



## Small Group Questions for Discussion:

### *Spiritual Disciplines: Habits of Healthy Disciples*

#### *Facilitator Note:*

Prepare participants to view the Call to Arms video. Use a comfortable space where you can speak together without interruption if possible. Depending on how much the group engages, this could take up to an hour.

Please feel free to add or adapt questions for your group.

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Begin with prayer, and then spend a few minutes sharing about your own experiences or questions concerning the spiritual disciplines. Talk about the part they currently play in your life.

Talk about why each of you are there and what you hope to learn.

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Play Call to Arms video with Major Steven Bradley.

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Respond to the Following Questions:

1. Have you ever tried to change something about yourself? What process did you use? How successful were you in changing?
2. Have you practiced spiritual disciplines (e.g. prayer, Bible reading, solitude in your life, and if so, with what intention and what result?

3. Many people have been tempted (and/or have been taught) to practice spiritual disciplines to please God, when in fact they are a means of transforming the soul. How does that alter your approach to the practices you already do?
4. “...we cannot love, think, eat, laugh or pray in a hurry” (James Bryan Smith) Looking back over the last week, what did you attempt to do in a hurry that can't be done in a hurry? When did you slow down and experience some of the blessings that come from slowing down?
5. “Too many of us are trying to serve God without listening to God. There will be time to serve, but listening to Jesus always takes precedence.” (James Bryan Smith) Why do you think we're tempted to serve without listening to God? <sup>1</sup>

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End in prayer over the plans you have made and thoughts you have discussed.

Resources:

*The Good and Beautiful God: Falling in Love with the God Jesus Knows* by James Bryan Smith

The Salvation Army  
USA Western Territory

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<sup>1</sup> Smith, James Bryan. *The Good and Beautiful God: Falling in Love with the God Jesus Knows*. Downers Grove, IL: IVP, 2009. Print.