

THE SPIRITUAL PRACTICES PART 2 – HOW DO THEY FIT INTO THE REST OF OUR LIVES?

THE SPIRITUAL PRACTICES – HOW TO DO THEM

Discuss this:

Why do we fast?

What does fasting have to do with desire?

*All things are permitted for me, but I will not be mastered by anything. 1 Corinthians 6:12
People are enslaved by all kinds of passions and pleasures” Titus 3:3*

Are desire and pleasure bad things?

How is sin “looking for love in all the wrong places?”

Psalms 16 says, at [His] right hand are pleasures forevermore”

John 10:10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Discuss this:

How does fasting relate to self-soothing?

How does fasting relate to “learning to become the kind of person who can happily do without?”

*I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.
Philippians 4:13*

“I have food to eat that you know nothing about.” John 4:32.

Discuss this:

What should you do if you find yourself consistently failing in keeping the practices?

SOME SPECIFIC PRACTICES

Discuss this:

Confession – if I confessed it to God, why do I need to confess it to someone else?

Discuss this:

Silence and solitude

- what is the purpose of this?
- Discuss inner vs out silence
- How does inner silence relate to the with-God life?

Discuss this:

Whether you eat or drink, or whatever you do, do all to the glory of God. 1 Corinthians 10:31

Is taking care of your body a spiritual exercise?

Discuss this:

Why is rest important?

Discuss this:

What is the spiritual practice of pleasure?