

Spiritual Practices Week 1 - Understanding Spiritual Practices

Read: Galatians 4:19, 2 Peter 1:5-8

Share: We are going to spend four weeks looking at spiritual practices and how they can help us as a church become more and more like Jesus and overflow His goodness into our nation. In this video Ryan, Charlotte and Priscilla will discuss what spiritual practices are, what they do and what it looks like in their lives.

Watch: Week 1 Video - Understanding Spiritual Practices

Discuss:

1. Do you give much thought to who you are becoming?
2. What do you think has the most impact on your “formation” as a person?
3. Is there something you have found helpful to understand what is going on underneath the surface of your life?
4. Where do you think you have been formed most by Jesus as you walk with Him?
5. What is your understanding of what spiritual practices are?
6. What spiritual practices do you see that Jesus practiced?

Pray:

Father as we seek your guidance and formation over the next few weeks as a church, shine your light on our hearts that we may see clearly the way of Jesus. For those of us who have experienced the religiousness of spiritual practices and the spiritual life, may your kindness and gentleness lead us to the way of life and life everlasting where we keep in step with your spirit and recognise the lightness of the load we carry. May we have the courage to step fully into your light and say “Come holy spirit and have your way with us”. Amen.

Extra:

Over the next week, read the gospel of Mark a few times slowly. Identify practices and rhythms Jesus used in his life.