

A photograph of two women sitting on chairs, facing each other. The woman on the left has curly hair and is wearing a grey sweater and brown boots. The woman on the right has long dark hair and is wearing a grey sweater and brown boots. A white rectangular box is centered over the image, containing the title and subtitle. The background is a plain, light-colored wall.

Enjoying Jesus

12 SPIRITUAL DISCIPLINES
THAT WILL DRAW YOU CLOSER



spiritual disciplines

PRAYER

CONFESSION

MEDITATION

STUDY

FASTING

SABBATH REST

SILENCE

SOLITUDE

SIMPLICITY

GIVING

SERVICE

WORSHIP



Week Three

In the Word

Meditation & Study

1. Does it surprise you that meditation is considered a traditional Christian spiritual discipline? What are your initial thoughts on meditation?
2. Our lives are often busy and distracted. How does meditation help us to enjoy Jesus?
3. Meditation and prayer are related yet distinct practices. How does meditation differ from prayer?
4. Have you ever practiced meditation before? What are some qualities and promises of God that you could meditate on?
5. Many of us are prone to lean toward loving God more with our heart or more with our mind. Do you tend to emphasize one over the other? How do you engage the other?
6. When we love someone, we tend to learn everything we can about them. How can we reflect this in our relationship with God?
7. On day four, we read about how the Bible is alive. How have you experienced or seen the study of the Bible change a life?
8. Increasing only in knowledge can lead to pride. How can we be sure to balance the discipline of study with adoration of God?

Closing: Evening Prayer

L: Let us pray,

P: Keep watch, dear Lord, with those who work, or watch or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. Amen.