



Week 4: Spiritual Disciplines

1. Why are spiritual disciplines significant to the believer? How are they crucial to our faith?
2. Describe ways you can understand the importance of spiritual disciplines. Are they the same for every believer?
3. What disciplines are you focusing on at this moment in your life? Has your focus changed? Has it remained the same? In what ways?
4. Do spiritual disciplines originate from God or man? Why should believers accept disciplines? How should believers view disciplines?
5. Are there any spiritual disciplines you have been avoiding? If so, why? How is the Holy Spirit helping you to embrace these disciplines?