

1. Spiritual Discipline: Door to Liberation

1. The author tells us the purpose of the disciplines is liberation from the stifling slavery to self-interest and fear. When the inner spirit is liberated, it can hardly be described as dull drudgery. What hindrances may be preventing you from experiencing this level of freedom? What steps could you take to experience the “fullness of the spiritual disciplined?”
2. List the spiritual disciplines and their purpose.
3. As the author warns, knowing the mechanics does not mean we are practicing the disciplines. How will you ensure you are practicing them daily as opposed to just exercising knowledge?
4. Sometimes we rely on our willpower and determination when dealing with ingrained sin, launching a frontal attack. For example, if anger is an issue, we vow to never do it again, pray, fight, and set our will against it. Think of a time you tried to fight in your own will. What was the outcome? What may have been a better way to handle the situation?
5. After living and walking the path of disciplined grace for a season, we will discover some internal changes. Make note of some of your changes and how they have transformed you. If you have not walked in disciplined grace, take some time to do so and record your results.

2. The Discipline of Meditation

1. Isaac, David, Eli, Elijah, and Jeremiah are among a few who meditated in the Bible. How often do you meditate? Do you find it helpful or time wasted? Explain your reasoning.
2. In meditation, we are growing into what Thomas a’ Kempis calls “familiar friendship with Jesus.” What does this statement mean to you?
3. If we are constantly being swept off our feet with frantic activity, we will be unable to be attentive at the moment of inward silence. What do you do to ensure your meditation time is fruitful?
4. Rushing reflects our internal state, which is what needs to be transformed. What trigger points alert you that you are going too fast and need to slow down? How do you respond?
5. Try the palms down, palms up exercise referenced on page 30. Journal or share your experience.

3. The Discipline of Prayer

1. God uses prayer to transform us. Think of a time that prayer changed you or someone you know. Describe the experience.
2. The author tells us that many people emphasize resignation to the way things are as “the will of God.” Do you believe this? Why or why not?
3. How does prayer work and why is it necessary?
4. Why is knowing the will of God necessary for prayer?
5. The author suggests when someone asks for prayer, we should listen to see if God says “yes” or if you feel a sense of dread set it aside, God will lead someone else to pray for the matter. How do you handle prayer requests? Do you believe in this method?