

Spiritual Disciplines for the Christian Life  
Chapters 9-10

**From Chapter Nine**

1. Describe what you think fasting means. Include what you consider to be positive and negative aspects of fasting.
2. From page 196. Read Matthew 6:2-7, 16-17. What do these verse reveal about the importance of fasting?
3. On the bottom of page 199, Whitney says: Having a biblical purpose for your fast may be the single most important concept to take from this chapter. Why do you think that is?
4. Whitney gives 10 reasons for fasting (pages 200-213). Which of these most resonated with you? Why?

**From Chapter Ten**

5. Why do you think many of us are uncomfortable when we are alone with our own thoughts and God's Word?
6. Which things hinder you from taking the time for silent and solitude with God? Be honest.
7. Whitney gives 9 biblical reasons for silent and solitude (pages 226-237). Which of these reasons most compels you to make silent and solitude more of a reality and a habit in your life?

8. From page 244. Whitney says: "The busier you are and the more hectic your world, the more you need to plan daily spaces of silence and solitude. How will you seek daily times of silence and solitude (pages 238-243 gives great examples)?"