



Who Are You Becoming?

STUDY 2 - LEADING A SPIRITUALLY DISCIPLINED LIFE

In order to grow as a purpose filled follower of Jesus, we need to appreciate the importance and diversity of spiritual practices and build habits that include and apply these practices.

Explore & Share

The aim of taking stock of our spiritual practices is that what starts as a discipline eventually becomes a habit, and through our habits we will experience a renewal of our inner self – our spiritual core, thoughts, and feelings - our very will and character, and this will result in our lives permeating Jesus. (*Titus 2:11-15*).

Discuss 1:

How disciplined would you say you are? What are some of your strongest everyday habits? Do you have any new habits that you have recently added to your life? Share your insights with your Connect, and explain why these habits are important to you, and how they benefit you.

In Psalm 51 David recognises, as we all must, that his own everyday troubles came from within, from his heart. It is only God who can give us a renewed heart. (*Ezekiel 36:26*).

Psalm 51:10 (New Living Translation)

Create in me a clean heart, O God. Renew a loyal spirit within me.

2 Corinthians 4:16 (New Living Translation)

That is why we never give up. Though our bodies are dying, our spirits are being renewed every day.

Discuss 2:

Who do you look at, in both the Bible and in your own life, and think that they have experienced authentic spiritual renewal? Share your thoughts with your Connect.

This renewal, overtime, spiritually transforms us to being more Christlike. But it is simply not true that we do nothing in this process! There are disciplines of the spiritual life to be actioned, and although you won't find a passage in Scripture that details a list of spiritual disciplines like the fruits of the Spirit, they are seen throughout the Bible, and in the previous study we introduced the following disciplines from Richard Foster's book *Celebration of Discipline: The Path to Spiritual Growth*:

Meditation Prayer Fasting Study Simplicity Solitude Submission Service Confession Worship Guidance Celebration
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Discuss 3:

Which of these disciplines do you feel you need to embrace in 2024, and what might your initial steps be? Are there any in the list you do not fully understand? Share your thoughts with your Connect and ask any questions you may have. Consider how you can hold each other accountable during the year, and then close by praying for a spiritually disciplined and fruitful year.

Additional Resources

John Mark Comer (2024). *Practicing the Way of Jesus: Be With Jesus. Become Like Him. Live as He Did.* Form.
Richard Foster (2009). *Celebration of Discipline: The Path to Spiritual Growth*, Hodder Faith.
John Ortberg (1997). *The Life You've Always Wanted: Spiritual Disciplines for Ordinary People*, Harper Collins.
Dallas Willard (2002). *Spirit of the Disciplines: Understanding How God Changes Lives*, Harper Collins.