

1. The Discipline of Fasting

1. Throughout scripture fasting refers to abstaining from food for spiritual purposes. Have you fasted lately? Why or why not? What changes, if any, did you notice in your relationship with God? With self?
2. The author discusses self-anointing. How do you anoint yourself?
3. The author distinguishes between corporate and individual fasts. Name some times when corporate fasts may be more suitable than individual and when individual fasts may be more suitable than individual.
4. The author talks about the physical benefits, success in prayer, the enduring power, and spiritual insights when fasting. What is the primary purpose of fasting? Why is it important to know the purpose before you begin?
5. What does fasting reveal about us?
6. Why is it suggested to start with small consistent fasts?

2. The Discipline of Study

1. The Apostle Paul tells us that we are transformed through the renewal of mind. What things do you do to ensure your mind is constantly being renewed? How often do you do so? If you don't renew your mind, what steps are you willing to take to start the process?
2. The author tells us study and meditation often overlap. However, they constitute two distinct experiences. Study provides a certain objective framework within which meditation can successfully function. Think of the last time you studied and meditated, what was the outcome? Describe the experience.
3. What is study? What are the 4 steps to studying?
4. Explain the difference in wisdom and accumulating information.
5. Name the intrinsic and extrinsic ways to study to ensure information is retained and shared.
6. Observing behavior and nature is important and fundamental to the studying process. Was it beneficial the last time you slowed down enough to pay attention and really observe? What did you learn? If you have never tried it, schedule some time to do so and record your findings.

3. The Discipline of Simplicity

1. What is simplicity? Duplicity? Why do we have a hard time to enjoying simplicity?

2. The author names many things that people do because they lack a divine center (i.e. buying unnecessary items). To build on this idea, what are other things you notice as a society that we do due to lack of center? Notice some of the things you do. How can you improve?
3. Explain the difference between Asceticism and simplicity.
4. How does the spiritual discipline of simplicity help us enjoy the provision of God?
5. Why is the discipline of simplicity the most open to corruption?
6. What are some of ways simplicity could become idolatry.
7. To receive what we have as a gift from God, to know it is God's business to care for what we have and to have our goods available to others are the 3 areas of simplicity. Discuss how you are meeting these areas.
8. Review the 10 outward expressions of simplicity on pg. 89-95, hold yourself accountable. Do you notice any areas that could be improved? Also note the ways you are already living a life of simplicity.