



Ridge Group Lesson “Private Disciplines”– February 19, 2017

Getting Started

What were some of your highs (wins) this week? What were some of your lows (struggles) this week?

What is one thing that you have had to discipline yourself to do?

Digging Deeper

Read [Matthew 6:1-6](#)

What do we learn about God/Jesus in this passage? What do we learn about man?

Is there a sin to avoid, a promise to claim, and example to follow, or a command to obey in this passage?

Bring It Home

Greg quoted Craig Groeschel, “It’s the things that no one sees that result in the things everyone wants.” What do you think that means? How does that apply to our spiritual life?

Greg said, “There is a direct correlation between a person’s private devotional life and his or her faith.” Do you agree with this statement? Why or why not? How have you seen this play out in your life?

What is one spiritual discipline that you feel like you are good at? What is one that you need to work on?

What is one thing that you can **obey** and put into practice in your life from this sermon and/or lesson?

Is there anyone in your life that needs to hear the truths found in this message/study? How can you share with them?

Spend some time praying together as a group.