

Small Group Sermon Questions- Personal Disciplines

1. Pastor Mark tells the story of Jonathan, who wants to become a great Samurai Archer. His first few months of training require him to do nothing all day except chop wood and carry water. Little does he realize that these mundane habits are strengthening him for the training yet to come. What small, mundane habits do you perform regularly? How are they strengthening you?
2. Why do you think it is important for Christians to discipline themselves in order to practice “holy habits”?
3. What Spiritual Practices, or “holy habits” have helped you grow stronger in your walk with the Lord?
4. Are there Spiritual Practices that you used to do regularly that have fallen off in recent months/years? Why is that?
5. Why do you think it is important to have a daily quiet time?
6. Pastor Mark suggests that there is a difference between “trying” to be a certain type of person and “training” to be a certain type of person. What do you think that difference might be?
7. Read 1 Timothy 4:7-8. How is athletic training similar to spiritual training? How might it be different?
8. Discipline is “the ability to make yourself do what you know you should do, when you should do it, whether you feel like it or not.” Share some non-spiritual disciplines that you currently practice. How do they impact your life in a positive way?
9. Pastor Mark talks about the importance of gathering for corporate worship. We are not just individual Christians, we are part of a called people. We have a corporate identity as well as an individual identity. Why is that such a difficult concept for many American Christians who believe “I don’t need Church in order to be a Christian.”
10. If you had a child who asked, “Why do we have to go to church?” How would you answer?
11. Do you think there is any correlation with the declining participation in the church and the increased level of anger, narcissism, selfishness and lower moral standards we are experiencing in culture today? Why or why not?
12. How might “fasting” or abstaining from something we like for a specific period of time, be helpful to our soul and our character?