

Group Application

Assessing Your Spiritual Discipline

Consider the ten ingredients of spiritual discipline presented in this session. Assess your level of discipline in each area. Rate yourself from 1 to 10 (1 – Low, 10 – high). Comment on what God may be revealing to you concerning each area.

<u>Discipline Area</u>	<u>Rating</u>	<u>Comments</u>
1. Daily spiritual attention	-	
2. Inspired by vision	-	
3. Systematic practices	-	
4. Commitment driven	-	
5. Incremental expectations	-	
6. Perspective in failure	-	
7. Lifelong process	-	
8. Interesting by variety	-	
9. Necessary to say "No"	-	
10. Encourage by celebrating	-	

Discussion Questions for Session 5

1. What negative consequences do we suffer when discipline is lacking?
2. What positive consequences come as a result of developing discipline?
3. Describe the relationship between spiritual discipline and spiritual freedom.