



Spiritual Disciplines

The Spiritual Disciplines: An Introduction

This guide is provided to support your reflection during the week.

Going Deeper

Daily Scripture Readings

Day 1 - The longing to go deeper. Psalm 42

Day 2 - The slavery to ingrained habits. Psalm 51

Day 3 - The slavery to ingrained habits. Romans 7: 13 - 25

Day 4 - the bankruptcy of outward righteousness. Philippians 3: 1 - 16

Day 5 - Sin in the bodily members. Proverbs 6: 16 - 19

Day 6 - Sin in bodily members. Romans 6: 5 - 14

Day 7 - The victory of Spiritual Disciplines. Ephesians 6: 10 - 20

Questions to think about

1. What is the purpose of the Spiritual Disciplines?
2. What are the primary requirements to embarking on this journey? Are there things that would keep you from fulfilling this requirement?
3. I indicate that those who desire to explore the world of the Spiritual Disciplines are faced with two difficulties.
 - What is the 'practical difficulty'? Can this be seen in your own life?
 - What is the 'philosophical difficulty'? How can this be seen in your own life?
4. If you were walking the narrow ledge that Richard Foster describes, which side would you fall from most often? Consider how this can be seen in your own life?