

Session 7

Spiritual Disciplines

I. Discipleship Scenario

2. Discussion Questions

Spiritual Disciplines for the Christian Life (Chapter 1) and “*10 Questions to Ask to Make Sure You’re Still Growing*” – both by Donald Whitney.

a. Review Questions

- According to Donald Whitney, “*discipline without direction is drudgery*”. Why do spiritual disciplines often become like this?
- What are the spiritual disciplines?
- Do you agree with his thesis that the only road to Christian maturity and godliness is through the practice of the spiritual disciplines? Why or why not?
- What does a lack of spiritual disciplines say about a desire for and a pursuit of godliness?
- What does Dr. Whitney mean when he says, “*Godliness comes through discipline*”? Does he mean that we can make ourselves more holy by our discipline? What are the dangers of neglecting the spiritual disciplines?
- What is a “*channel of grace*”? (see page 17)
- In the article, “*10 Questions to Ask to Make Sure You’re Still Growing*” what point is Whitney making with his iceberg illustration? What does he mean there is a world of difference between activity and practice?

b. Questions for Personal Application

- Would you say that you are a disciplined person? What areas of your life are you most-disciplined?
- What spiritual disciplines have you found most difficult to practice on a consistent basis? What have been your most difficult hindrances to practicing various disciplines (be very specific)? What practical changes could you make to improve your practice?
- Of the ten areas evaluated in Whitney’s article, which one do you feel the greatest need to grow in? What is your plan for doing so?

- What sins are commonly at the root of a person's lack of consistently practicing the spiritual disciplines? Would these same sins be the ones you might struggle with?
- How do you intend to pursue accountability and growth in the area of spiritual disciplines? What specific goals would you like to set and how can this group help you?

4. Exercise

Go around the room and have each of the men do the following (where appropriate):

- a. Confess the heart attitude or activity that hinders his devotion and passion for the Lord in the spiritual disciplines.
- b. State the way in which he presently would most like to be conformed into the image of Jesus Christ.
- c. List 1-2 spiritual disciplines he would like to consistently pursue in the coming days and weeks.

Note: Each man should take notes and be prepared to know how to follow-up with any/all guys in the coming weeks. Assign one-on-one accountability partners to help see that specific follow-up takes place. As time allows, conclude in a time of prayer for the group.

3. Scripture Memory Verse

2 Peter 3:18 ¹⁸ But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen.

5. Assignment for Next Time

Read chapter 8 in Bible Doctrine and the essay "*Does Divine Sovereignty Make a Difference in Everyday Life?*", by Jerry Bridges. Next meeting is _____.