



NAC-USA  
DEVELOPMENT  
INSTITUTE

**Spiritual  
Disciplines**

**Reading  
Scripture**

**Fasting**

**Solitude and  
Silence**

# MIDWEEK GUIDE

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**2018**

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October

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# 2018 October MIDWEEK GUIDE

## Session 1: Spiritual Disciplines

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1. Why did Jesus practice spiritual disciplines?

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2. Have you ever trained for something and had to follow a strict discipline? How does that compare to spiritual disciplines?

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3. Why are spiritual disciplines vital to our being a disciple of Jesus?

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4. Consider how you have grown in your faith? What were the catalysts for growth?

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5. What are the biggest obstacles that stand in the way of making spiritual disciplines a part of our daily lives? How can we eliminate these obstacles?

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6. *Spiritual disciplines are not about doing, but rather about being.* What does this quote from the video mean to you?

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7. Look at the next 4 weeks and commit to setting aside at least 15 minutes a day, three times a week for God (outside of church activities). Create accountability by sharing your plan with each other, and encourage and remind one another throughout the week.

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### Bible References

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1 Timothy 4:7-8

Psalm 42:1-2

## Session 2: Reading Scripture

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1. When we look at the life of Jesus, how did He use Scripture in His life? How can it help you?

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2. How is it possible for the Bible to have the ability to speak truth in whatever circumstance you might find yourself in?

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3. How can we experience God's presence through reading Scripture?

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4. How does reading the Bible make you confident in the faithfulness of God?

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5. How can you use Scripture in your prayers?

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6. How can we make reading the Bible a daily habit?

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7. To help you in practicing the discipline of reading Scripture, write down three questions that you can ask yourself every time you read a Bible verse/passage (i.e. What does this verse tell you about God?).

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8. Read Psalm 27 together. Use the questions you came up with in number 7 to discuss the psalm.

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### Bible References

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Psalm 23:1

John 15:13

Psalm 27

Proverbs 3:5-6

John 20:31

John 3:16

John 17:20-21

## Session 3: Fasting

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1. What are some spiritual purposes that a person might fast for?

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2. In addition to going without eating, what are other ways we can fast?

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3. In what ways can fasting assist you in keeping your focus on Jesus?

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4. Fasting involves a lot of self-control. Is self-control necessary for a Christian life? Why?

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5. How does fasting humble you before God?

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6. Read Isaiah 58:3-8. What did God say about fasting? Why did Jesus make a point about fasting the right way in Matthew 6:16-18?

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7. *Whatever we abstain from when fasting, we replace it with actions dedicated to God.* What are some intentional actions that you could do when fasting?

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8. How can fasting help you to kick-start one of the other spiritual disciplines?

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### Bible References

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Jonah 3:5-10

Matthew 3:16 - 4:4

John 6:35

Luke 2:37

Matthew 6:16-18

Acts 14:23

Isaiah 58

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## Session 4: Solitude and Silence

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1. Discuss the benefits of spending time in solitude and silence.

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2. What can we learn from Elijah's experience in solitude and silence?

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3. What can we learn about ourselves in solitude and silence? What can we learn about God?

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4. What prevents you from practicing silence and solitude?

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5. What simple prayer can help bring you back from distraction when practicing silence and solitude? Brainstorm together and discuss your answers.

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6. Which of the following would be hardest for you to let go of: control, fear, or your perceived identity? Why? How can you overcome this in order to sit in silence and solitude with God?

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7. Why is it necessary, as Christians, to come to God with the good, the bad, and the ugly? How can we give space to embrace those situations and emotions before God?

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8. PERSONAL TAKE-HOME: Choose one of the spiritual disciplines we discussed this month (reading Scripture, fasting, solitude and silence) and make a plan to practice it each day for one week. After, consider discussing your experience with your small group.

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### Bible References

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1 Kings 19:1-19

Luke 5:16, 6:12

Psalm 8:3-4

Matthew 14:23

Acts 17:28

Psalm 139:14

Mark 1:35, 6:46

Psalm 46:10