

## Spiritual Disciplines | Week 4

### Introduction

*Jesus had regular practices and disciplines in his life. To be his apprentices means we practice what he practiced. Some examples are solitude, fasting, Scripture, deep friendships and generosity. There are more, but the point is disciples practice what the master practices. We do as Jesus did to become like who Jesus is. We practice his way of life.*

### Conversation Starters (10 minutes)

- Did you have a W.W.J.D. (What Would Jesus Do) bracelet?



- What is your “W.W.J.D.” accessory? How do you remind yourself in critical moments what Jesus would do?

### Sermon Notes Review (15 minutes)

What caught your attention, stood out to you, or challenged you from this weekend’s teaching?

### [Watch the Video](#) (10 minutes)

Prepare to watch the video by opening your Bible to [Luke 6:12-13](#).

### Group Discussion (35 minutes)

1. If God was in charge of your calendar, how would it look the same and how would it look different?
2. “Jesus went out to a mountainside to pray, and spent the night praying to God” Luke 6:12
  - Do you schedule time in your calendar to pray and talk with God? Or do you “fit” time with God in your schedule?
    - i. What does that time look like?
3. In the video, Sarah mentioned that Jesus practiced Solitude, Prayer, and Being in Relationship/Community.
  - Which one of these three do you personally feel you do well? Why?
  - Which one do you feel you need to be more disciplined with? Why?
4. “Actions, not intentions, determine your destination.”

- In what disciplines have you had the greatest intentions, but not the actions to follow?
- How has that affected you or others?

## Action Item (10 minutes)

Take two steps to put the discipline of spending time with God into your life

1. Find a spot on your calendar to put aside time to spend with God. Don't focus too much on how much time you spend, focus on the quality of time you spend.
2. Think about the W.W.J.D. Bracelet. It would act as a reminder/accountability tool. How can you hold yourself accountable to progressing in this area? Text chat, bracelet, phone alarms, spouse, friend, etc.

## Prayer (5 minutes)

***Lord, as I plan my day, I ask for your wisdom and guidance in scheduling time for You. Help me to prioritize spending time in Your presence, whether through prayer, reading Your Word, or simply being still in Your peace. May my schedule reflect my commitment to You, and may I find joy in the moments I dedicate to You. Help me focus on turning my intentions into actions. Thank you for your guidance and help me to be more intentional in my time with you. Amen.***

## Announcements (5 minutes)

- Easter Celebration is coming soon!
  - We will welcome hundreds of new guests to our campuses this Easter and want to invite you and your group to help welcome them. Sign up to serve at an Easter service at [servenow.sv.cc](http://servenow.sv.cc).
  - Please take a moment to register for a service time. Go to [easter.sv.cc](http://easter.sv.cc) to check out the service times for each campus. This is also a great time to invite someone that you know! It could be your family member, neighbor, co-worker, or friend. All you have to do is invite, and God will do the rest!