Lesson 1: Wednesday August 25, 2021

Teacher: Joshua Kirstine

**Introduction to the Spiritual Disciplines**

**-Get to know each other time: 20-30 minutes**

1. Introduce yourself & share your excitement & hopes/expectations for your group.

2. Ask each member to take a two minutes to introduce themselves:

-and what they do for a living (if retired, from what?)

-and something they are looking forward to this year at Midweek

-and which Spiritual Discipline they are most excited to learn more about and or grow in and why. \*see the hand out for the list of SD’s that we will study this year.

**Looking to the Lesson: 20-30 minutes**

**Read Ephesians 4:11-16**

Take a moment to help the group discuss in what ways this passage is speaking about Christian maturity and growing in Christ likeness? \*This is much of our aim in practicing the SD’s individually and together.

**The practice of the Spiritual Disciplines is a time issue and a priority issue:**

Pastor spoke of the many disciplines we all make a priority in our daily lives (getting dressed, bathing, eating, work, taking care of the kids, etc). Talk about the fact that we all have disciplines we are committed to daily and yet we can all too often lack in our prioritization of spiritual disciplines.

If we are going to grow in spiritual maturity and Christlikeness then we must prioritize spiritual disciplines, in what ways are you seeing the need for this and maybe even considering changes that will need to be made to prioritize spiritual disciplines?

**Pastor spoke of a time management tool called: *Governing Values/God Given Priorities***

This is an exercise that means making a list of the top things God has called you to do with the days He entrust to you. They are to be listed in prioritized order. This exercise is to help us do what is most important before we just tend to the squeaky wheels or what our flesh prefers to do.

What might it look like to consider this exercise and what helpful insight and or help might come from it as you consider the days ahead?

**Read: Colossians 3:9** and **Colossians 3:12-13**

How does the practice of “putting off and putting on” help us begin to address the needed reprioritization of Spiritual Disciplines?

In what ways can we as a group help each other grow in our evaluation and prioritization of spiritual disciplines as we move into this year’s study together?

**Close in Prayer:**

\*please be done by 8pm and encourage your parents to pick up their kids and invite them to fellowship in the quad after.