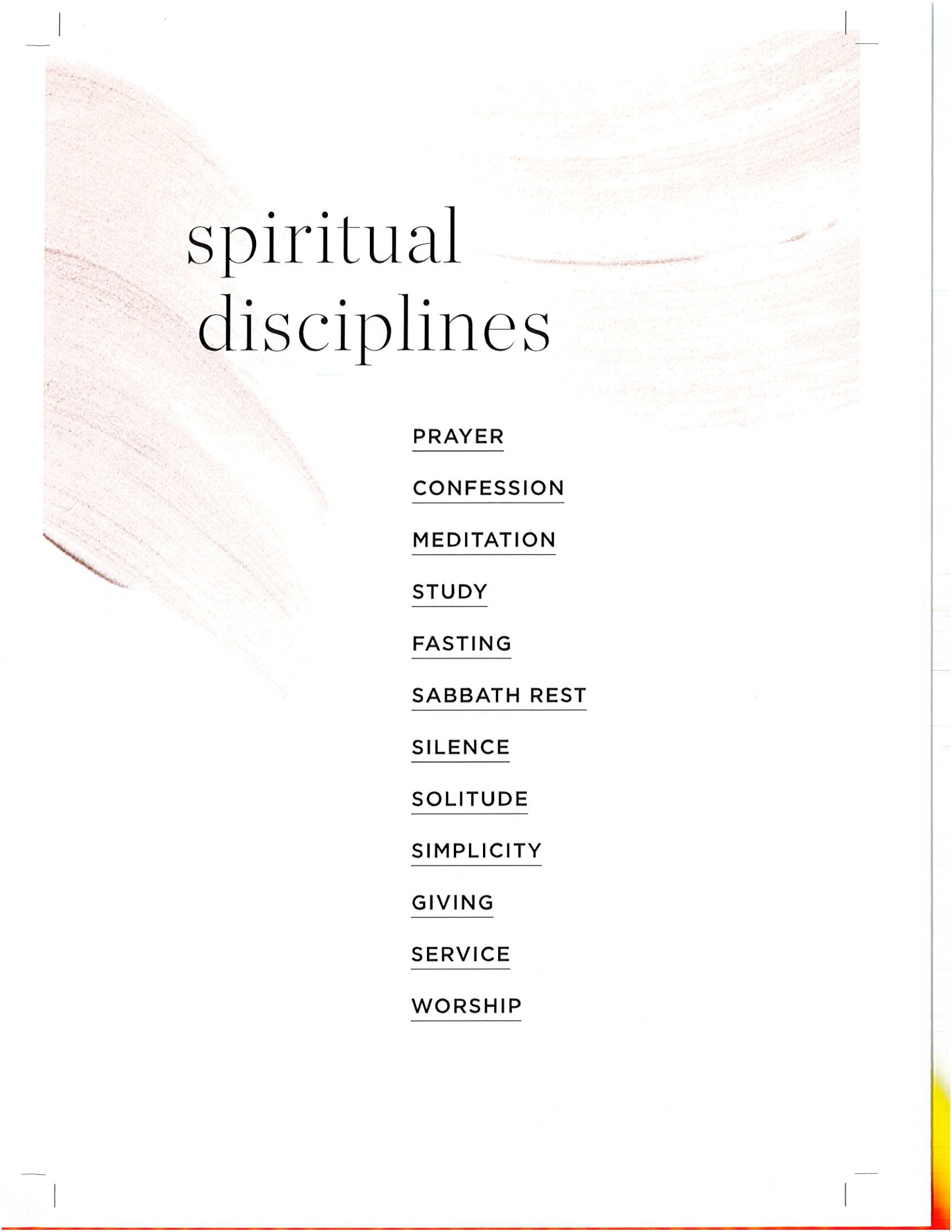


A photograph of two women sitting on chairs, facing each other. The woman on the left has curly hair and is wearing a grey sweater. The woman on the right has long dark hair and is also wearing a grey sweater. They are both wearing brown leather boots. A white rectangular box is centered over the image, containing the title and subtitle.

# 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 Seven

## Living Grateful

### Service & Worship

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1. As the disciples demonstrated in Mark 9:33-37, we are naturally prone to want to be served rather than to serve. Why do you think this is? Why do we resist serving others?
2. How did Jesus show us that service and greatness are not mutually exclusive, but rather that they go together? How do we reflect Jesus when we serve?
3. How does serving free us from the need to prove ourselves? How do we find joy in Jesus through the regular discipline of serving?
4. Serving can take many different forms. We can serve in the children's ministry at our church or in our local soup kitchen. It can also be choosing to set aside our own to-do list to care for another's need. What are some other ways we can incorporate service into our daily lives?
5. We often think of worship as the song we sing on Sunday morning. How is the spiritual discipline of worship much broader than singing songs?
6. God designed us and the entire universe to worship Him. When we worship, we come alive by fulfilling we were created to do. How does this change or expand your understanding of worship?
7. As unique individuals, different moments or events prompt us to want to worship God. Remember a time in your life where your response was to worship. What kind of moments or events cause you to immediately praise God?
8. How has your spiritual walk with the Lord changed through this study? How has the study of these twelve spiritual disciplines helped you to enjoy Jesus more fully?

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.**