

Sharing Stories • RESONANCE
“On Discipline”

Questions for Reflection & Discussion:

1. What are spiritual disciplines? Come up with your own definition of what a spiritual discipline is.

2. Why are spiritual disciplines important?

3. What are some spiritual disciplines you practice? How do they help you grow closer to God? Are they different from the disciplines mentioned in the video?

4. There were several “non-traditional” spiritual disciplines mentioned in the video. What are some unique spiritual disciplines you practice or are interested in exploring?

5. How can practice of the spiritual disciplines lead to legalism? How can it lead to idolatry?

6. Why is it important to practice individual disciplines? How might you make time for the practice of these disciplines?

7. Why is it important to practice communal disciplines? What are some examples of communal disciplines you can practice?

Practical Steps:

1. Be Intentional

It is important to intentionally set aside a time and space to practice spiritual disciplines. This can help to both prepare and open up your heart and mind before God.

2. Start Small

The easiest way to start is one step at a time. Pick one discipline to incorporate in your life to begin with. As you grow, either grow or change the discipline you practice, as well as add more disciplines.

3. Give Yourself Grace

Committing to the disciplines is hard. Give yourself the grace to mess up or miss a quiet time. The disciplines are designed to help you grow closer with God, not become a set of rules to follow.

4. Explore

Spiritual disciplines can be as unique as the people practicing them. Journaling or meditation may not be for you, and that's ok. Explore different disciplines to figure out what works best for you.

Bible Passages to Consider:

1. 1 Corinthians 9:24-27
2. Psalm 1:1-2
3. Colossians 3:12-17
4. Phillipians 4:4-9
5. Romans 12:1-2

Additional Resources to Consider:

1. Celebration of Discipline by Richard Foster
2. Liturgy of the Ordinary by Tish Warren
3. Common Prayer by Shane Claiborne and Jonathan Wilson-Hartgrove
4. Spiritual Formation by Henri Nouwen
5. The Good and Beautiful God by James Bryan Smith
6. Backpacking with the Saints by Belden C. Lane
7. Sacred Rhythms by Ruth Haley Barton