



## SPIRITUAL DISCIPLINES

### **Session 1 : Grow (Introduction)**

Opener: Share a moment where you feel that you grew in your walk as a follower of Jesus

In your experience, what's helped you to grow as a Christian?

**Relationally:** How do you get to know God more? What's this like for you? How can we know God personally as opposed to knowing "about" God?

**Learning:** What ways might you continue to sharpen your learning?

**Community:** How does community help us grow?

**Personally:** What are the ways that you think might be unique to you in the way that you grow?

What does owning the decision to grow spiritually yourself look like for you?

---

### **Session 2 : Grow : Eat (Reading the Bible)**

Opener: Share a moment where you've seen Scripture directly impact your life.

How does the Bible sustain us?

What helps you to spend time reading the Bible?

What gets in the way of you reading the Bible?

How can we develop a personal plan or rhythm for reading the Bible?

---

### **Session 3 : Grow : Communicate (Prayer)**

Opener: Share a story where you've seen an answer to prayer, ideally a story from this year

How would you define prayer?

What does praying feel like for you? For example, does it feel like a joy or a duty, easy or challenging?

How can prayer deepen our relationship with God?

Have you experienced transformation through prayer?

For Jesus, his life and activity flowed out of place of prayer, what do you think about this?

What does your rhythm of prayer currently look like; would you like to establish any new rhythm of prayer?

---

### **Session 4 : Grow : Breaking Bad (Confession)**

Do you find it easy or hard to open up to people?

Is repentance a gift or a burden?

How can we develop vulnerability and self-awareness?

**Courage:** Do you find it easy to admit you're wrong? Discuss.

**Humility:** How easy do you find it to be honest with yourself?

**Confidence:** Do you fear that people will reject you, if you're honest about your failings?

What might confession look like for you?

---