

## ***Questions for Spiritual Disciplines***

### **Warm Up**

- 1) Describe a time in your life when you were experiencing significant spiritual growth with Jesus. What was happening? If you have never experienced that kind of growth, what would it take for you to consider this in your life? Honestly speak this out to God.
- 2) What was the most challenging part about the message this Sunday for you?

### **Explore**

- 3) Read Colossians 3:1-4. What is Paul challenging people to do in verse 1? How exactly does a person do that? What things keep us from this pursuit?
- 4) What things are helpful for you to practice when trying to set your mind on “things above?” What are the things that sidetrack you from this goal?
- 5) How does verse 3 change the way you perceive your life right now? Why do you think Paul reminds the Colossians of this truth?
- 6) How do spiritual disciplines prepare us for what’s coming? (see verse 4)

### **Apply**

- 7) We are naturally resistant to pursuing growth, especially when it comes to spiritual things. What do you need to do this week to grow in setting your mind in the right place? Identify the practice you most need to grow in and share that with your group. Pray for each other’s growth this week.