

Gathering

DISCIPLINES

Our time together today focuses on spiritual disciplines. A spiritual discipline is a good habit that will help you to draw closer to God. It forms opportunities for you to practice His presence and to be centered in Christ.

Spiritual disciplines exercise our spirit, mind and emotions and bring us close to God. There are many different disciplines that help us accomplish this: prayer, Bible study in different forms, self reflection, fasting and solitude. *(for additional resource see "Celebration of Discipline: The Path to Spiritual Growth, by Richard J. Foster)*

After Sharing the Scripture, use at least three of the questions below with your group:

- What comes to mind when you hear the word 'disciplines'?
- Which of the disciplines shared earlier would be the easiest for you to practice? The hardest? Why?
- Do you think that practicing the disciplines in a rigid way could actually keep us from drawing close to God?
- What are some obstacles that may keep you from developing good spiritual habits?

After the sharing, you may wish to take time to discuss how as a group, accountability can be held to encourage a deeper exploration of Scripture or even offer a fun challenge of memorizing a new verse per week. Be sure to hand out the Monthly Scripture Card and Take-Home Sheet.

Complete your monthly report and turn it in to the Corps Officer.

James 4:8

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What comes to **mind**
when you hear the
word '**disciplines**'?

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Which of the **disciplines**
mentioned earlier would be the
easiest to practice?
The **hardest**? Why?

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Do you think that **practicing**
the **disciplines** in a **rigid** way
could actually **keep us**
from drawing close to **God**?

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What are some **obstacles** that
keep you from developing good
spiritual **habits**/disciplines?

DRAW NEAR
to
God

HE WILL DRAW
near to you

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SINNERS, AND PURIFY YOUR
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Spend time asking God to meet you through a discipline that you feel would bring you closer to Him. Read the Scriptures listed below and journal any thoughts and plans for developing your disciplines further.

Prayer

Colossians 4:2, Luke 5:16, I Thessalonians 5:17

Personal Reflection

Psalms 1:1-2, Philippians 4:8, Genesis 24:63

Fasting

Nehemiah 1:4, Acts 13:2-3, Matthew 4:2

Other Disciplines the Lord is speaking to me about...

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