

Rooted Week 1 Study Questions

What is the first thing that comes to your mind when you think of spiritual disciplines? Why?

What experiences have you had with the spiritual disciplines in the past?

A general list of spiritual disciplines could include:

Abstinence - Solitude, silence, fasting, frugality, chastity, secrecy, sacrifice, Submission

Activity - Bible Study, worship, Prayer, Fellowship, Confession, Meditation, Service

Which disciplines excite you the most? Which ones seem scary or you're uncertain about?

Read Psalm 1:1-4 and Jeremiah 17:7-8. What does the description of a tree planted by water tell us about a disciple?

Point 1 - The spiritual disciplines are for everyone.

What would happen if the tree pulled up its roots and decided to exist on its own? Is it possible to have a thriving relationship with God outside of doing the spiritual disciplines? Why/why not?

Point 2 - The spiritual disciplines are biblical.

Why is it important to distinguish between disciplines God calls us to do and activities we may enjoy and that may also help us appreciate God? In other words, why can I not play baseball everyday (or choose any activity) instead of doing the spiritual disciplines?

Point 3 - The spiritual disciplines are done both individually and in community.

What Scriptures either show the early Christians practicing a discipline together or encouraging people to do so?

What benefits are there to practicing a discipline with other people?

Point 4 - The spiritual disciplines are not the ends, but the means.

Why is it tempting to make the spiritual disciplines into 'laws'?

Which do you find yourself doing more often: Confessing, admitting your own shortcomings to another believer or pointing out the failings and faults of others?

Point 5 - The spiritual disciplines allow God to work on our hearts.

Read Colossians 2:20-23. Why does adding more laws not help in stopping the indulgence of the flesh?

Read Matthew 12:34-36 and Galatians 5:22-23. What is the connection between the spiritual disciplines, our hearts, and the fruit of the Spirit?

Point 6 - The spiritual disciplines help us treasure God.

Read Psalm 42:1. What does the comparison to a deer panting for water teach us about knowing God?

How do disciplines help us delight in God?