

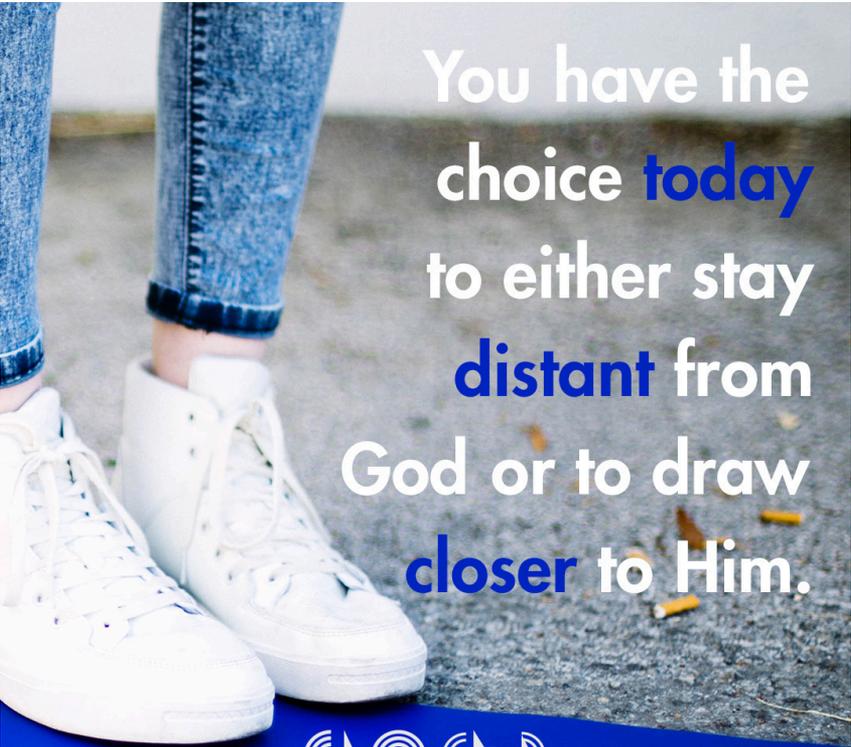
## 8 SPIRITUAL DISCIPLINES

We've all been there: distant, drifting, disconnected from God, moving away from Him instead of moving toward Him. We get distracted by so many different things that fight for our attention. But we can choose to return to God and get to know Him better. We have the choice to either stay disconnected from Him or to draw closer.

We'll look at eight different spiritual disciplines that will help us do just that—help us be Closer. This devotional will be used in an effort to prepare our hearts, leading all the way up to Easter.

We will talk about the spiritual disciplines of prayer, reverence, Scripture reading, silence/solitude, fasting, meditation, service, and worship. As the saying goes, “you get in what you put out.” Our hope and prayer is that you will engage with this devotional and see how you can apply it to your everyday life, and see just how close God is and how much He loves you!

Taste and see that the Lord is good.  
Oh, the joys of those who take refuge in him!  
Psalm 34:8



You have the  
choice **today**  
to either stay  
**distant** from  
God or to draw  
**closer** to Him.



*Closer*  
**PRAYER | REVERENCE | SCRIPTURE**

**PRAYER VIDEO SEGMENT**

**Ash Wednesday | February 18 - 21**

What would you say prayer is?

What do you think the purpose of prayer is?

Tell about a time you prayed for something, and God answered.

How often would you say you pray? (Multiple times a day, once a day, once every few days, only when I need to, etc.) Do you think you pray often enough? Why would you say that?

Do you think you need to improve your prayer life? If so, why do you think that? How can you go about doing that?



**REVERENCE VIDEO SEGMENT**

**February 22 - 28**

What would you say is the most important thing in your life? Why would you say that?

What is your view or opinion of God, or to put it simpler, what do you think of God? Why do you think that?

What do you think it means to have reverence for something or someone?

Would you say God is a priority in your life? Why or why not?

What can you do to make God a bigger priority and have more respect for Him? How can you go about doing that?



**SCRIPTURE VIDEO SEGMENT**

**March 1 - 7**

Do you think it's important to read the Bible? If not, why do you think that? If so, what's the purpose in reading the Bible?

Is reading the Bible a struggle for you at all? If so, why do you think that is? If not, what advice can you give your friends to help them?



Of these three spiritual disciplines we have learned about so far (Prayer, Reverence, Scripture), which one do you need to incorporate more of into your everyday life? How can you go about doing that?

What do you need to  
do to make more  
time for God?



**SILENCE & SOLITUDE VIDEO SEGMENT**

**March 8 - 14**

What are the things that keep you the busiest? Why do those things keep you so busy?



Do you have any quiet time or time when you just sit still throughout your day (other than when you're sleeping or watching TV)? If so, tell about it. If not, why not?

When would be the best time in your everyday life to set aside quiet time to spend with God? (Mornings before school, study hall, right when you get home, before bed, etc.) How can you go about making sure you do that every day?

**FASTING VIDEO SEGMENT**

**March 15 -21**

What do you understand fasting to be?



Have you ever fasted before? If so, tell about it. If not, why not?

If you had to give something important up to spend time with God and focus on Him, what would it be for you and why?



**MEDITATION VIDEO SEGMENT**

**March 22 - 28**

What do you understand meditation to be all about?

Have you ever meditated on God's Word and it spoke to you? If so, tell about it. If not, why not?

What would it look like for you to meditate on God in your daily life? How can you go about doing it?



**SERVICE VIDEO SEGMENT**

**March 29 - April 4**

Do you serve anywhere? If so, tell about it. If not, why not?

If you could serve anywhere in the church, what would you do? Why would you do that? What's keeping you from doing it?

If you could serve anywhere outside of church, what would you do, and why? What's keeping you from doing that?

Of these four different spiritual disciplines we have learned about (silence/solitude, fasting, meditating, service), which one do you want to incorporate more of into your life? How can you go about doing that?





**Worship is** responding  
to who **God is and**  
what **He's done in**  
**our lives.**



*Closer*  
**WORSHIP**

**WORSHIP VIDEO SEGMENT**

**Easter Sunday | April 5**



What type of music do you like listening to? Why that type?

Do you typically like to come here and worship? Why or why not?

What do you understand worship to be all about? Why do we do it?

Be honest: when you worship, do you do it to get something out of it, or do you do it for God? Why do you think that is?

What has God done in your life that causes you to worship Him? Write about it.

Open your Bible or the Bible App and look up **Romans 12:1** and read it.

What do you think that verse really means and is talking about? How can you apply this verse to your life now?

How can we know that we're genuinely worshipping God with our lives? How can we be sure that we are worshipping Him in all things?

Do you think you need to get more excited about God in your everyday life? Why or why not? If so, how can you do that?

What would it look like for you to worship God every day? How can you go about doing that?



8 SPIRITUAL  
DISCIPLINES