enough time to explore what next steps could be for each person. Encourage them to consider what it would look like to apply what ever it is that God revealed to them in this outcome. It's in this section that you'll ask "so what?"

- How do I apply these learning's to my life?
- How does this lead to transformation in my life and not merely remain information?

Consider some of the ideas that were brought up and ask **one or two** questions;

- So what - how will this impact my life four days, two weeks, a year from now?
- What do I need to start doing or stop doing to make\_\_\_\_\_true of my life?
- What barriers are in my life right now that keeps me from\_\_\_\_\_?
- How does my thinking need to shift to embrace and apply this/these truths?