

DISCIPLINE – HOME GROUP LESSON # 1

Icebreaker: Describe a time when you were disciplined by a parent or teacher and DESERVED the discipline. What did you learn from that experience?

What do you think of when you hear the word “**discipline**”?

What do you think of when you hear the phrase “**spiritual disciplines**”?

What are some **life disciplines** that you personally find **hard** to follow?

Reflect: Name some spiritual disciplines you see in the **life of Christ**?

Why do we call these spiritual **DISCIPLINES**?

Read Luke 6:37-48. In **Luke 6:40** Jesus speaks of a student learning from her teacher. We included the verses that surround **Luke 6:40** for context and because they give insight into some disciplines that Jesus considers a priority for his followers. Based on the **Luke 6** passage what **kinds of spiritual disciplines** should we be learning from the life of Jesus and our Church teachers?

Now look up and compare **1 Timothy 4:7-8**. Why does Paul relate **spiritual discipline to physical training**?

Describe a time when you made a resolution to get healthy and exercise more. Why did you make that resolution? How did you put the resolution into practice? How did it work out? Did you stick with it? Why or why not?

How are physical exercise and spiritual training similar to each other? How are they different?

In **Luke 6:40** Jesus says you need to be trained by Jesus as your teacher, but in **1 Timothy 4:7** Paul says to “**train yourselves**.” (Compare **2 Timothy 1:7** – God’s Spirit “gives us power, love and **self-discipline**”).

Ponder and discuss: What is **God’s role** in teaching you life discipline? What is **your personal role** in the process of life discipline and spiritual training? In what sense do you need to take personal responsibility to live a disciplined life? What does that look like?

Now look again at **Hebrews 12:11**. This passage talks about the **unpleasant and painful** nature of discipline. What **physical exercise(s)** do you find most difficult and painful?

Look again at your group’s list of **spiritual disciplines** in the life of Christ (and the list from Sunday’s sermon – listed below). What spiritual discipline(s) do you personally find most **unpleasant, painful or hard** to stick with? Why so?

Here are a few of the spiritual disciplines – prayer, fasting, witnessing (sharing your faith with others), silence and quiet time, simplicity, Sabbath rest, Bible study, and scripture memorization.

Apply the lesson: Take a look again of your list of spiritual disciplines.

Which (if any) of these disciplines comes easily or naturally for you? Why so?

Which of these disciplines are most lacking in your own life?

Will you pick just one such godly discipline and give it a fresh priority in your life starting now?

Make it real: Incorporating a new discipline into your life will require commitment, planning and giving priority to the commitment.

Be specific:

1. This is what I will do (pick just one spiritual discipline for now):
2. This is when I will do it When is it calendared – time of day – be specific):
3. This is where I will practice this discipline (your home office, kitchen, on your knees by the bed, etc.):
4. This is how long I will do it on a daily basis (how many minutes – start small– don't over commit or you may grow discouraged):
5. This is how I will learn about and get better at this discipline (for instance, the disciples came to Jesus and asked, "Lord, teach us to pray" (Luke 11:1)):
6. This is who I will tell and recruit to help me keep the commitment:
7. This is the blessing I hope to receive from practicing this discipline:

Wrap it up with group PRAYER. Pray together that as a group God will bless each of you in this new endeavor and commitment!