

Spiritual Disciplines for the Christian Life  
Chapters 1-2

**From Chapter One**

1. Describe a time when you disciplined yourself in order to reach a specific goal or when you did not discipline yourself and failed to reach a specific goal?
  
2. On page 13, we read “the Spiritual Disciplines [are] ways by which we can spiritually place ourselves in the path of God’s grace and seek Him.” Explain what this means to you personally.
  
3. On pages 18-19, the Donald Whitney says that freedom “comes through mastery of any discipline...The freedom of godliness is the freedom to do what God calls us through Scripture to do and the freedom to express the character qualities of Christ through our own personality.” In which areas of life have you experienced this freedom?
  
4. What practical steps are you willing to take this coming week to begin building more Spiritual Disciplines into your life?

**From Chapter Two**

5. Have you – or your family – developed a consistent pattern of Bible intake? If so, describe the difference it has made in your life. If not, what keeps you from developing such a pattern??
  
6. [From page 27] Re-read 1 Timothy 4:7 and 2 Timothy 3:16. How much time, on the average, do you spend reading the Bible each day? Be honest.

7. [From page 31] Consider Ezra 7:10. To which key areas of study did Ezra devote himself?
  - a) What did he do before he began teaching God's Word to the people?
  
8. Answer the question in the middle of page 34: What is one thing you can do to improve your intake of God's Word?