

## Practices

# Small Group Questions

---



The following questions are intended to start conversations.

Use only the ones your group finds helpful. Explore others as they come up.

Our preaching series during the season of Lent will focus on apprenticeship to Jesus (what does it mean to follow Jesus?). Questions will be provided each week to help you think about these stories *BEFORE* you listen to the sermon. It is our hope that this will encourage your own study and prepare you for the upcoming sermon.

- What activities do you engage in during a typical evening or weekend? What might these reveal about what you *really* love? How might they be shaping what you love?
- When you hear the term “spiritual practice” or “spiritual discipline,” what kind of activities come to mind? Try to create a list of at least five.
- Read **Mark 1:21-39**. This text gives us a unique window into a day in the life of Jesus. What do you notice? What stands out for you? Compare with Luke 5:16.
- These stories give us a window into the prayer life of Jesus. What does your current prayer practice look like? Is this something you look forward to or does it feel like an uphill climb? Why? Be honest.
- What other spiritual practices, if any, do you currently engage in? Which have been most helpful over time?
- Why might spiritual practices be so central to the life of our Christian discipleship?
- In his book *Practicing the Way*, John Mark Comer writes that “people often complain about how hard the spiritual life is. And the honest truth is, yes, it *is*. But what’s missing from this diagnosis is that the unspiritual life is even *harder*. Life is hard, with or without God. But what’s *really* hard [is] living in a godless, shepherdless, meaningless universe—that’s *really, really* hard.” What do you think about this?
- Which kind of spiritual practices might your small group consider exploring together in the coming weeks or months?