

Spiritual Disciplines for the Christian Life
Questions for Chapter 1

1. What is the central idea of the book presented in Chapter 1?

2. What does it mean to be holy and how can imperfect people achieve it? (Page 4)

3. Whitney describes three catalysts that work to make us more Christ-like. (Page 11) What makes the third catalyst unique from the first two? Can you give any support for this concept either from personal experience or from scripture?

4. According to Whitney, on page 13, “by means of these Bible-based practices, we consciously place ourselves before God in anticipation of enjoying His presence and receiving His transforming grace.” What does this look like practically? Examples?

5. What do the following verses say about what it means for each of us to be Jesus’ disciple?
 - a. Matthew 11:29&30

 - b. Luke 9:23

 - c. Galatians 5:22-25

6. In chapter 1 Whitney describes people who are faithful to the church and demonstrate genuine enthusiasm for the things of God, yet spiritually they “are a mile wide and an inch deep.” (Page 15) What are some positive and negative characteristics of these people? How does someone become like this? What does it mean that “they have dabbled in everything but disciplined themselves in nothing?” What would you need to do to ensure this never describes you?

7. 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” (pages 17-18) Concerning the spiritual disciplines, how should this thought move us from a feeling of drudgery to excitement?

8. Read 2 Peter 1:3-6. Why must self-control persevere before the mature fruit of godliness ripens? (Page 19)

9. How should these verses motivate us to pursue spiritual disciplines with more focus? Matthew 4:1&2, Luke 2:46-47, John 13:2-6; 17:4.

10. Through the Holy Spirit, we have the power to persevere in the Spiritual Disciplines. Read 2 Timothy 1:7 and then describe why this truth should encourage us.

11. According to 1 Corinthians 12:4-7, every believer in Christ has been given spiritual gifts. Why do you think Spiritual Discipline is so important in the development of these gifts?

12. Whitney lists the Spiritual Disciplines covered in this book on page 7. How does reading this list, knowing we are committed to studying how we should be practicing each, make you feel?