

**Spiritual Disciplines: Introduction and Overview**  
**September 8, 2013**

**Memory verse:**

**1 Timothy 4:7b - "Train yourself to be godly."**

**K-group questions:**

- 1. What is a 'spiritual discipline? What other terms mean the same thing?**
- 2. What are some examples of disciplines of engagement and disciplines of abstinence?**
- 3. Can you tell about a season of discipline or lack of discipline in your life and some of the results or consequences?**
- 4. What are some of the spiritual training practices you plan to practice this year?**
- 5. How can you practice a spiritual discipline long-term without turning it into a law that results in bondage?**