



The Spiritual Gauge

October 1, 2023

Is your spiritual gauge indicating you are closer to full or closer to empty over the last week?

Read John 15:5-6

Ted talked about the difference between drift and burnout. Which is easier for you to slide toward personally? How does remaining connected to Jesus help you avoid both?

Read Revelation 2:1-5

Discuss the things this church was commended for doing well. What are some signs of a church (or a person) that has forsaken their first love? Can spiritual disciplines ever be a bad thing?

Read Matthew 7:24-27 and James 1:22

We are not called to be Jesus listeners. We are called to be Jesus followers. What do we need to do to follow Jesus well? How do spiritual disciplines help us follow Him well in good times and in difficult situations?

Disciplines of Abstinence require us to refrain voluntarily and temporarily from normal human needs so we can untangle our souls from their claim on us. Think of some examples. Think of some examples and share their effect on your spiritual well-being.

Disciplines of Engagement are also important for our spiritual health. These are the practices which enable or souls to participate in the life and activities of the Kingdom. Can you share an example of how applying one of these disciplines of engagement has filled your spiritual tank?

Read Mark 1:35, Matthew 6:2,6:5,6:16 and 4:4

Assign each verse to a member of your group. Have them identify the spiritual discipline represented and indicate whether it is a discipline of abstinence or engagement. Note any warnings or directives associated with each one.