

SPIRITUAL DISCIPLINE: STUDYING GOD'S WORD



NATASHA SHORTS

1. How would you describe “spiritual disciplines” in your own words?
2. Do you think it’s possible to grow in our faith without being intentional and disciplined? Why or why not?
3. How did the spiritual discipline of silence go for you during the session? What went through your head?
4. Are you comfortable with silence or does it make you uncomfortable?
5. Do you think music shapes how you think about and see the world around you?
6. What type of music do you listen to right now?
7. What are some of the main things you remember about how Natasha studies the Bible?
8. Why do you think it’s important to study the Bible instead of just reading it?
9. What do you plan on reading in the Bible (which book) this week? Why are you choosing that?
10. How can you pray for each other this week?