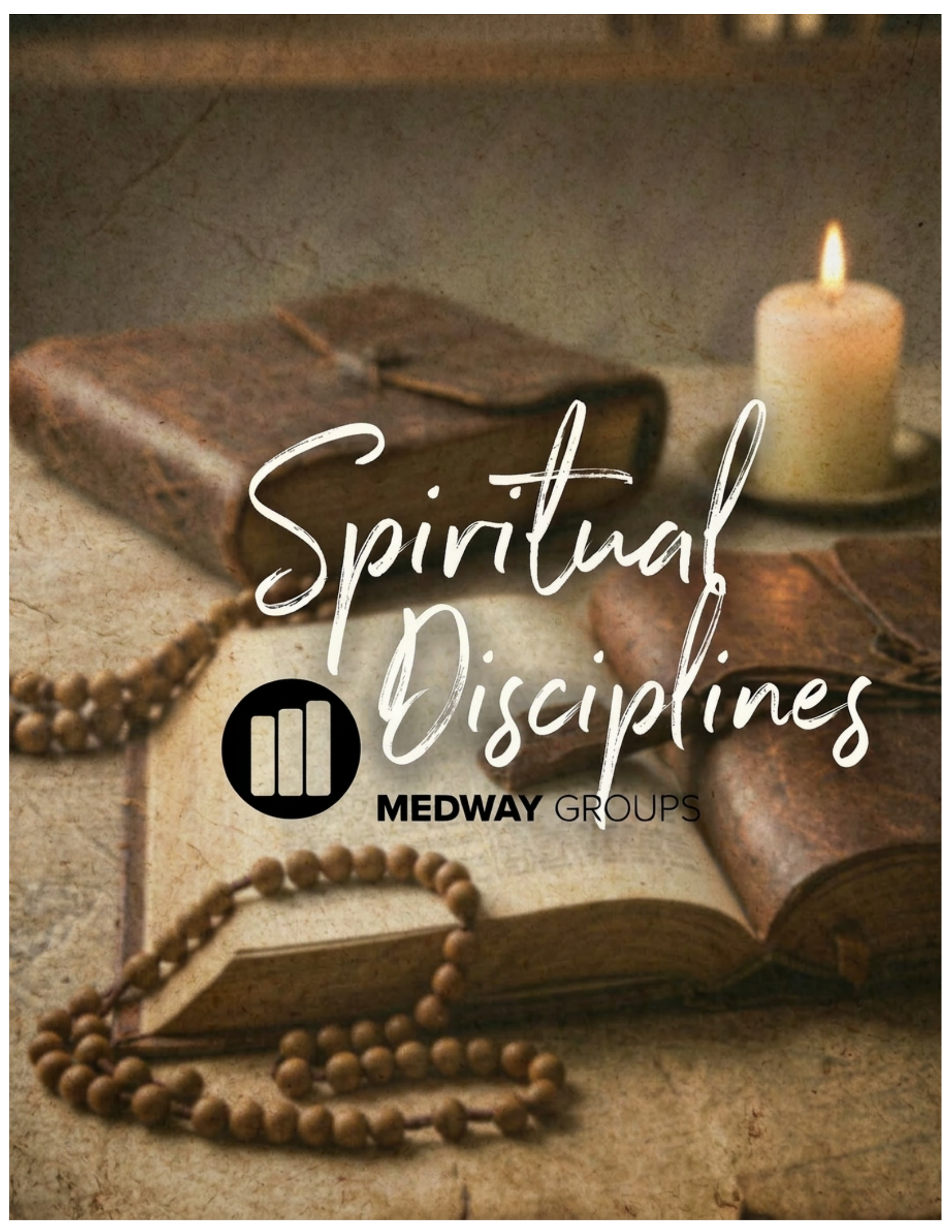




Spiritual Disciplines



MEDWAY GROUPS

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SUGGESTED READING PLAN

To Accompany Each Week's Discussion

Each week's reading should be done during the week leading up to each small group gathering as a way of enhancing the reflection upon each small group discussion time.

WEEK 1 // MEDITATION

- ☐ Psalm 1:1–3
- ☐ Joshua 1:8
- ☐ Philippians 4:8–9
- ☐ Luke 10:38–42

WEEK 2 // PRAYER

- ☐ Matthew 6:5–13
- ☐ Philippians 4:4–7
- ☐ James 5:13–18
- ☐ Luke 18:1–8

WEEK 3 // FASTING

- ☐ Matthew 6:16–18
- ☐ Isaiah 58:1–12
- ☐ Acts 13:1–3
- ☐ Ezra 8:21–23

WEEK 4 // STUDY

- ☐ 2 Timothy 3:14–17
- ☐ Psalm 119:9–16
- ☐ Acts 17:10–12
- ☐ Colossians 3:16

WEEK 5 // SIMPLICITY

- ☐ Matthew 6:19–34
- ☐ Hebrews 13:5–6
- ☐ Luke 12:13–21
- ☐ Proverbs 11:24–25

WEEK 6 // SOLITUDE

- ☐ Mark 1:35–39
- ☐ Psalm 46:10
- ☐ Luke 5:15–16
- ☐ 1 Kings 19:9–13

WEEK 7 // SUBMISSION

- ☐ Philippians 2:1–11
- ☐ Ephesians 5:21
- ☐ Romans 12:1–10
- ☐ John 13:1–17

WEEK 8 // SERVICE

- ☐ Galatians 5:13–14
- ☐ Matthew 20:20–28
- ☐ 1 Peter 4:10–11
- ☐ Acts 6:1–7

WEEK 9 // CONFESSION & GUIDANCE

- ☐ James 5:16
- ☐ Proverbs 3:5–6
- ☐ Acts 13:1–3
- ☐ John 16:12–15

WEEK 10 // WORSHIP & CELEBRATION

- ☐ Psalm 95:1–7
- ☐ John 4:19–24
- ☐ Psalm 150
- ☐ Luke 15:20–24

SPIRITUAL DISCIPLINES // Intro

10-Week Small Group Discussion Guide

FOR THE SMALL GROUP LEADER

Spiritual growth does not happen accidentally. Just as healthy relationships require intentional time, attention, and consistency, our relationship with God grows as we intentionally create space for Him in our everyday lives. Throughout Scripture, we see God's people practicing rhythms that helped them slow down, listen to His voice, deepen their faith, and become more spiritually mature. These practices (often called spiritual disciplines) are not about earning God's love or proving spiritual strength. Instead, they are practical ways of positioning our hearts to know God more deeply and follow Him more faithfully.

In a world filled with distraction, hurry, noise, and constant pressure, these disciplines invite us into a different way of living. Practices like prayer, meditation, fasting, study, solitude, confession, worship, and service help us refocus our attention on what matters most. They train our hearts to depend on God instead of ourselves and help us become more aware of His presence in every part of life. Jesus Himself regularly modeled these disciplines throughout His ministry, showing us what it looks like to live in close fellowship with the Father.

This 10-week discussion guide is designed to help your group explore these biblical disciplines together through Scripture, honest conversation, practical application, and prayer. Each week includes passages to read throughout the week leading up to your gathering, along with guided discussion questions intended to encourage reflection and spiritual growth. The goal is not perfection or performance, but transformation. As you walk through these disciplines together, may God use this season to deepen your faith, strengthen your relationships, and draw you closer to Him.

"Train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."

- 1 Tim. 4:7b-8

WEEK ONE // MEDITATION

Spiritual Disciplines Small Group Discussion Guide

INTRODUCTION

- What helps you slow down and clear your mind?
- When do you feel most spiritually focused or aware of God?
- Why do you think silence and reflection can feel difficult in today's world?

Meditation is the discipline of intentionally focusing our hearts and minds on God and His truth. Biblical meditation is not about emptying the mind, but about filling it with the presence, promises, and character of God.

UNDERSTANDING

HAVE A VOLUNTEER READ PSALM 1:1–3.

- What picture does this passage give of a spiritually healthy person?
- What do you think it means to “meditate day and night”?
- How does meditation affect spiritual growth and stability?

HAVE A VOLUNTEER READ JOSHUA 1:8.

- What connection do you see between meditation and obedience?
- Why is consistency important in our spiritual lives?
- What distractions most often keep people from focusing on God's Word?

HAVE A VOLUNTEER READ PHILIPPIANS 4:8–9.

- How do our thought patterns shape our lives?
- Which things listed in this passage are hardest to focus on consistently?
- What practical habits can help us think more intentionally?

HAVE A VOLUNTEER READ LUKE 10:38–42.

- What contrast do you see between Mary and Martha?
- Why is sitting with Jesus sometimes harder than working for Jesus?
- What does this story teach about priorities?

Meditation slows us down enough to hear God clearly and recognize His activity in our lives. The more we intentionally focus on Him, the more our hearts begin to reflect Him.

APPLICATION

- What practical step could help you create space for quiet reflection this week?
- What thoughts or distractions most often pull your attention away from God?
- How could daily meditation on Scripture change your attitude or perspective?

PRAYER

Lord, teach us how to slow down and focus our hearts on You. Help us quiet the noise around us so we can hear Your voice more clearly and walk closely with You.

WEEK TWO // PRAYER

Spiritual Disciplines Small Group Discussion Guide

INTRODUCTION

- Who is someone you can talk to openly and honestly?
- Why do people sometimes struggle to ask for help?
- What usually comes to mind when you hear the word “prayer”?

Prayer is the discipline of communicating with God honestly, consistently, and relationally. Prayer is not merely a religious duty. It is an invitation into deeper fellowship with our Heavenly Father.

UNDERSTANDING

HAVE A VOLUNTEER READ MATTHEW 6:5–13.

- What does Jesus teach about the attitude behind prayer?
- Which part of the Lord’s Prayer stands out most to you?
- Why is sincerity more important than impressiveness in prayer?

HAVE A VOLUNTEER READ PHILIPPIANS 4:4–7.

- What connection does this passage make between prayer and peace?
- Why do anxiety and prayer often compete with one another?
- How can gratitude shape the way we pray?

HAVE A VOLUNTEER READ JAMES 5:13–18.

- What examples of prayer are mentioned in this passage?
- Why is it important to pray for one another?
- What does this passage teach about persistence and faith?

HAVE A VOLUNTEER READ LUKE 18:1–8.

- What point was Jesus making through this parable?
- Why can persistence in prayer be difficult?
- What prayers have you been tempted to give up on?

Prayer develops intimacy with God and reminds us that we were never meant to carry life alone. As prayer becomes a rhythm instead of a last resort, our dependence on God deepens.

APPLICATION

- What change could help make prayer a more consistent part of your daily life?
 - What situation in your life needs more prayer instead of more worry?
 - How can you become more intentional about praying for others?
-

PRAYER

Father, draw us into deeper conversation with You. Teach us to trust You with every burden, every fear, and every hope we carry.

WEEK THREE // FASTING

Spiritual Disciplines Small Group Discussion Guide

INTRODUCTION

- What is something people in our culture struggle to live without?
- Why do you think self-control can be difficult?
- Have you ever noticed how quickly comfort can become dependence?

Fasting is the discipline of voluntarily abstaining from something in order to focus more fully on God. It reveals what controls us and creates space for deeper hunger for God's presence.

UNDERSTANDING

HAVE A VOLUNTEER READ MATTHEW 6:16–18.

- What warning does Jesus give about fasting?
- Why does motivation matter in spiritual disciplines?
- How can fasting become more about God than outward appearance?

HAVE A VOLUNTEER READ ISAIAH 58:1–12.

- What kind of fasting was God rejecting?
- What kind of spiritual transformation was God looking for?
- How should fasting impact the way we treat others?

HAVE A VOLUNTEER READ ACTS 13:1–3.

- What role did fasting play in the life of the early church?
- How can fasting help us become more sensitive to God's direction?
- Why is it important to seek God before making major decisions?

HAVE A VOLUNTEER READ EZRA 8:21–23.

- Why did the people fast in this situation?
- What does fasting communicate about dependence on God?
- How can fasting strengthen faith and humility?

Fasting teaches us that God is our deepest source of strength and satisfaction. When we intentionally deny ourselves, we create room for greater dependence on Him.

APPLICATION

- What is one thing you could temporarily set aside to focus more on God?
 - What does your reaction to discomfort reveal about your heart?
 - How could fasting help you grow in dependence on God?
-

PRAYER

God, help us desire You more than comfort or convenience. Teach us to depend on You fully and to seek You with sincere hearts.

WEEK FOUR // STUDY

Spiritual Disciplines Small Group Discussion Guide

INTRODUCTION

- What subject or skill have you spent the most time learning about?
- Why does growth usually require intentional effort?
- What habits help people continue learning over time?

Study is the discipline of intentionally engaging with truth so our minds can be transformed. As we study God's Word, our thinking begins to align more closely with His wisdom and character.

UNDERSTANDING

HAVE A VOLUNTEER READ 2 TIMOTHY 3:14–17.

- What does this passage teach about the purpose of Scripture?
- Why is biblical truth important for spiritual maturity?
- How can Scripture equip us for everyday life?

HAVE A VOLUNTEER READ PSALM 119:9–16.

- What attitudes toward God's Word do you see in this passage?
- Why is memorizing or storing Scripture in our hearts valuable?
- What practical habits can help us engage Scripture more consistently?

HAVE A VOLUNTEER READ ACTS 17:10–12.

- What made the Bereans spiritually healthy?
- Why is it important to personally examine Scripture?
- How can curiosity and humility strengthen our faith?

HAVE A VOLUNTEER READ COLOSSIANS 3:16.

- What does it mean to let the Word of Christ dwell richly within us?
- How can Scripture shape community and relationships?
- What happens when God's truth becomes part of everyday life?

Study reshapes the way we think, respond, and live. The more consistently we engage God's truth, the more our lives reflect His wisdom.

APPLICATION

- What practical habit could help you engage Scripture more consistently?
- What distractions most often interfere with spiritual growth?
- How can God's Word influence your decisions this week?

PRAYER

Lord, give us a hunger for Your truth. Help us not only to read Your Word, but to understand it, treasure it, and live it out daily.

WEEK FIVE // SIMPLICITY

Spiritual Disciplines Small Group Discussion Guide

INTRODUCTION

- What are some things people chase in order to feel secure or successful?
- Why can life become cluttered so easily?
- What usually suffers when life becomes too busy or complicated?

Simplicity is the discipline of living with undivided focus and trust in God. It frees us from constantly chasing more and helps us center our lives around what matters most.

UNDERSTANDING

HAVE A VOLUNTEER READ MATTHEW 6:19–34.

- What contrast does Jesus make between earthly and heavenly treasures?
- Why does worry often reveal misplaced priorities?
- What does it mean to seek first the Kingdom of God?

HAVE A VOLUNTEER READ HEBREWS 13:5–6.

- What connection do you see between contentment and trust in God?
- Why is contentment difficult in a culture of comparison?
- How can remembering God's presence change our perspective?

HAVE A VOLUNTEER READ LUKE 12:13–21.

- What mistake did the rich man make?
- Why can possessions become spiritually dangerous?
- How can someone be “rich toward God”?

HAVE A VOLUNTEER READ PROVERBS 11:24–25.

- What principle about generosity do you see here?
- Why does generosity often bring joy and freedom?
- How does simplicity create room for serving others?

Simplicity removes distractions that compete for our hearts and attention. As we trust God more fully, we become freer to live generously and purposefully.

APPLICATION

- What area of your life feels unnecessarily complicated right now?
- How can you practice contentment more intentionally this week?
- What is one practical way you could live more generously?

PRAYER

Father, free us from the endless pursuit of more. Teach us to trust You completely and to live with contentment, generosity, and eternal perspective.

WEEK SIX // SOLITUDE

Spiritual Disciplines Small Group Discussion Guide

INTRODUCTION

- Where do you go when you need to think clearly or recharge?
- Why can silence feel uncomfortable for many people?
- What keeps people constantly distracted today?

Solitude is the discipline of intentionally withdrawing from noise and distraction to be alone with God. In solitude, we learn to listen, reflect, and rest in His presence.

UNDERSTANDING

HAVE A VOLUNTEER READ MARK 1:35–39.

- Why do you think Jesus regularly withdrew to pray?
- What does this passage reveal about priorities?
- How can solitude strengthen us spiritually?

HAVE A VOLUNTEER READ PSALM 46:10.

- What does it mean to “be still” before God?
- Why is stillness difficult in a fast-paced culture?
- How can silence help us recognize God’s presence?

HAVE A VOLUNTEER READ LUKE 5:15–16.

- What pattern do you notice in the life of Jesus?
- Why is it important to step away from constant demands?
- What can happen spiritually when we never slow down?

HAVE A VOLUNTEER READ 1 KINGS 19:9–13.

- How did God speak to Elijah?
- Why do we sometimes expect God only in dramatic moments?
- What distractions can keep us from hearing God clearly?

Solitude creates space for rest, reflection, and renewed intimacy with God. When we regularly step away from noise, we become more aware of His voice and direction.

APPLICATION

- What practical step could help you create moments of solitude this week?
- What distractions most often keep you spiritually rushed?
- How might slowing down improve your relationship with God?

PRAYER

God, help us slow down enough to recognize Your presence. Teach us to value quiet moments with You and to listen carefully for Your voice.

WEEK SEVEN // SUBMISSION

Spiritual Disciplines Small Group Discussion Guide

INTRODUCTION

- Why do people naturally resist surrendering control?
- Who has positively influenced your life through humility?
- What makes healthy teamwork and cooperation difficult sometimes?

Submission is the discipline of willingly yielding ourselves to God and serving others with humility. It is not weakness, but strength surrendered for the sake of love and obedience.

UNDERSTANDING

HAVE A VOLUNTEER READ PHILIPPIANS 2:1–11.

- What attitudes does Paul encourage believers to have?
- How did Jesus model humility and submission?
- Why is humility essential in relationships?

HAVE A VOLUNTEER READ EPHESIANS 5:21.

- What does mutual submission look like practically?
- Why can submission be misunderstood?
- How does humility strengthen unity?

HAVE A VOLUNTEER READ ROMANS 12:1–10.

- What does it mean to offer ourselves as living sacrifices?
- How should humility shape the way we view others?
- What role does love play in submission?

HAVE A VOLUNTEER READ JOHN 13:1–17.

- What stands out to you about Jesus washing the disciples' feet?
- Why is servant-hearted leadership powerful?
- What does this story teach about greatness?

Submission frees us from the exhausting need to control everything. As we humble ourselves before God and others, we begin reflecting the heart of Christ more clearly.

APPLICATION

- What area of your life is hardest to surrender to God?
 - How can humility improve one of your relationships this week?
 - What is one practical way you could serve someone quietly and selflessly?
-

PRAYER

Jesus, teach us to walk in humility and love. Help us surrender our pride, trust Your leadership, and serve others with joyful hearts.

WEEK EIGHT // SERVICE

Spiritual Disciplines Small Group Discussion Guide

INTRODUCTION

- What acts of kindness have impacted you the most?
- Why can serving others sometimes feel inconvenient?
- How does helping someone often affect both people involved?

Service is the discipline of intentionally using our time, gifts, and resources to benefit others. Serving shifts our focus away from ourselves and helps us reflect the heart of Jesus.

UNDERSTANDING

HAVE A VOLUNTEER READ GALATIANS 5:13–14.

- What connection does Paul make between freedom and service?
- Why is love central to serving others?
- How can selfishness interfere with service?

HAVE A VOLUNTEER READ MATTHEW 20:20–28.

- How did Jesus redefine greatness?
- Why does our culture often misunderstand leadership?
- What makes servant leadership powerful?

HAVE A VOLUNTEER READ 1 PETER 4:10–11.

- What does this passage teach about spiritual gifts?
- Why is stewardship important?
- How can serving point people toward God?

HAVE A VOLUNTEER READ ACTS 6:1–7.

- What problem was the early church facing?
- How did serving strengthen the church community?
- Why are both practical and spiritual needs important?

Service shapes us into people who love like Jesus. As we faithfully serve others, God uses our ordinary actions to make an extraordinary impact.

APPLICATION

- What gifts or abilities has God given you to serve others?
 - Who around you may need encouragement or practical help right now?
 - What is one act of service you could intentionally do this week?
-

PRAYER

Lord, help us see the needs around us with compassion and courage. Teach us to serve selflessly and to reflect Your love through our actions.

WEEK NINE // CONFESSION & GUIDANCE

Spiritual Disciplines Small Group Discussion Guide

INTRODUCTION

- Who are some of the people you naturally turn to when you need important advice?
- Why can it be difficult to admit we need help or direction?
- What makes it easier to trust someone's wisdom and guidance?

Confession and guidance are closely connected disciplines because both require humility. Confession invites us to bring our sins honestly before God and, at times, before trusted believers. Guidance reminds us that God often provides wisdom and direction through His Word, the Holy Spirit, and mature followers of Christ. Together, these disciplines teach us to walk in honesty, humility, and dependence upon God rather than relying solely on ourselves.

UNDERSTANDING

HAVE A VOLUNTEER READ JAMES 5:16.

- What connection does James make between confession, prayer, and healing?
- Why is confession often one of the most difficult spiritual disciplines to practice?
- How can trusted Christian relationships encourage honesty and spiritual growth?

HAVE A VOLUNTEER READ PROVERBS 3:5–6.

- What does this passage teach about trusting God's guidance?
- What does it mean to "acknowledge Him in all your ways"?
- Why is relying on our own understanding often insufficient?

HAVE A VOLUNTEER READ ACTS 13:1–3.

- What role did worship, prayer, and fasting play in discerning God's direction?

- Why do you think the early church sought God's guidance together rather than individually?
- What principles from this passage can help us make important decisions today?

HAVE A VOLUNTEER READ JOHN 16:12–15.

- What does Jesus promise about the work of the Holy Spirit?
- How does the Holy Spirit continue to guide believers today?
- Why must God's guidance always be consistent with His revealed Word?

Confession removes barriers that hinder our fellowship with God, while guidance helps us faithfully follow where He leads. As we cultivate honesty before God and remain attentive to His direction, we become more responsive to His work in our lives.

APPLICATION

- Is there an area of your life where you need to honestly confess something to God or to a trusted believer?
 - What important decision or circumstance in your life currently requires God's guidance?
 - What practical habit could help you become more attentive to the Holy Spirit's leading through Scripture, prayer, and wise Christian counsel?
-

PRAYER

Father, thank You for welcoming us with grace whenever we come to You honestly. Give us humble hearts that are quick to confess our sins and willing to seek Your guidance in every area of life. Help us listen carefully to Your voice and faithfully follow wherever You lead.

WEEK TEN // WORSHIP & CELEBRATION

Spiritual Disciplines Small Group Discussion Guide

INTRODUCTION

- What is something worth celebrating in your life right now?
- Why do gratitude and joy sometimes fade so quickly?
- How does celebration affect the atmosphere of a group or family?

Worship and celebration are disciplines that help us respond joyfully to who God is and what He has done. Celebration strengthens gratitude, deepens faith, and reminds us that the Christian life is ultimately centered on God's goodness.

UNDERSTANDING

HAVE A VOLUNTEER READ PSALM 95:1–7.

- What reasons for worship are listed in this passage?
- How does gratitude shape worship?
- Why is worship more than just music?

HAVE A VOLUNTEER READ JOHN 4:19–24.

- What does Jesus teach about true worship?
- Why does God care about both spirit and truth?
- How can worship become part of everyday life?

HAVE A VOLUNTEER READ PSALM 150.

- What stands out about the joy and energy of this Psalm?
- Why is celebration important in the life of faith?
- What are practical ways we can praise God daily?

HAVE A VOLUNTEER READ LUKE 15:20–24.

- Why did the father celebrate the return of his son?
- What does this story reveal about God's heart?
- How can remembering God's grace increase our joy?

Worship and celebration remind us that God is worthy of praise in every season. As gratitude grows, joy becomes a powerful witness to the goodness and faithfulness of God.

APPLICATION

- What is one way you can intentionally worship God throughout the week?
 - How can gratitude change your perspective in difficult seasons?
 - What is something God has done recently that deserves celebration?
-

PRAYER

God, thank You for Your goodness, grace, and faithfulness. Fill our hearts with joy and help us live lives marked by worship, gratitude, and celebration.